



The Compass

You don't need more advice. You need a direction.

A quiet guide for people who want to understand themselves more deeply, speak with more care, and build healthier relationships, with themselves and with others.

Read. Reflect. Choose your direction. Practise.

C O N T E N T S

What is inside this guide.

Six short sections. Read in order, or start with the one you need today.

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THE INVITATION

Connection has never been easier. Closeness has never been harder.

Dating apps create access without intimacy. Family groups keep people in contact while the real conversation is avoided. Workplaces communicate all day, while trust and repair stay unnamed.

The Compass does not diagnose you, and it will not tell you who to become. It helps you notice what kind of support you need right now: language, reflection, conversation, repair, or daily practice.

You do not have to start everywhere. You only have to start honestly, with one direction, one small practice, one clearer conversation.

The path is not linear. You may move from a book to a journal, from a journal to NÓS, from NÓS back into a guide. The point is not to complete the map; it is to keep returning with more awareness.

The one question

“What direction would help me become more honest, more aware, and more connected right now?”



Four directions. One honest question.

THE FOUR DIRECTIONS

Start where it feels most honest.

Each direction is a different kind of help. None is more advanced than another. Each one answers a different need.

N LANGUAGE

PATTERN RECOGNITION

CMJB Collective Publishing

When you need words for what you keep repeating.

Books and long-form resources that name the pattern before you try to fix it. Begin with Amaya's Soap, then move into the pattern studies behind the method.

Read Amaya's Soap
Continue with The Patterns We Carry

E INNER PRACTICE

PRIVATE REFLECTION

NUA

When the conversation you need most is with yourself.

Journals and reflective tools for self-honesty, emotional clarity, values, boundaries, gratitude, and inner alignment.

Open the Self-Care Journal
Keep the Gratitude Journal

S CONVERSATION

WITH OTHERS

NÓS

When you need a better conversation with another person.

Question sets built for honesty, repair, curiosity, and emotional safety. Beginning with couples, expanding into friends, family, and work.

Start with NÓS Couples
Explore Friends, Family, and Work

W FOUNDATIONS

STRUCTURED LEARNING

Digital Guides

When you need deeper structure for the work.

The Relationship Foundations Collection: self-worth, emotional patterns, and secure love, taught in a practical, guided sequence.

The Self-Worth Reclamation Guide
The Patterns We Carry
Step-by-Step to Secure Love

How to use the four directions

Choose one direction for the next four weeks, not all four. Read or practise a single item from its list, then notice what changed in how you speak, listen, or return to yourself.

WHERE TO START

Let the question choose the tool.

THE THOUGHT	DIRECTION	WHY
<i>"I keep repeating the same emotional pattern."</i>	Publishing	Find the language first. Naming comes before changing.
<i>"I need to understand myself before I speak."</i>	NUA	Private reflection clarifies the feeling, need, or boundary beneath the reaction.
<i>"We need a better conversation."</i>	NÓS	Structured questions create honesty, repair, and emotional safety.
<i>"I want a deeper framework."</i>	Guides	Guided study of self-worth, patterns, and secure love.
<i>"I need a daily ritual."</i>	Journals	Small repeated practice makes reflection part of ordinary life.

THE METHOD

Six moves, repeated in ordinary life.

01

Awareness

Notice what is happening inside you before the pattern becomes automatic.

02

Recognition

Name the repeated pattern, not as blame, but as information.

03

Understanding

Ask what the pattern protects, fears, needs, or remembers.

04

Choice

Pause long enough to answer as who you are becoming.

05

Practice

Use tools, questions, and rituals to repeat the new pattern in real life.

06

Integration

Let the practice become how you relate to yourself and others.

THE PRODUCT WORLDS

What exists now, and what is unfolding with care.

Publishing	Books and long-form resources, beginning with Amaya's Soap.	AVAILABLE
NUA	Private tools for self-honesty, journaling, gratitude, and clarity.	AVAILABLE
NÓS	Conversation tools for couples, friends, family, and work.	AVAILABLE
Guides	Structured resources for self-worth, patterns, and secure love.	AVAILABLE
Journals	Daily rituals for reflection, check-ins, and returning to yourself.	AVAILABLE
Community	App-based reflection, saved conversations, groups, and continued practice.	UNFOLDING

A note on pace

Nothing here is released until it is ready to be useful. The Collective grows the way a practice grows: slowly, honestly, and in response to what people actually need.

YOUR FIRST COMPASS CHECK

Four questions. Answer them honestly.

Write by hand. Take five quiet minutes. There are no correct answers, only truer ones.

01 What pattern am I noticing most often right now?

Withdraw, pursue, overgive, defend, avoid, rescue, compare, silence yourself.

02 What relationship is asking for more honesty?

A partner, friend, family member, colleague, or yourself.

03 What do I need first: language, reflection, conversation, repair, or practice?

Choose one, not all. Direction matters more than pressure.

04 What would a small next step look like this week?

One chapter. One prompt. One clearer conversation.

My direction this week

BEGIN HERE

Your direction does not need to be dramatic.
It needs to be honest.

Start with the direction that feels true now, then return when you are ready for the next layer.



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