



The Discernment Compass — Quick Alignment Practice

✨ **When clarity is needed, return here.**

Pause. Breathe. Observe. Then proceed.

Take three slow breaths and bring to mind the situation asking for your evaluation. Move through the reflections below without rushing.

1. What is verifiably true?

Separate observable facts from interpretation.

2. Where might I be making assumptions?

Notice any conclusions formed without confirmation.

3. Am I responding to the present — or to past experience, fear, or hope?

Let current reality orient your perception.

4. What might become clearer if I allowed more time?

Patience often reveals what urgency conceals.

5. What feels quietly true within me?

Listen for the steadiness beneath emotional noise.

6. What would strong foundations require here?

Consider what supports sustainability rather than immediacy.

Ground • Clarify • Choose

If working with Lodolite, hold it briefly and let its layered interior remind you that depth emerges through attentive seeing.

Take one final breath and complete this sentence:

“I choose to move forward with...”

(write your word — clarity, patience, courage, discernment, steadiness)

Closing Affirmation

I build from what is true.

I honor the wisdom of thoughtful pause.

I allow clarity to guide what comes next.