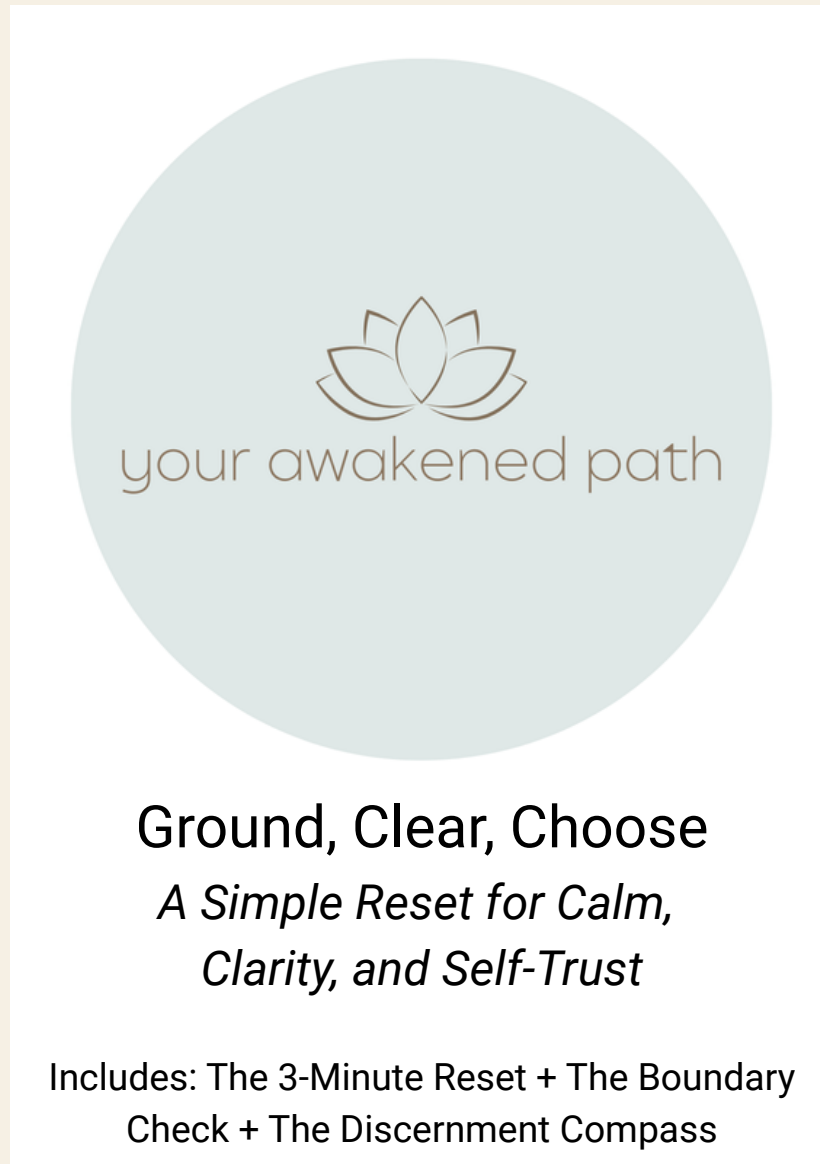


Touchstones for Your Path



Inside you will find:

- A simple 3-step reset you can use anywhere
- A quick boundary check for when you are carrying more than is yours
- A discernment compass to support your inner yes and no

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The 3-Minute Reset: Ground, Clear, Choose

Use this when you feel overwhelmed, scattered, heavy, or not quite you.

Step 1: GROUND (60 seconds)

Place one hand on your heart or belly.

Inhale for 5 seconds. Exhale for 5 seconds. Repeat 3 times.

Quietly name:

- I am here.
- I am safe enough in this moment.
- My body is my home.

Step 2: CLEAR (60 seconds)

Ask: What is not mine to carry right now?

Imagine any heaviness gently sliding off your shoulders and down your arms.

Let it move out through your exhale.

Try this phrase (choose one):

- I release what is not mine, with ease.
- I return what is not mine, with love.
- I let go of what I do not need.

Step 3: CHOOSE (60 seconds)

Ask: What do I need most right now?

Then ask: What is one small, aligned next step I can take in the next 24 hours?

Write one sentence:

My next step is: _____

If you have 30 more seconds:

Place your hand on your heart and say:

Thank you. I am listening.



The Boundary Check: Release What Is Not Yours

Use this when you leave a conversation feeling heavy, after scrolling, after work, or anytime your energy feels crowded.

Pause. Breathe out slowly.

Ask these three questions:

1. Is this mine?
2. Is this now?
3. Is this kind (to me)?

If any answer is “no,” try this release:

I bless it, and I release it. I come back to myself.

If you want a clearer reset (30 seconds):

- Drop your shoulders. Unclench your jaw. Relax your belly.
- Place one hand on your heart or belly.
- Inhale for 5 seconds. Exhale for 5 seconds. Repeat 2 times.

Say aloud or to yourself a simple boundary phrase (choose one):

- Only what is mine stays with me.
- I return what is not mine, with love.
- I release what is complete.

What to do if you still feel “sticky” after releasing:

Choose one small, physical action to help your body let go:

- Drink a glass of water, slowly
- Wash your hands with intention
- Step outside and feel your feet on the ground for 10 breaths
- Shake out your hands and arms for 15 seconds

Mini reflection (optional):

Right now, what am I actually responsible for?

What am I not responsible for?

Write one sentence:

What is mine to carry today: _____

What I am releasing: _____



The Discernment Compass:

Trust Your Inner Yes and No

Use this when you are making a decision, choosing your next step, or sorting out what is truly aligned for you.

Step 1: Come back to neutral (15 seconds)

Breathe out fully. Feel your feet.

Quietly say: I am here. I can listen.

Step 2: Ask a clear question

Try one of these:

- Is this mine to do right now?
- Is this a yes for the next 24 hours?
- Is this the kindest next step from here?

A clear YES often feels like:

- open, steady, expansive
- calm confidence, even if it is new
- warmth, softening, or relief
- you can breathe a little deeper

A clear NO often feels like:

- tight, constricted, heavy
- rushed urgency or pressure
- a “shut down” feeling in the body
- a sense of leaking energy

A “not yet” often feels like:

- mixed signals, fog, or fatigue
- you need water, rest, time, or one more piece of information
- the question needs to be smaller or more specific

When you cannot feel your yes or no:

Try this quick clarity ladder:

- *What do I know for sure right now?*
- *What is one thing I can do today?*
- *What can wait 24 hours?*

A gentle guideline for people who carry a lot:

If your body feels depleted, your answer is often: rest first, decide second.

Want more support?

If you want a steady, supportive spiritual rhythm you can live in real life, you are welcome inside Your Awakened Path Online Foundational Course.

Learn more: www.awakenedpathjourney.com

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