

# Shadow Poopy & The Field Guide

This vignette is part of the evolving AnuBel Field Guide ecosystem — a playful yet deeply human exploration of emotional intelligence, systems awareness, shadow integration, and coherence.

Many of us learned about fields through distorted ones.

Through chaotic or emotionally unsafe systems, we developed sensitivity to what disrupts coherence — and what restores it again.

Shadow Poopy reminds us that difficult experiences do not have to be wasted. What feels messy or painful can become compost for wisdom, discernment, creativity, and authentic connection.

*“Dysfunctional systems are excellent field research.”*

# “Shadow Poopy Says:

“I learned about fields through fucked up ones.”

- toxic dynamics
- closed systems
- manipulation
- chaos
- confusion
- betrayal
- shame
- silence

But she didn't waste it.

She composted that shit...

- ✓ faced it
- ✓ felt it
- ✓ processed it
- ✓ learned from it
- ✓ transformed it
- ✓ let it go

...into something beautiful and generative.

It was messy.  
It was heavy.  
It was real.

A LOT OF SHIT.

BOUNDARIES  
DISCERNMENT  
SELF-TRUST  
TRUTH

Now her field is coherent, juicy, and alive.



AUTHENTIC CONNECTIONS



CREATIVE DREAMS



MEANINGFUL WORK



FLOW + STRUCTURE



EXPANSION

She became a gardener of fields.



Not perfect.  
Present.  
Participating.

Dysfunctional systems are excellent field research.

— Not recommended... but informative. ♥ —

# About This Collection

Created by Jody Praigg

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

At the heart of this work is a simple idea:

Restoring coherence to human fields — personal, relational, organizational, and collective.

Through humor, storytelling, systems thinking, and symbolic language, the Field Guide invites people to participate more consciously in the fields they help create.

Not perfect. Present. Participating.

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