

Clear Your Sphere Process

1. What am I truly worried about—and what do I fear might happen?
2. What is within my control right now—and what can I gently release?
3. What would it feel like to meet this moment from calm instead of fear?
4. How does my body signal that I'm caught in worry—and what helps me return to presence?
5. How can I take full responsibility for my feelings—and experience the freedom that brings?
6. Where might I still be carrying responsibility for other people's feelings or behaviours—and how can I leave that with them?
7. Can I recognise that other people's reactivity often reflects their own unmet needs or wounds—not my worth or truth?
8. What would my Higher Self have me know, do, or remember right now?



EMPOWERED FREEDOM

by Saskia Pehlemann