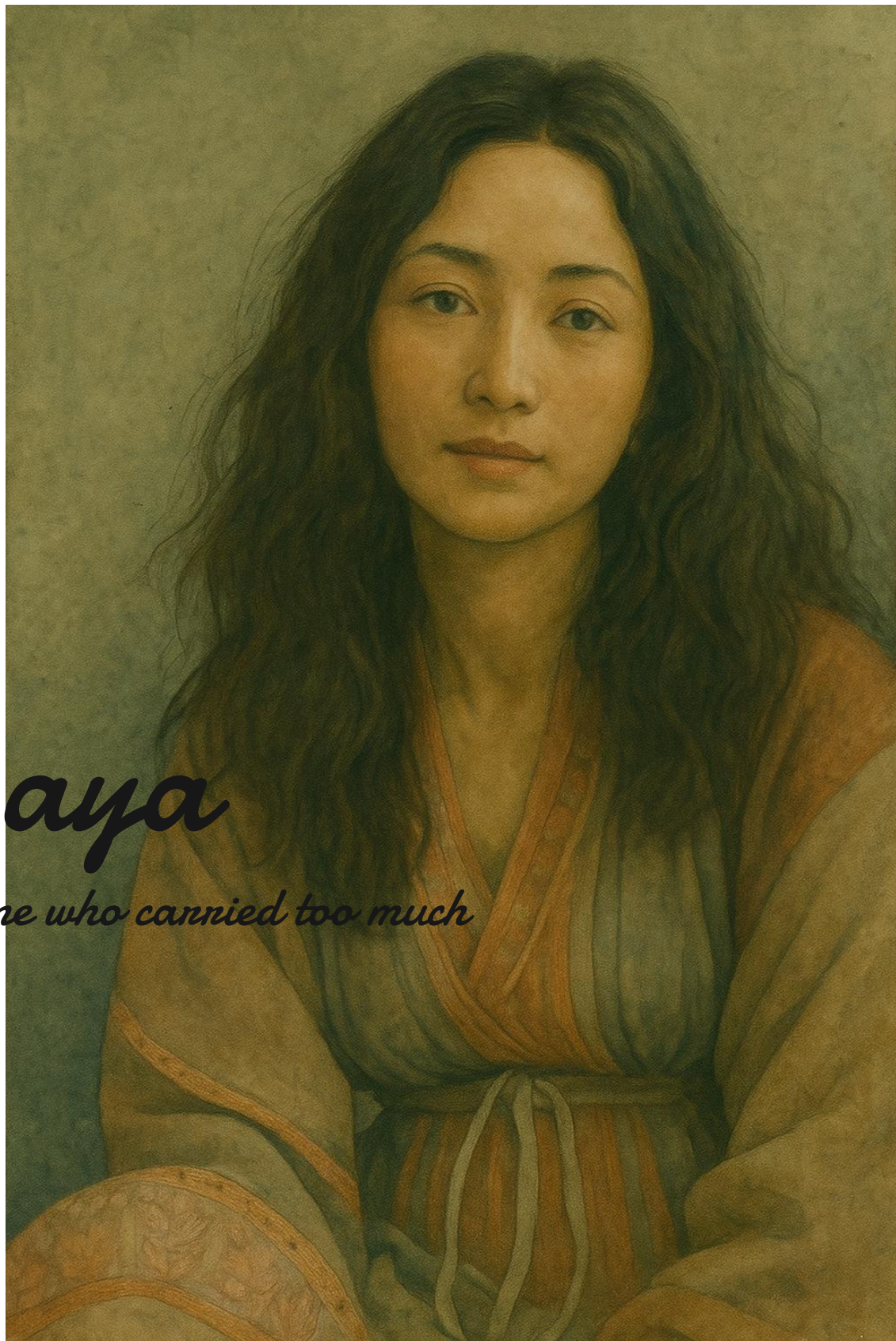


Maya

The one who carried too much



If you're already feeling overwhelmed and too tired to attend to yourself, this booklet cannot change that.

*It's something to help you
push through this
challenging time for you.*

It's permission to take care of yourself first.



Maya

Maya: The One Who Carried Too Much

By Irmina (Queen Tuya Nu)

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This is a quiet, soulful guide for those tired of over giving, *Maya* helps you lay down what was never yours and remember who you are, without guilt, without doing more for others.

Before you begin: Ask yourself: "if this book was for your work, your family, or someone else, how would you receive it?" Would you ready yourself to do whatever it takes to get it done and to do your best. Would you put aside other personal projects so you can show up fully for whoever or whatever needed you.

Now, I invite you to do this for yourself.

You may feel guilty at first, you may feel you are too tired, too unfocused, too... fill in the blank. Just for today, prioritize your self-healing and Soul care first!

About This Booklet

This isn't a workbook. It's a ritual, a mirror, and rock for you to build from wherever you are. It's a gentle yield sign at a crossroad for people like you. People who carry too much but keep going anyway. This booklet holds the story of Maya, someone who spent most of her life carrying and caring for others. Holding everything together for everyone else. She often complained of being tired, overwhelmed, and sometimes unclear or confused. She feels bone tired. Didn't know how lost she'd become trying to be "good," "useful," or "enough" until she had enough.

Her journey isn't about fixing herself. It's about laying things down that were never hers to carry in the first place. She has never been broken. She took on what wasn't hers and she veiled her connection to the Soul and to her mission in the process.

This booklet is an offering to slow down and stop. To observe with your eyes but see from within your Soul. To hear with your ears but listen to your own inner voice again. You will likely feel guilty at first; you may even feel anger for allowing yourself to get so lost. That's normal. Whatever you are feeling in the moment, allow it to pass through like a guest while you (the real you) stay in the sanctuary of your Soul.

Why This Booklet Exists

Because some of us never learned what it feels like to be held while we heal. We learned to perform healing and take care of others. This story lets you do it differently, quietly, gently, at your own pace.

What You'll Find Inside

- A story about someone you might recognize, even if the name isn't yours
- A soft reflection of your own overwhelm, exhaustion, or burnout, your own questions, your own truth
- Two basic (entry level) rituals and grounding tools you can start doing
- Gentle steps to stop over giving without losing yourself
- Gentle reminders about what healing feels like (without the rose-colored glasses)

Who This Is For

This is for the Sensitive Free Spirit™ (highly sensitive, highly spiritual, and Soulfully sovereign) who are tired of showing up for everyone else while neglecting their own Soul. For the one who wants to stop performing. For the helper, the strong one, the overthinker, the one who holds it down for everyone else, but can't remember the last time they held themselves. This is for you.

If you've ever thought: "I don't know how to stop, but I know I need to." "I want to rest, but I don't know what will fall apart if I do." What you may not know is that you are tired of pretending without realizing you have been pretending all along.

Self-check

- "I say yes only when I mean no."
- "I feel guilty when I rest."
- "I don't know who I am when I'm not helping someone."

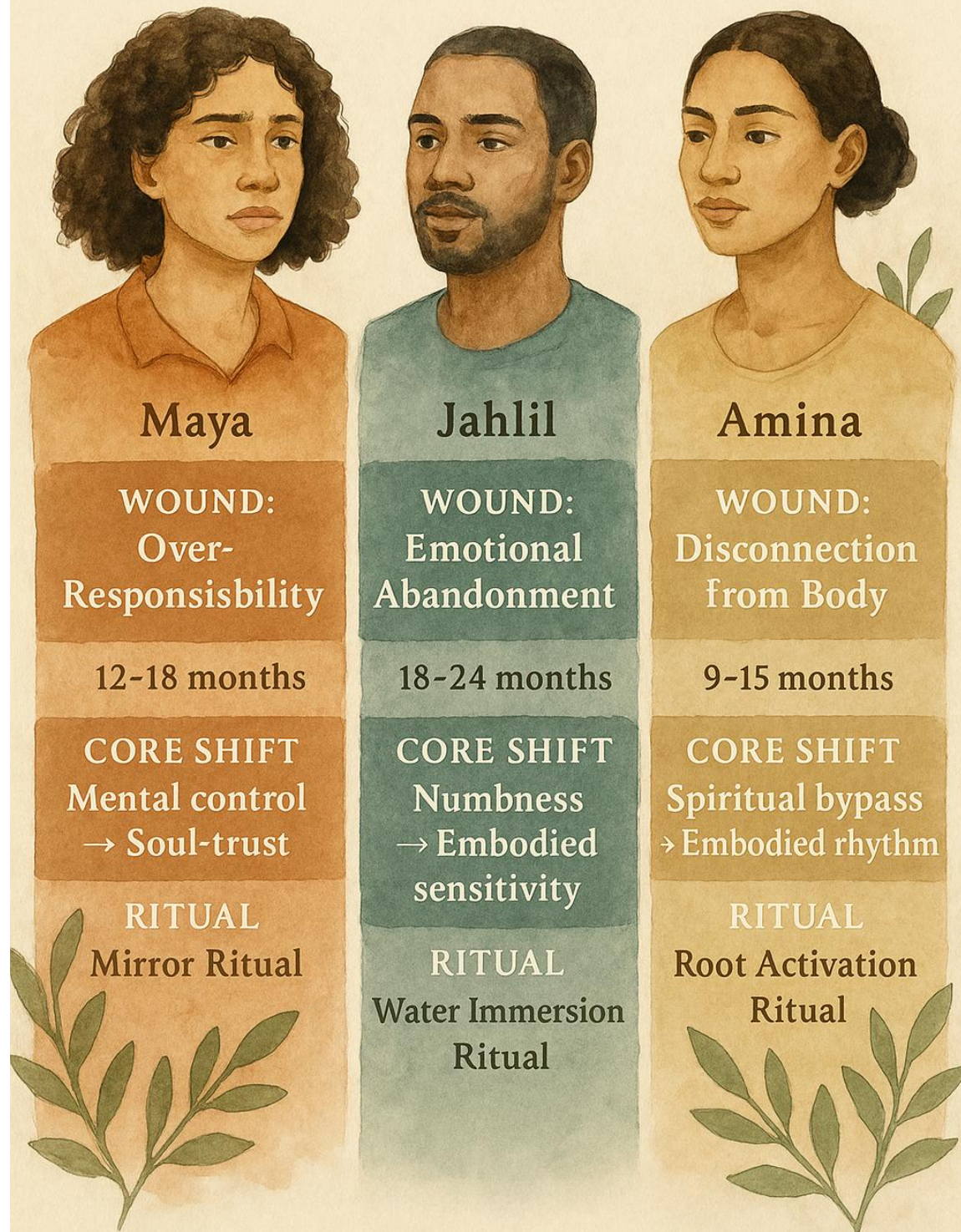
If you struggle with these 3 statements, say the following out loud. "I am allowed to pause. I am allowed to come back. I am allowed to take my time."

How did that feel?

If you are struggling with doing too much, feeling like a "doormat," and unable to say no without extreme guilt, welcome to Maya's story. You will look through her mirror and rediscover two simple ancestral strategies to help bring you back home to yourself. You will ground yourself in stone and rediscover that you too can be rock solid for yourself in your own life.

Let's begin.

HEALING JOURNEY READER MAP



A Day in the Life of Maya

 For the one who carries too much 

Maya woke up tired again. Not the sleepy kind of tiredness, *that would've been easy*. This was the kind of tiredness that settled in her bones and carries foggy thinking. A tired that didn't go away, even after solid seven hours of sleep. A tiredness that came from doing too much, too long, for too many people.

She lay still for a few seconds. She reached for her phone. Scrolled. Got a pit in her stomach from seeing the bills. Then guilt. She hadn't called her mom back. Then worry. Her friend was going through something again, and she hadn't checked in. By the time her feet hit the floor, she already "felt" behind. Behind on rest. Behind on life. Behind on her own healing. So much to do, so little time. So, she hurried throughout her day to do the impossible.

Breakfast? Coffee and whatever her child left behind on the plate, if she has a child. If not, just silence and her own brain picking at her like an old scab.

"You should be doing this or that." "You should've figured this out by now." "You're too old for this." Or reliving past conversations or comments to try and fix it all.

The voice in her head wasn't even cruel. Just constant. Exhausting. She felt a rush at the thought of being productive and doing something for someone else. She went to work. Or logged in. Or just started taking care of people again. Maybe work looked like cleaning the kitchen after someone else made a mess. Maybe it was babysitting someone else's emotions again. Maybe it was showing up for a job that barely saw her. She did what she always did: held it together.

People liked that about her. That she could be counted on. She was the "go to" person wherever she worked. She didn't complain. That she made everything look easy.

No one saw how much it cost her. Her life was falling apart, but she put on a good face.

At lunch, she didn't eat. If she ate, it was something she needed to avoid and she knew it. She scrolled again. The day dragged. Then flew. Then dragged again.

By evening, she was still on. Still giving and felt good for being "needed." Still answering texts. Still saying, "Yeah I'm good," when she wasn't.

Dinner was quiet. Or loud. Either way, she barely tasted it. She rushed through the next part of her day. Just did what she was supposed to. Cleaned up. Checked on people. Stared at the wall for five minutes. Put herself last again.

And then she hit the moment. That *one* moment she gets sometimes, right before bed.

She caught her reflection in the bathroom mirror. And something in her stomach flipped.

Not because she looked bad. But because... she didn't recognize herself. Who was this person? Who always smiles to keep the peace? Who always shows up while running empty? Who's waiting for someone to come fix it... but no one ever does?

She looked away. Then, she looked back.

For once, she didn't scroll. Didn't distract. Didn't go numb.

She just stood there and stared. Not judging. Not fixing. Just *seeing*.

And under all the exhaustion, she whispered something: "I don't want to do this anymore." Not in a dramatic "end of the world" way. Just honest deep bone tiredness.

She didn't want to keep proving herself. Didn't want to keep fixing other people's lives. Didn't want to keep pretending she was fine when she wasn't. And the wildest thing?

That one whisper was the start of everything changing.

Maya's Journey

Wound:
Over-Responsibility

Healing Arc:
12-18 months

Core Shift:
Mental control →
Soul-trust

Ritual
Mirror Ritual



WHAT'S GOING ON?

🌿 Maya

Core Wound: Raised to carry what wasn't hers, others' needs, emotions, and burdens. Over-thinker, over-giver, under-seen. Doesn't know when she stopped connecting with her Soul self anymore. She simply feels empty and always tired. She struggles to identify with her own likes, dislikes, needs, and wants. She is fueled by being needed but then resents herself for the pain it causes in her life. She is a constant giver. She is in a battle with herself. Always winning to lose. She is always too energized to rest. Always too fatigued to care for herself.

🌿 Healing Arc For Maya

- **This Booklet:** Healing The Over-Responsible One (Novice Level Rituals)
- **Practice Timeline:** 4-6 weeks practice (actual healing 12-18 months)
- **Spiritual Focus:** Sèmédo (mind) realigned under Selidò (Higher Soul law)

🌿 Core Shift:

From: Mental control, self-doubt, constant scanning for danger or disappointment, constant helping, constantly showing up for others.

To: Surrendering, Higher Soul-trust, spiritual clarity, and acceptance of sacred walk, inner divinity, and authority

🌿 Maya's Journey In Simple Terms

From: "I must fix everything and everyone's problems. If I don't, I'll suffer too."

To: "That's not mine to carry. I'm laying it down one stone at a time. And I will be ok."

🌿 Ritual Solutions: Mirror Ritual and Stone Naming





Mirror Ritual

🌿 **Mirror Ritual** – A sacred experiential practice where Maya speaks her truth aloud, face-to-face with her Selidò (Higher Soul).

Traditionally drawn from Afro-diasporic practices of naming oneself into alignment through eye contact, water bowls, polished stone, or reflective surfaces. This ritual returns her authority inward and helps clear energetic entanglements. This is an introduction to a much deeper ritual.

🌿 Frequency

- A daily or weekly sacred practice using a sacred mirror. Do it once a week to start
- Or every day for 3–7 days when you feel full or lost
- You can also use this ritual **before saying no**, setting other boundaries, or **after saying yes to yourself**

🌿 Mirror Ritual

(Returning to your Selidò through sacred reflection)

This ritual is simple, but it's not surface-level.

It's about calling your Soul back into view, not the version of you that performs (egoic soul), but the one that already knows. Note, ego is a useful tool. We do not condemn it, but through sacred work we can elevate it.

It works with any mirror, wall mirror, compact, bowl of clean water, polished stone. This is not about beauty. This is about seeing your true self.

🌿 What You'll Need:



- A mirror or reflective surface
- A quiet space where you won't be interrupted
- A grounding object (stone, candle, bowl, your breath)
- Optional: water, candle, sacred scent, scarf for covering your head

🌿 Steps:

1. **Sit or stand with your mirror.**
Set it in front of you. No rushing. No pressure to "feel spiritual."
2. **Place one hand on your chest.**
Breathe. Just let your breath slow.
3. **Look directly into your eyes.**
Not your face. Your eyes. If this is hard, let it be hard. Stay with it.
4. **Say your name slowly.**
First your full name. Then the name only your Soul knows.
(If you don't know it yet, say: "Show me.")

5. Speak one truth aloud.

It can be a whisper.

"I'm tired."

"I don't want to be strong today."

"I miss myself."



6. Let the mirror reflect it all.

Not to judge. Just to witness.

7. Close by saying:

"I release what's not mine. I return to what is."

Or:

"I see me. I choose my higher self."

8. Touch a grounding object.

Or press your hand to your chest, then your first eye (between your eyes), then your crown, then your first eye again, and end with your crown to seal the moment.

9. Ending your ritual

Place your hands over your heart and give thanks to all who came to assist you in your ritual work. "Thank you for walking with me. You may return to your place of peace. I release you in gratitude."

Close your eyes and speak your name aloud.

Let this be my seal:

"I return to myself now. I am the Temple of my Soul."

🌿 Optional Additions:

- Light a white or blue candle and oil it with frankincense to sanctify it.
- Cover your head with a sacred cloth (white linen or light blue)
- Place a bowl of water in front of the mirror to reflect your reflection twice, body and spirit

🌿 What This Ritual Does:



- Reconnects you to your Selidò (your Higher Soul Self)
- Help clear false identities, names, and burdens
- Rebuild the inner mirror so you stop needing outside approval
- Reminds you: **you are seen by your own self, first**

🌿 Healing Outcome

Maya learns to:

- Release burdens she inherited but never chose
- Make soul-led decisions without guilt or apology
- Define herself by who she is becoming, not who she has to be

🌿 What Happens Along the Way (how healing may look)

Maya may not have a big awakening. It may be slow. Quiet.

She just started putting things down. One expectation at a time.

Started talking to her reflection like a real person.

Started saying *no* even when her voice shook.

She may lose friends or people who relied on her overdoing to absolve themselves from their own responsibility

She may feel alone because her circle may have included “needy” co-dependent friends. Started listening to that deeper part of her that always knew the truth, even when she couldn’t explain it.

🌿 What Maya Can Do Along the Way

(Real, doable support for the in-between times)

1. Make space to feel weird
Let the awkwardness come. Don't rush to explain or fix it. It means you're no longer pretending.
2. Journal the losses
Write down the names or roles that are falling away. Grieve them. Bless them. Let them go without chasing.
3. Use a grounding object
When the guilt or grief feels too loud, hold your mirror, your stone, or your truth-word. Let it remind you: you're not lost, you're shedding.
4. Create a "Not Mine" List
Each week, write down what you're carrying that doesn't belong to you. Then pick one to return, decline, or release.
5. Find one Safe Witness
Even one person who sees you, without needing you to be useful, can make the difference between quitting and continuing.
6. Practice micro-boundaries
Small boundaries count. "Let me get back to you." "I can't talk right now." "That doesn't work for me." Say them often.
7. Schedule joy, not just survival
Make room for beauty. Music, sunlight, a good mango. Not to earn rest, but because joy helps you remember you're alive.



🌿 Who Maya Can Trust for Support

(Not everyone is for you. Here's how to tell.)

Healing like this is tender. Maya needs people who won't rush her, fix her, or secretly need her to stay the same. Here's who she can lean on and how to recognize them:

Maya can align with those who:



- Hold space without judgment. They don't try to explain away her feelings.
- Respect her boundaries. Even the new ones she's still shaky about.
- Aren't offended by her growth. They celebrate her voice, not resent it.
- Ask how *she's* doing and mean it. Not just when they need something.
- Have done their own inner work. They don't expect her to be their emotional caretaker.

Examples:

- A grounded therapist or spiritual elder who honors her full self
- A friend who's been quietly unlearning their own over giving
- A support group rooted in compassion, not performance
- A community (like Insightful Journeys) where she doesn't have to explain her exhaustion

People to Be Cautious With

These are the ones who:

- Guilt her when she says no. "But you always used to..."
- Only show up when they need help. And disappear when *she* needs support.
- Call her selfish to protect her peace.
- Use "spiritual talk" to dismiss her pain.
- Make her feel small, crazy, or like she has to earn love.

Gentle Reminder:

Trust isn't about perfecting healing, it's about *safety and personal truths*.

If Maya feels calm, seen, and not drained after being with someone, that's a green flag.

If she feels anxious, foggy, or smaller, that's information to help understand the spiritual vibe that was exchanged.

In the end, *healing doesn't require a crowd. Just one soul-safe space can change everything.*



Ritual: Stone Naming



Stone Naming

🌿 Ritual: Stone Naming

Stone, ancestral stone, or carved object made from natural materials (Gnome, Fairies, Legba figures, etc.), preferably earth. Avoid plastics and metals.

Traditionally drawn from indigenous practices of naming stones, consecrated stones as liberation.

🌿 Frequency

- A weekly or quarterly sacred practice. Do it once a week to start
- You can also use this ritual **before signing a major contract, before a major event, or a challenging conversation.**

🌿 Stone Naming Ritual

(Letting go of what isn't yours. Returning to what is.)

Maya is reclaiming what belongs to her and releasing what doesn't.

In Afro-Indigenous tradition, sacred stones are used to anchor spirits, protect boundaries, and mark truth. Traditionally drawn from indigenous practices of naming stones, consecrated stones as liberation. In Western ancestral ways, stones were buried, held, or named during transitions. This ritual brings all that forward in a way that's quiet, sacred, and yours.

What You'll Need:



- A stone or sacred object with weight and memory (River stone, carved figure, ancestral keepsake, even a simple rock that called to you during a walk. Clean it first)
- A bowl of clean water or access to rain/river (for stone to fully submerge)
- A quiet place with earth energy (window, tree, threshold)
- Your voice or breath
- Words that feel like your personal truth (you'll find it during the ritual, but if you need to journal in advance, that's ok too.)

Steps:

1. Set the space. Find a spot outdoors or near the open air. Sit or stand where you feel grounded. If you've never engaged in ritual, ask for divine protection and support.
2. Say your invocation while lighting a candle and pouring water. "My ancestors, and sacred ones who walk with me, I call on you to witness me now as I return what was never mine and call my Soul back to me. I enter this moment with open hands and a willing heart, ready to lay down what was never mine."
3. Hold the stone in both hands. Close your eyes. Feel its weight. Feel the silence around it.
4. Speak the names, roles, or burdens you've carried that were never truly yours.

"I cared for my mother since 6 and..."

"I have been the emotional sponge for my family's secret..."

"I was the fixer of everyone's pain."

"I wase the Strong One who found a way out of no way."

Keep going until your body softens or your voice stops.

Pause. Breathe. Say:

"I lay this down. It does not belong to me."

5. Ritualistically wash the stone in the water. Rainwater. River water. Bowl water. Let it carry away what's been spoken.
6. Flush the water down in the toilet, or let it go down river, or pour it back to the earth (a place you won't visit again for a while preferably)
7. Now, rename the stone.

Use one word that feels true to your Selidò (your Higher Soul's core).



"Sacred Voice."

"Sacred Stone."

"Truth-Walker."

"Freedom Stone."

"Boundary Stone."

And yes, you can use traditional spiritual names.

8. Place it somewhere sacred.
At your altar. At the base of a spiritual "repository" tree. By your back door.
Wherever it can witness your return to self. If placing it outdoors, make sure no one else has access to it.
9. Ending your ritual
Place your hands over your heart and give thanks to all who came to assist you in your ritual work. "Thank you for walking with me. You may return to your place of peace.
By breath, by stone, by truth once mine, I return what was never meant to be carried."

Close your eyes and speak your name aloud.

Let this be my seal:

"I return to myself now. I am no longer the carrier. I am the Temple of my Soul."

This ritual doesn't end here. Every time you see or touch that stone, allow it to remind you: (1) You already laid that burden down. (2) You don't have to pick it back up. Let the Earth hold it now. Let your Soul support *you*.

Western Equivalent (when needed for context):

This is your truth naming stone. Not unlike the naming stones used in old Celtic, Indigenous European, or early American traditions. Except this time, it isn't for someone else to name you, it's for you to name yourself.

Frequency Adaptations:

- Once at the beginning of a healing cycle, new moon for example
- Repeat anytime your name feels lost or your boundaries blur
- You can also do this after a major transition or deep grief

What This Ritual Does:

- Breaks energetic agreements with false identities
- Returns spiritual agency to your hands and your breath
- Grounds you in your Selidò and clears ancestral confusion
- Receives the witness of your rebirth through the threshold of truth





Healing is Cyclical

What to Expect

Your ritual is complete the moment you end it. But it is only activated the moment you take an action or inaction. Take a concrete step, however small. Or if silence is required, do that. Say no to a request you might typically accept but would have burned you out. Journal dreams and other experiences. Be prepared to keep practicing actions (or inactions – like not volunteering for things that drain you) that support your healing.

The Challenging

- People might not like the “new you”
- Guilt will rise and you may feel confused
- You may feel lost or exposed
- Old pain might surface through the body

The In-Between

- You may feel alone
- You'll miss the old patterns sometimes
- You may want to go back

The Surrender

- Your body softens
- Decisions get cleaner and eventually easier
- Soul-aligned people show up
- You trust yourself again



🌿 Maya's Daily Grounding

Once you've done rituals, it's vital to always re-ground yourself. Here's Maya's simple routine.

1. Hand on chest and another hand on your belly
2. Speak one truth
3. Touch your grounding object or the earth itself
4. Drink clean water and focus at something in the distance while taking deep breaths
5. Afterwards, move your body, dance, sing (joyfully, figure 8s, hip movements, feet movements...)
6. Journal your dreams, insights, or body signals and integrate what you are learning

MOST IMPORTANTLY – keep your healing sacred. Sometimes we talk too early and sabotage our own healing work. Let it root in your whole self. This may be several weeks to several months.



What's Next

🌿 When can I start reading *Mystical Journeys* and doing other work?

Only if your Insightful foundation is strong. Give yourself time to integrate your new letting go practices (mirror and stone). This will vary. If it took you 30 years to get sick and tired of an old habit of over-giving, don't expect results in 3 hours, or 3 days. Sometimes we experience an immediate shift (a miracle) but lose it because we acted irrationally. Let the healing root into every cell of your being. This takes time.

If you move too fast:

- Your rituals might become hollow
- You'll confuse guilt for guidance
- You'll confuse endorphins (feel good) for actual results (real boundaries)

- You'll spiritualize emotional avoidance and not do the hard work

If you stay too long:



- You may become rigid and refuse to grow
- You may lose your softness and rhythm
- You may become afraid of letting go of the ritual that helped you and repeat the same pattern of being stuck

Healing moves in spirals, not steps.

Your body will know when it's time to shift. And you will know when it's time to return for a refresher.

Deep healing isn't always tidy and neat although it can be. It's often messy and cyclical.

As healing unfolds, responsibility (our ability to respond) returns to us. And sometimes, when this happens, we quickly want to shift to a new healing journey instead of sealing the old one with concrete actions. Before moving to the next thing, ask yourself, am I complete? Have I learned everything I needed to learn this time around?

Sometimes, when we're not yet ready to take full responsibility for our own love and nourishment, we hold onto old ways and the pain that comes with those habits.

It's not because we want to suffer, but because it's familiar. The unknown can feel scary and overwhelming. With freedom from our pain comes responsibility for our care. New responsibilities to ourselves, to our truth, to our becoming. We may not know what to do or whom to reach out to.

We can no longer avoid conflict and must face it head on. We can no longer avoid anger; we must feel it and take actions. We can no longer avoid fear; we must step forward and move through it. Who will catch up when we fall? We are learning to trust in our Soul, our Source, and our Creation. That takes a re-balancing our backbone and our guts.





Your Medicine Bag

Your medicine bag is where you keep the tools that help you to walk this journey. Add these to your medicine bag. When the time comes, prepare to let them go too.

What To Do When Feeling Overwhelmed And you are Away from Home

1. Learn to Pause often and take slow deep breaths
2. Say your sacred name (create above)
3. Put one "challenge" or issue on your altar in your mind's eye.
4. Feel the guilt to do more, but don't obey it
5. Let one truth be enough today and relearn to rest in your Soul

What Not To Do As You Continue On This Journey

1. Don't rush to "be better," its ok if you make mistakes

2. Don't turn this into a checklist (allow what needs to heal come up organically)
3. Don't expect others to clap, in fact, they may do the opposite
4. Don't try to win healing, it's not a contest
5. Don't leave yourself when it gets hard, seek support instead

🌿 When You're Ready For More, How to Reach Out

- #1 You don't have to rush.
- #2 You don't have to reach out.
- #3 You don't have to explain why you've waited.

When you're ready, find me here:
clearwaterwellnesslife@gmail.com or
www.clearwaterwellnesslife.com

You're welcome to pause.
And you're welcome to continue.

When ready. Enjoy the journey back to yourself.

I see you. I honor your journey.



May each step forward feel more like home.

Irmina (Queen Tuya Nu)