

"the darker it gets, the closer you are."  
signs of a healing crisis

you're thinking: "it's too much." "it doesn't work." "it's going to kill me." "i'm going in circles."

astral integration – being human 101  
this is your ego trying to keep you safe by keeping you the same.

## immediate action protocol

1. **acknowledge** – "i am in a healing crisis. this is normal."
2. **breathe** – 10 slow, deep breaths.
3. **anchor** – read your list of victories and validations.
4. **remind** – "this is temporary. i am releasing what no longer serves."
5. **support** – self-care or reach out to your system.
6. **trust** – "i am exactly where i need to be."

## the 10 essential strategies

01 anchor, validate, confirm

read your anchors list – victories, realizations, validations. this reminds you that not everything is lost.

02 be gentle with yourself

this is the work of a lifetime. show yourself compassion. don't expect instant results.

03 make peace with ups and downs

good days and bad days are both great. less resistance = more balance.

04 expect the waves

after a good day, expect a hard one. before breakthrough, expect challenge. after breakthrough, expect integration.

05 track your pattern

notice your combo days. keep track to see the waves more clearly.

06 honor your readiness

when ready, you'll face it. when not ready, practice kindness. don't force it.

07 connect with higher intelligence

use this process to connect with your higher self. trust your unique path.

08 accept what is

true acceptance uplifts everything. surrender resistance while doing the work.

09 use resistance as opportunity

every resistance is a doorway deeper.

10 realign with your why

why are you doing this work? how much is your liberation worth?

## grounding practices

physical: feet on bare earth. cold water on face. heavy food. intense exercise. shaking.

energetic: root chakra activation. visualize roots from feet into earth. slow deep belly breathing.

emotional: call a trusted friend. journal. cry it out fully. take a bath.

## crisis affirmations

- "this too shall pass. the waves come and go."
- "i am strong enough to hold myself through this."
- "this discomfort means i'm releasing old patterns."
- "my healing is not linear. it's a spiral."
- "i trust the process and i trust myself."
- "i am exactly where i need to be."
- "i cannot avoid my healing, only delay it."

## emergency journaling prompts

- what am i feeling right now in my body?
- what triggered this crisis?
- what old pattern is trying to surface?
- what am i afraid of feeling?
- what do i need to release?
- what part of me needs love right now?

## when to seek professional support

reach out if you experience: suicidal thoughts. inability to function for extended periods. dissociation that doesn't resolve. severe physical symptoms.

**you are not alone. support is available.**

*"you can't heal with the bullet still inside. the pain of removing it is temporary. the pain of leaving it in is permanent."*

