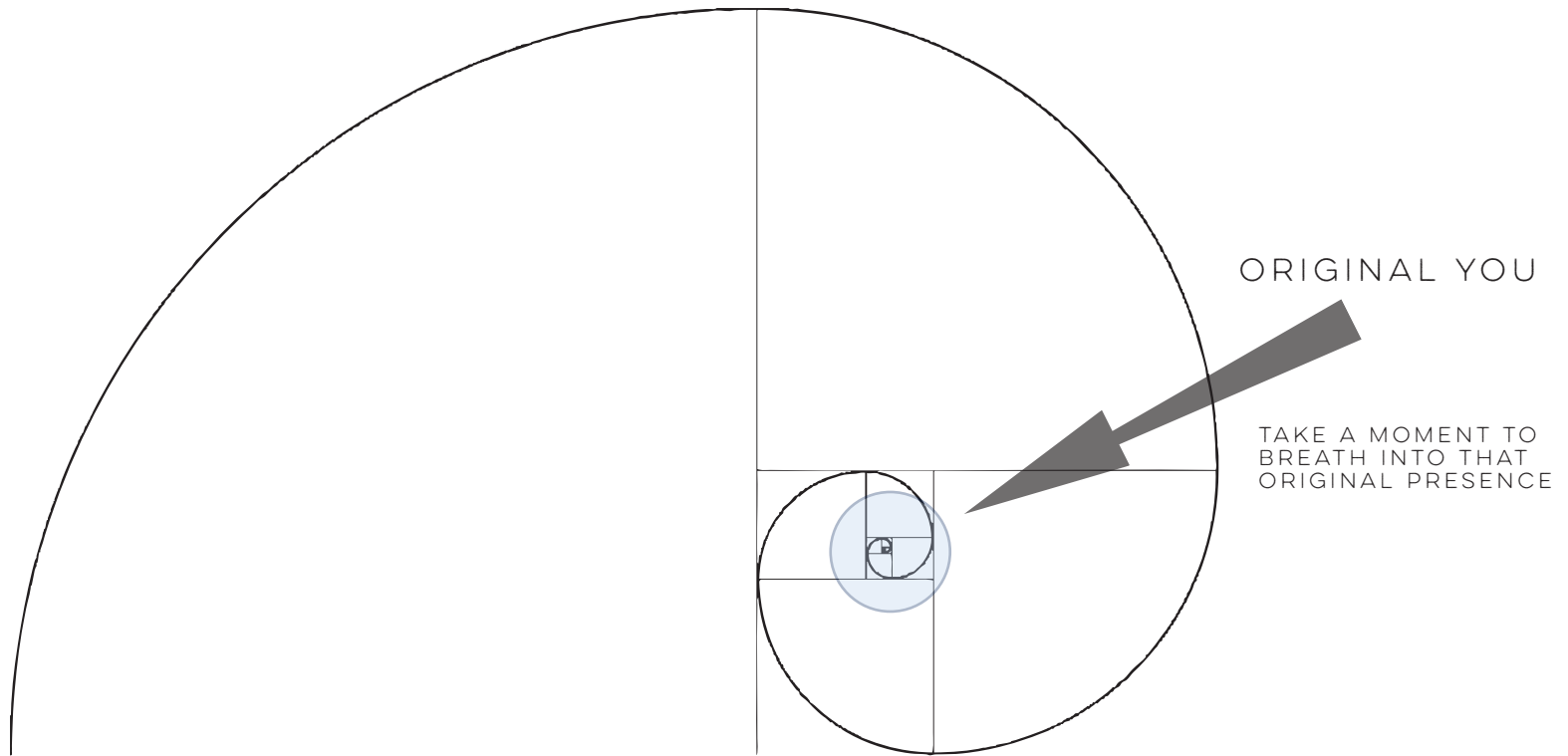
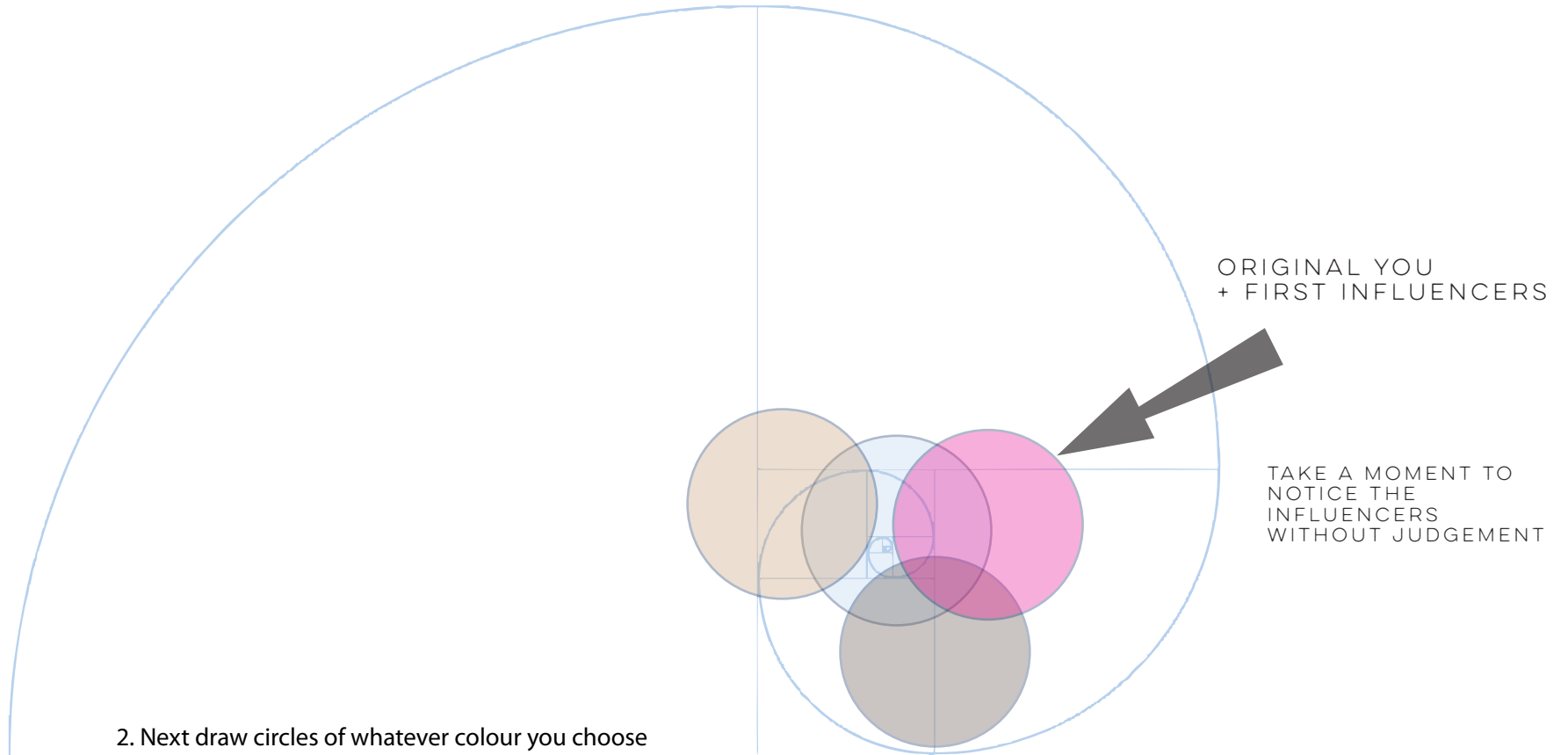


# STORY AND THE SPHERE OF YOU

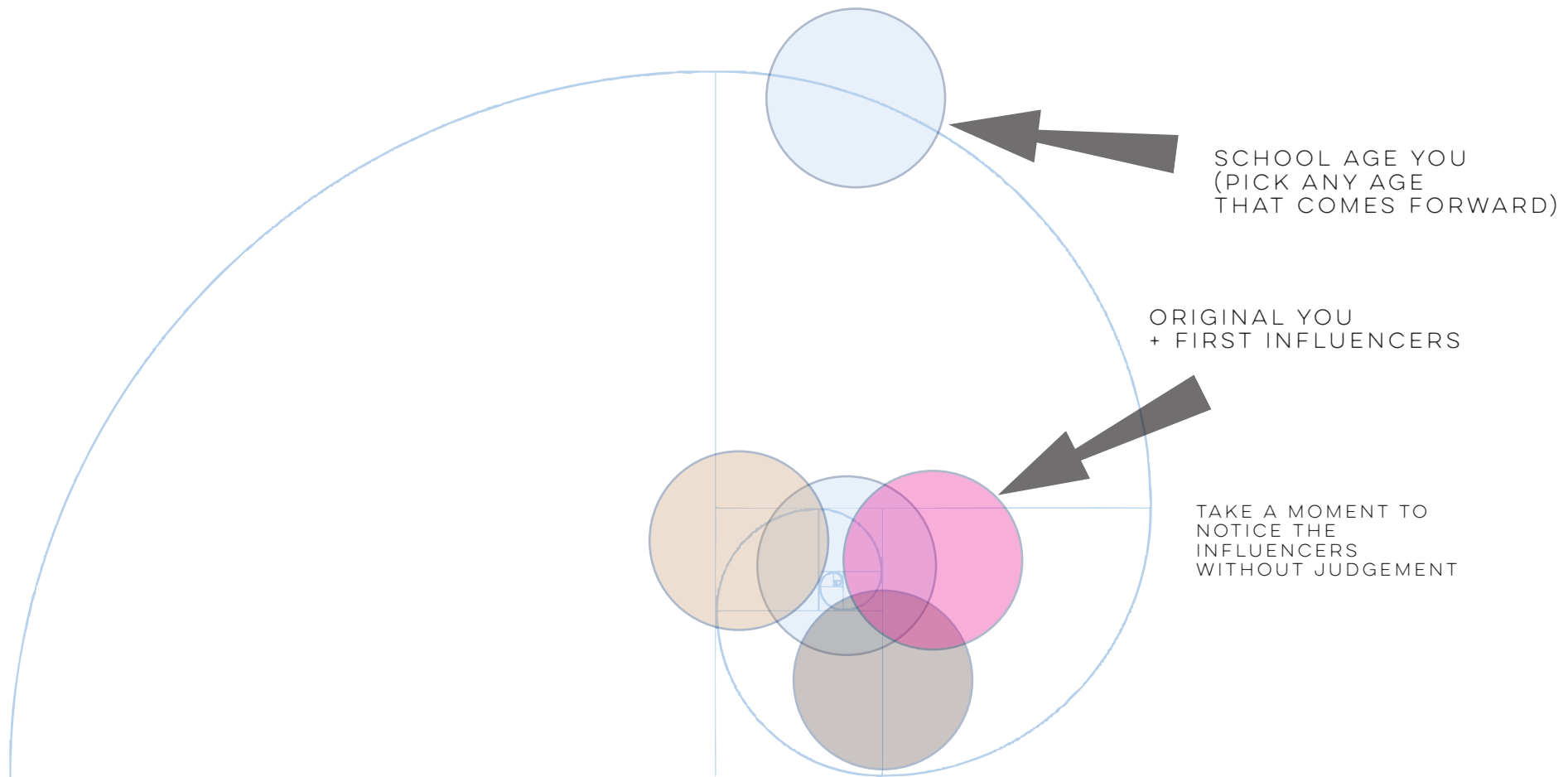
BECOMING AN OBSERVER OF YOUR SPHERES OF INFLUENCE



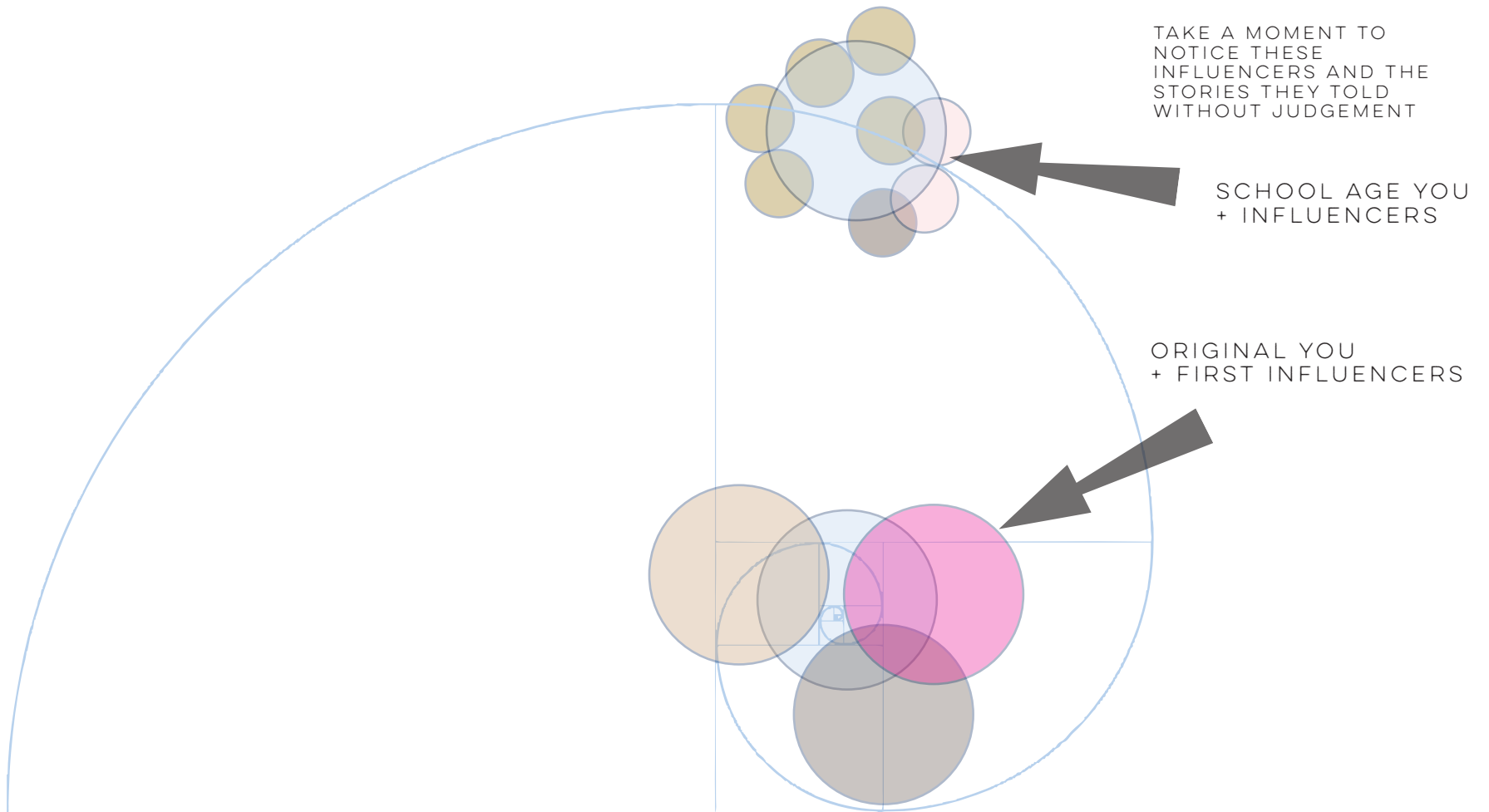
1. Draw a Fibonacci spiral lightly in pencil. Choose a colour to represent you and draw a circle at the core. The circle should be a colour that you really love. This is meant to symbolize your original organic self. Note: you do not need to be precise about the drawing, it is about the intention.



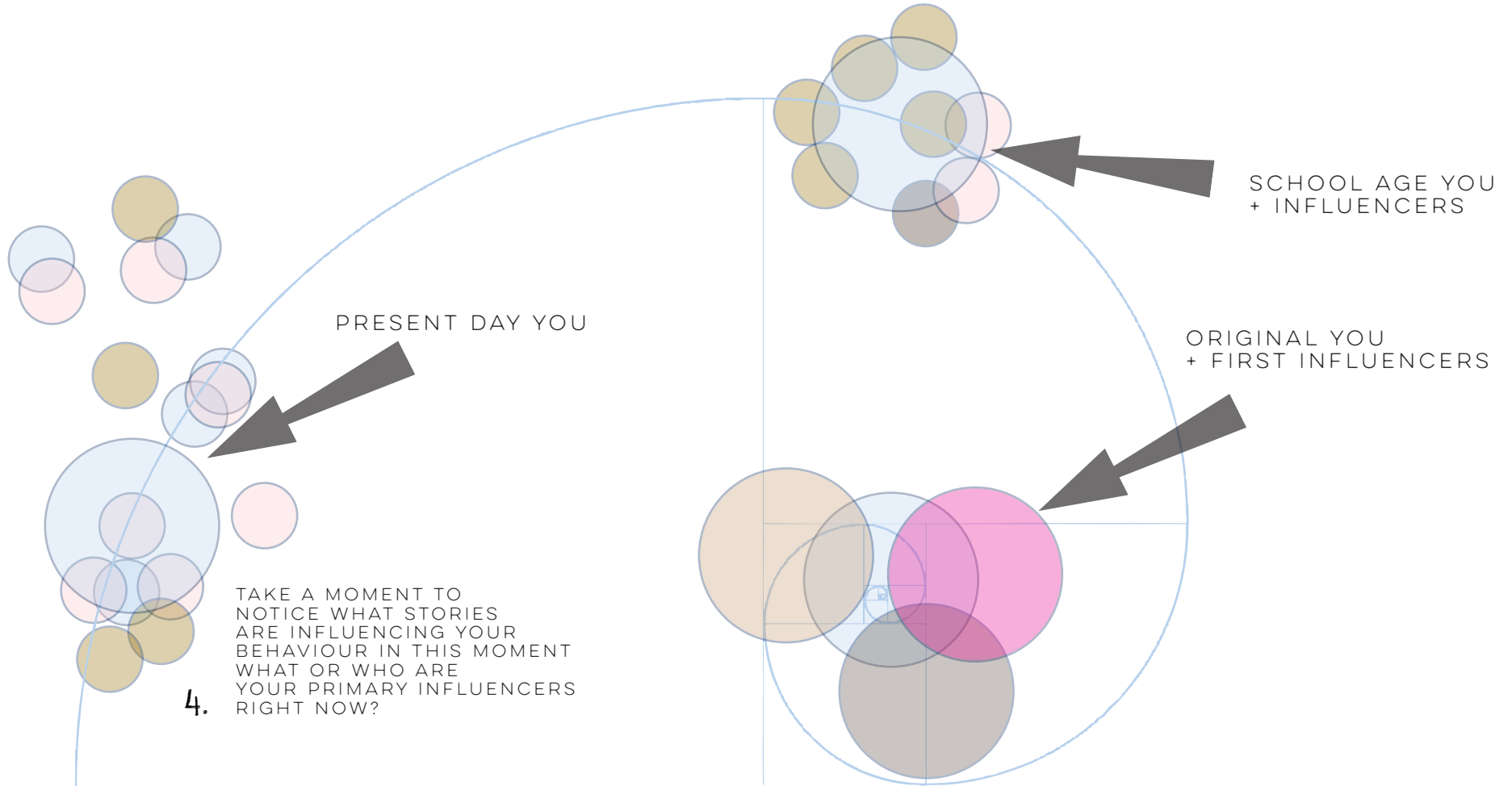
2. Next draw circles of whatever colour you choose to begin to overlap with your new presence on the Earth. Parents, siblings, grandparents, choose a few for this exercise. No judgement, just really tuning into how this affected your first story of self.



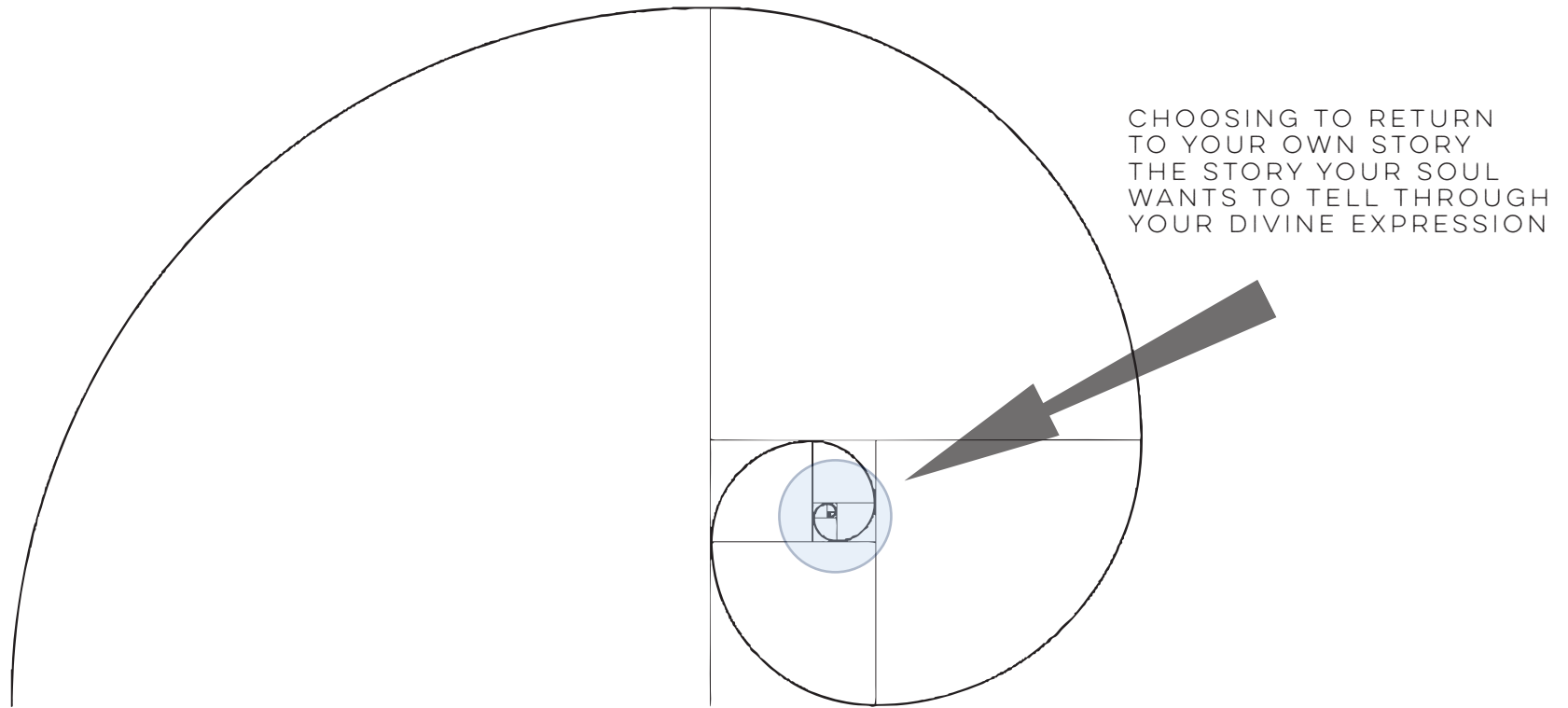
3. Next, take your sphere and draw it along the spiral moving outward to another age of influence -- school age -- pick one that suits for this exercise.



4. Begin to draw -- using colours that make sense to you -- the influencers and the stories you began to think of as your own, or adopted to be safe, to fit in, etc.



4. Leap into the present moment and draw yourself again -- again adding what/who are your influencers in this moment. Using the spheres of influence to recognize who you are letting into your field and who you might be choosing to keep out.



Of course this exercise can be repeated and experienced through any age lens. The intention is to notice who and what your influencers were. This could include persons, places, things, events, illnesses, etc.

Creator beings learn to observe and the skill of observation allows new choices to be made. When we recognize we might be running the storylines of others, we can choose to reweave our own pure story back into our lives.