

Shadow Poopy: Compost for the Soul

AnuBel's Field Guide to the Human Spirit

A compassionate exploration of shadow, discomfort, and emotional transformation. What is rejected waits. What is included transforms. This entry reframes shadow as material for growth rather than something to hide.



AnuBel's

FIELD GUIDE TO THE HUMAN SPIRIT

ENTRY: SHADOW POOPY

Compost for the Soul

★ From Poop to Starlight Series ★

You are not broken.
You are becoming.

1 THE ENCOUNTER

At some point, everyone meets Shadow Poopy.

It appears uninvited. At inconvenient times. Usually when you're trying to look... put together.



2 THE REACTION

The instinct is immediate:

Hide it. Deny it. Distance yourself from it.

"This isn't me."



3 THE LOOP

The more you resist it, the more persistent it becomes.

Following. Linger. Waiting to be seen.

Not because it wants to ruin you—but because it hasn't been included.



4 ANUBEL'S RESPONSE

AnuBel does something unexpected.

She doesn't run. She doesn't shame.

She kneels beside it.



5 THE REFRAME

Where others see waste... AnuBel sees potential.

Old emotions. Unprocessed moments. Stories that were never fully felt.

Not garbage—material.



6 COMPOST

With patience, something shifts.

What once smelled... begins to soften.

Break down. Transform.

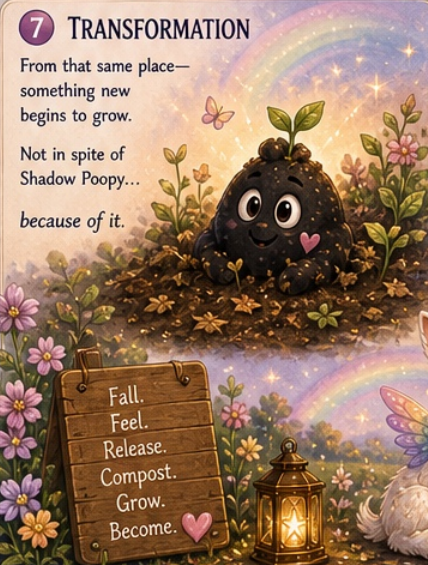
Feed the soil.



7 TRANSFORMATION

From that same place—something new begins to grow.

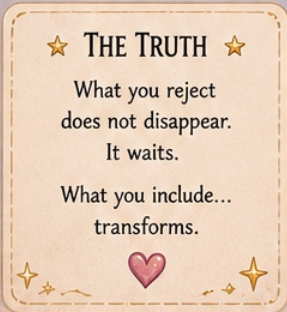
Not in spite of Shadow Poopy... because of it.



★ THE TRUTH ★

What you reject does not disappear. It waits.

What you include... transforms.

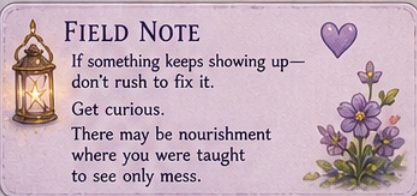


FIELD NOTE

If something keeps showing up—don't rush to fix it.

Get curious.

There may be nourishment where you were taught to see only mess.



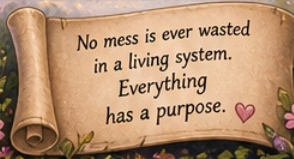
CLOSING BLESSING

May you soften toward what you once rejected. May you trust the quiet alchemy of transformation.

Even this... becomes light.



No mess is ever wasted in a living system. Everything has a purpose.



AnuBel, LLC



AGiantMind.com



AnuBel.com



About This Collection

Created by **Jody Praigg**

These works are part of the evolving AnuBel universe — a story-centered exploration of emotional intelligence, imagination, healing, systems awareness, and human becoming.

AnuBel, LLC

AnuBel.com • AGiantMind.com