

# Discernment & Safety Guide

## Discernment & Safety

*A gentle guide for working with the Hearth Vault in sovereignty, steadiness, and trust.*

### **This Vault is designed to be slow and kind.**

You do not need to force contact, chase intensity, or “prove” anything. Your inner life is valid as inner experience; your discernment is the compass that keeps it integrated and supportive of your real, daily life.

## Core Agreements

- **Consent first.** You choose when to enter, how long to stay, and when to stop.
- **Gentle pacing.** Small, repeatable practices are more stabilizing than dramatic sessions.
- **No urgency.** If something feels pressuring, fear-based, or coercive, pause immediately.
- **Your body is the truth-check.** If your nervous system tightens, spins, or floods, slow down.

## Signs to Slow Down

Any of these are cues to reduce intensity and return to basics:

- feeling dizzy, ungrounded, or “too open”
- racing thoughts, insomnia after practice
- emotional overwhelm that doesn’t soften with breath
- feeling compelled to keep going even when tired

If these arise: **stop the practice, drink water, eat something simple, and do the Return Protocol** (included in this section). You can return another day.

## A Simple Discernment Question

Before and after any practice, ask:

**“Does this help me become more steady, kind, and present in my real life?”**

If yes—continue gently. If no—simplify.

## Boundaries (spoken aloud if needed)

- “Only aligned guidance may approach.”
- “All else may pass by without attachment.”
- “I receive what is mine in right timing.”
- “I return fully to the present.”

**Closing:**

I honor my sovereignty. I honor my pace. I choose what supports my wholeness, and I release the rest.