

# ■ Oversoul Discernment ■

◇ Oversoul Discernment ◇

When messages arise, pause and feel:



Resonance (Oversoul Current)

- Warmth in the heart or body
- Expansion, lightness, or tears of recognition
  - A sense of rightness, even if humbling
  - Calm clarity beyond words

Doubt (Mind Echo)

- Contraction or heaviness
- Tension in chest or stomach
- Fear, self-criticism, or urgency
  - Circular questioning



Practice:

1. Breathe into your heart.
2. Ask: "Does this expand me or contract me?"
3. Trust the answer that comes before thought.



◇ Your heart is the voice of the Oversoul. ◇