7 Steps to Discernment

Listening to Your Body's Wisdom

*A practical guide to knowing when your body says **NO** and your soul says **YES***

Lunamia

Step 1: Pause + Breathe

Stop the noise. Take 3–6 deep breaths. Get present before you act.

Step 2: Name the Sensation

Notice your body. Chest tight? Stomach heavy? Heart racing? Label it — don't judge it.

Step 3: Ask the Question

Journal or whisper: 'What is this warning me about?' Write what comes. Don't filter.

Step 4: Test the Options

Imagine Option A, B, C. Your body will show you: Expansion = Yes. Contraction = No.

Step 5: Confirm

Seek gentle confirmation. Talk to the people involved, or notice signs around you.

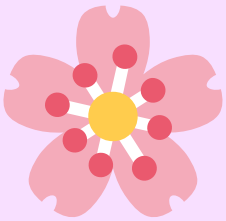
Step 6: Check the Logistics

Look at practicals: cost, timing, flow. Alignment is both energetic and practical.

Step 7: Sleep on It

Give it 24 hours if possible. When you wake up, the truth is usually clear.

Discernment is not about perfection — it’s about practice.



Every time you honor your body’s wisdom, you strengthen your connection to your soul’s path.

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