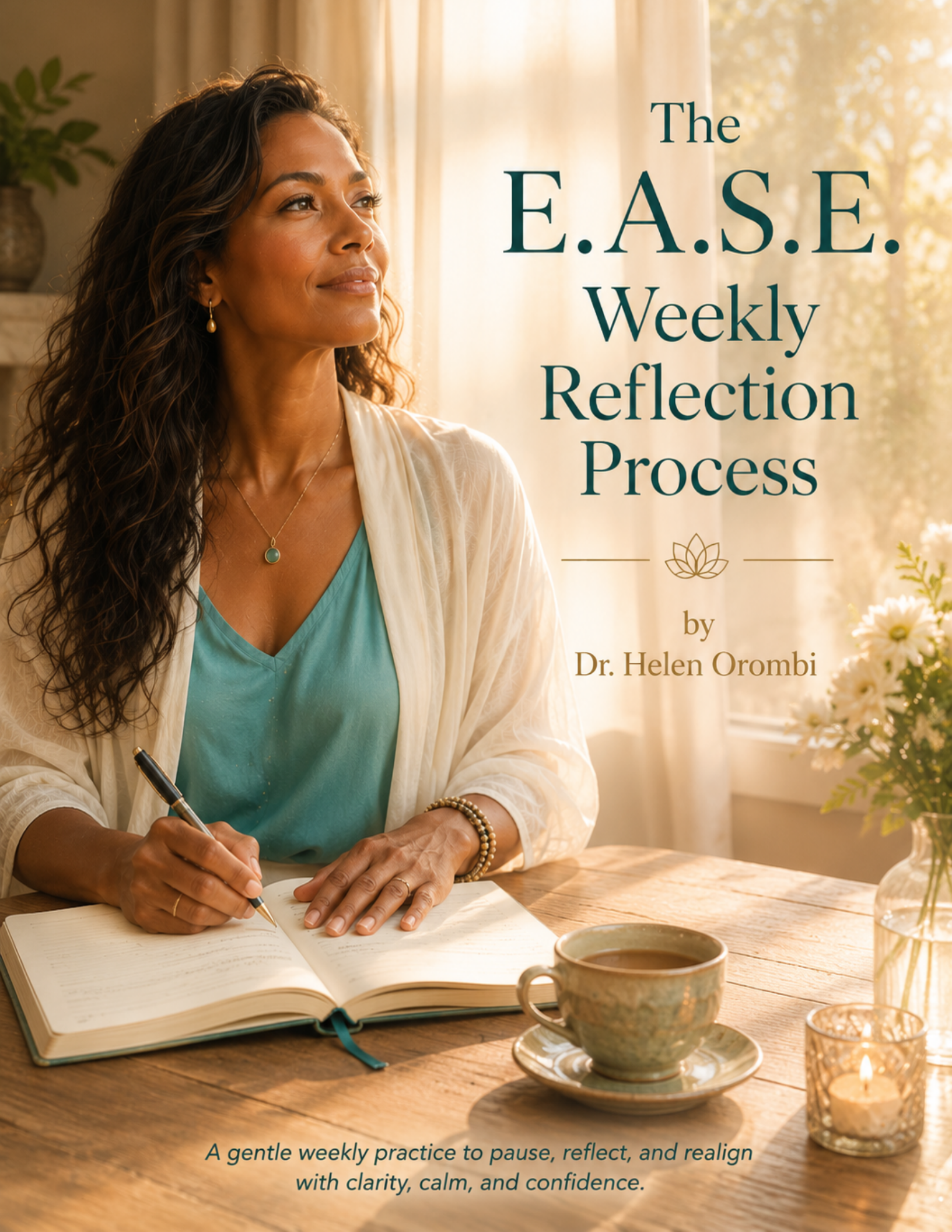




The E.A.S.E. Weekly Reflection Process



by
Dr. Helen Orombi

*A gentle weekly practice to pause, reflect, and realign
with clarity, calm, and confidence.*

WELCOME

A weekly return to your most resourced Self

The E.A.S.E. Weekly Reflection Process™ is a structured practice designed to help you become conscious of the internal place from which you are responding to life—and strengthen your ability to return to the most resourced, Self-led, and Divinely connected expression of who you are.

This is more than a set of journal prompts. It brings together nervous-system awareness, parts work, identity transformation, spiritual connection, skill-building, and compassionate integration.

Through this practice, you will learn to:

- recognize your nervous-system state and what your body is communicating;
- notice which part of you is shaping your perceptions, reactions, and choices;
- relate to protective parts with curiosity and compassion;
- reconnect with the Creator Self and the qualities of Self-energy;
- receive wisdom from your lived experience, intuition, Life, Source, or the Divine;
- strengthen the skills and capacities needed to bring your vision into form; and
- integrate growth through consistent, compassionate practice.

The purpose is not to judge the part of you that is present. The invitation is to notice, understand, resource, and choose—with greater consciousness—who will lead.

The four movements of E.A.S.E.

EASE supports the shift from unconscious protection and inherited conditioning into conscious, embodied creatorship.

E

Embody Safety

Recognize your nervous-system state, notice which part is driving the bus, and create the internal conditions for greater access to Self-energy, choice, and presence.

A

Activate the Creator Self

Reconnect with the most resourced, Self-led, and Divinely connected expression of who you are. Draw from lived wisdom, intuition, imagination, and the intelligence of Life to envision what wants to emerge.

S

Strengthen Skills & Capacities

Develop the emotional, relational, behavioral, professional, spiritual, and self-leadership capacities needed to translate inner knowing into embodied action.

E

Embrace Growth

Integrate what you are learning, meet returning patterns with compassion, and expand your capacity to create, receive, and hold what you desire.

The weekly rhythm

First, notice the internal conditions from which you have been living and creating. Then reconnect with the Creator Self, identify the capacities that support what you want to create, and integrate your next stage of growth with compassion.

Become conscious of your internal state

Pause long enough to notice what your nervous system has been experiencing and which part of you has been most influential. There is nothing to fix or push away. Begin with awareness, curiosity, and compassion.

What nervous-system states have you experienced most this week—grounded and connected, activated or urgent, shut down or disconnected, or moving between states? What did you notice in your body?

Which part of you has been driving the bus most often? Consider a manager, firefighter, exile, inner critic, pessimist, pleaser, perfectionist, achiever, avoider, or another protective part.

What has this part been responding to, and what has it been trying to protect you from or help you manage?

Create the conditions for Self-leadership

How has this nervous-system state or protective part influenced what you believed, expected, chose, avoided, or created this week?

What helped you feel safer, steadier, more grounded, connected, or supported?

What does this part need from you now so it can relax, step back, or allow more access to Self-energy?

As you offer that support, what becomes available—perhaps more clarity, curiosity, compassion, courage, confidence, creativity, or choice?

Shift the source from which you create

The Conditioned Self interprets the present through inherited beliefs, cultural messages, family patterns, past experiences, and protective adaptations. The Creator Self can honor that history without allowing it to determine what is possible now.

Where did you notice the Conditioned Self shaping your response this week? What old story, inherited rule, expectation, or protective pattern was present?

Where did you experience even a moment of the Creator Self—your more resourced, Self-led, intuitive, imaginative, or Divinely connected Self? What qualities were present?

From the Creator Self, what feels true about who you are, what you desire, or what is possible for you now?

Listen for what wants to emerge

What wisdom can you draw from your lived experience, learning, gifts, and inner knowing in this season?

What possibility, inspiration, or guidance feels available through your connection with Life, Source, God, the Divine, or the larger field of possibility?

What wants to emerge through you now? What might Life be inviting you to create, become, express, or receive?

How does the Creator Self choose to relate to this week's circumstances?

Build the capacity to bring your vision into form

Inner clarity becomes sustainable change as you develop the human capacities to act on what the Creator Self can see.

What desire, possibility, or direction is your Creator Self asking you to support with action?

What skill, capacity, habit, boundary, behavior, or way of showing up would help you bring it into form?

Where did you practice or demonstrate this capacity this week—even imperfectly or in a small way?

What support, structure, resource, learning, or relationship would help you strengthen it further?

What is one clear, aligned next step you are willing and able to take?

Integrate, expand, and continue becoming

Growth asks for reflection, practice, compassion, and the willingness to remain in relationship with yourself as your capacity expands.

What evidence of growth, increased capacity, or a new way of being did you notice this week?

What feels unfinished, challenging, tender, alive, or still emerging?

If an old pattern returned, how can you meet it with understanding while still choosing how you want to respond now?

What are you learning about your ability to create, receive, and hold more of what you desire?

What would your Creator Self want you to remember as you enter the coming week?

Choose the place from which you will live and create

What feels most important, meaningful, or illuminating from this reflection?

What nervous-system support or compassionate connection with a part will help you stay resourced this week?

What quality of Self-energy do you want to embody more intentionally?

What is your Creator Self choosing to create, practice, or allow this week?

Complete the sentence:

This week, I choose to create from...

You do not have to create your life from the part of you that is afraid, bracing, or shaped by the past. You can listen to that part with compassion, reconnect with the Creator Self, and choose your next step from a more resourced place.

ABOUT THE AUTHOR

Meet Dr. Helen Orombi



Dr. Helen Orombi spent 14 years as a psychotherapist before she asked herself the question that changed everything: how can I be this educated, this capable—and still not feel financially safe?

She had a doctorate in Marriage and Family Therapy. She had built a career helping others heal. And she was still undercharging, overgiving, and hitting the same invisible ceiling—year after year.

The answer she found was not more strategy. It was in her nervous system, her identity, and the inherited conditioning she had been carrying since childhood—including the patterns she absorbed growing up in Uganda and the ones she accumulated arriving in America at 24 with no bank account, no road map, and a deep belief that credentials would eventually make her feel safe.

Through EFT tapping, nervous system regulation, and identity transformation, she rewired her own relationship with money—and built a methodology that helps women do the same.

Today Dr. Helen works with women coaches, healers, creatives, and career transitioners who are brilliant, self-aware, and under-earning—not because they lack intelligence or ambition, but because their nervous systems and inherited conditioning have not yet expanded to safely hold visibility, wealth, and receiving.

Her clients have retired themselves and their husbands, launched businesses, ended decades of undercharging, and stepped into leadership on their own terms.

**This is not motivation. This is methodology.
And it starts with understanding which pattern is actually running the show.**

CONTINUE YOUR JOURNEY

Would you like additional support?

You do not have to navigate the next stage of your growth alone. Choose the level of support that feels right for you now.

PERSONALIZED SUPPORT

Book a 60-Minute Clarity Session

If you would like deeper support understanding what is happening in your internal system, reconnecting with your Creator Self, and identifying the next step in your growth, I invite you to book a call.

[BOOK YOUR CLARITY SESSION →](#)

BEGIN WITH NERVOUS-SYSTEM SUPPORT

Learn to Calm Your Nervous System

Not ready for a deeper commitment? Begin by learning how to understand and calm your nervous system so you can feel more grounded, present, and able to respond consciously.

[START HERE →](#)

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