

Module 5: The Sh*tstorm Protocol

When chaos comes knocking, this is how you hold your ground.

Welcome to Module 5.

Life doesn't pause for your woo practice. The storm hits when it hits — the phone call you didn't expect, the argument you didn't want, the overwhelm that blindsides you. This module is your protocol: the step-by-step reset to bring your body, mind, and energy back online so you don't spiral.

This is your chaos survival kit. Keep it close. Use it often.

Why You Need a Protocol

- Chaos scrambles your nervous system → you can't think clearly.
- Your energy field gets jagged → you attract more static.
- Your boundaries collapse → you absorb other people's mess.
- Without a reset, you stay stuck in reactivity instead of reclaiming your power.

A protocol is structure in the storm. It gives you a map back to yourself.



The Sh*tstorm Protocol (5 Steps)

Step 1: Pause + Breathe

- Take 3 deep breaths. Inhale through the nose, exhale with a sigh.
- Even 30 seconds here interrupts the chaos spiral.

Step 2: Ground Your Body

- Feet on the floor. Imagine roots anchoring you deep into the earth.
- Wiggle toes, roll shoulders, remind yourself: "I am here."

Step 3: Clear Your Energy

- Use the Static Sweep (head to toe, shake it off).
- Or, imagine a waterfall of golden light washing the chaos away.

Step 4: Reframe the Storm

- Ask: "What is actually mine here, and what's not?"
- Affirm: "I release what isn't mine. I hold what I choose."

Step 5: Reset with Intention

- Place hand over heart.
- Speak: "I am grounded. I am safe. I choose my next best step."

Then act — one small aligned action.



Journal Prompts

1. When chaos hits, what do I usually do first?
2. How does my body tell me I'm in storm mode?
3. Which step of the Sh*tstorm Protocol feels easiest for me?
Which feels hardest?



Energetic Practice: Quick Reset Drill

Practice the Sh*tstorm Protocol when you're not in crisis — so when chaos comes, it's muscle memory.

- Set a timer for 5 minutes.
- Walk yourself through the 5 steps.
- Repeat a few times this week until it becomes your natural go-to.



