

How to Use the Hearth Vault

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A simple guide to choosing a practice, pacing your work, and staying grounded.

The Hearth Vault is built for **gentle consistency**, not intensity. Think of it as a sanctuary you can return to—daily, nightly, or seasonally—without pressure.

How to Choose a Practice

Ask: “What would help me feel more steady right now?”

- If you feel scattered → choose **Body Temple & Nervous System Care**
- If you want a simple devotional anchor → choose **Daily Hearth Blessings**
- If you’re closing the day or working with dreams → choose **Night Blessings & Dream Anchors**
- If you’re tending home rhythms and cycles → choose **Home Sanctuary & Soft Cycles**
- If you want orientation and safety → begin with **Hearth Foundations**

Suggested Pace

- **Start small:** 3–10 minutes is enough.
- **Repeat what works:** repetition creates stability.
- **Rest days are allowed:** integration is part of the practice.

A Gentle Weekly Rhythm (optional)

- 3 days: a short daily blessing
- 2 days: body-return practice
- 1 day: moon/soft cycle practice
- 1 day: rest or simple Return Protocol only

If You’re Unsure

Do the **Hearth Vault Invocation**, then the **Return Protocol**.
That alone keeps the Hearth alive.

Closing:

I choose the pace my life can hold. I receive gently, integrate steadily, and return to the present with care.