

CLEAR THE PATH

15 MINUTE AUDIO & JOURNAL

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Discover the
limiting belief
that is blocking
you and the
specific remedy
you need to clear
the path ahead
of you.



CLEAR THE PATH

Discover the Specific Belief Blocking Your
Healing, Awakening, and Manifesting 🌿

A guided audio & workbook
with Narayani Gaia

Heart ablaze. Feet on the ground.

Welcome.

You are here because something keeps getting in your way.

Not bad luck. Not bad timing. Not the wrong circumstances.

A belief. One specific belief that lives in your body, shapes your energy, and quietly runs the show.

This workbook pairs with a 10-minute guided audio. Together, we move through 12 of the most common limiting beliefs that block healing, awakening, and manifesting. One of them is your main one.

By the end, you will know which one it is, what it costs you energetically, and what your mind, body, and energy field need to shift it.

How to Use This Workbook

1. Find a quiet place. Have a pen nearby.
2. Press play on your audio before you read anything on the next page.
3. Let me guide you through each belief. Follow along in the chart as we go.
4. When one lands in your body, check the box. Trust what you feel first.
5. After the audio, come back to the journal pages and let it all land.

You do not need to figure this out.
Your body already knows. We are just listening.

The Awakening Map: 12 Limiting Beliefs Chart

Give yourself a few minutes for self inquiry

Press play on the audio

Follow along. Check what resonates.

#	The Belief	How It Shows Up	Mine
1	I have to do it all alone. Creating a team of support feels impossible.	Needing validation. Spacey	☐
2	I feel triggered by all the problems in the world.	Digestive issues. Numbness	☐
3	I have conflicting opinions within myself about sharing with others.	Confused	☐
4	I feel depleted from being around people and listening to others' beliefs.	Cluttered	☐
5	It is challenging to stay focused. I get overwhelmed at the thought of making it happen.	Distracted. Unfocused	☐
6	I would rather just let life happen to me.	Victim mentality. Disempowerment	☐
7	I find it awkward to be around people and have issues with clients, family, or others.	Self-defeating. Self-worth issues	☐
8	I take on other people's energy and don't know where I end and others begin.	Weak boundaries. Immunity issues	☐
9	I give constantly but others don't show up for me the way I do for them.	Exhaustion. Defensiveness	☐
10	A lot of people try to drain my energy.	Energetically and physically depleted	☐
11	I feel anxious about the future.	Mind and body disconnected	☐
12	I feel stuck doing things the same old way and don't know how to change.	Blaming others or the universe	☐

Circle your number. We will go deeper on the next page.

Go Deeper

You have found it. Now let it speak.

These prompts are yours to return to. The audio planted the seed. This is where it roots.

My belief is #_____

Reflect: Where do you feel this belief in your body right now? Describe the sensation, even if it is subtle.

Reflect: How long have you been carrying this? Can you trace it back to a moment, a person, or a season of life?

Reflect: What has this belief cost you? In your health, your work, your relationships, your path?

Reflect: What becomes possible the moment this belief no longer runs you?

What Comes Next

Finding the belief is the beginning.

The work is in the daily return. Coming back to your body. Checking in. Choosing again.

That is exactly what the Awakening Cards were made for.

The Awakening Cards Deck

Each card is a touchstone. A morning moment. A way back to yourself when life pulls you sideways.

The deck holds the full Awakening Map, the 12 belief patterns, and the embodied practices that shift them, one draw at a time.

Shipping AUTUMN 2026.

Get your deck at AwakenedLifeProductions.com

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