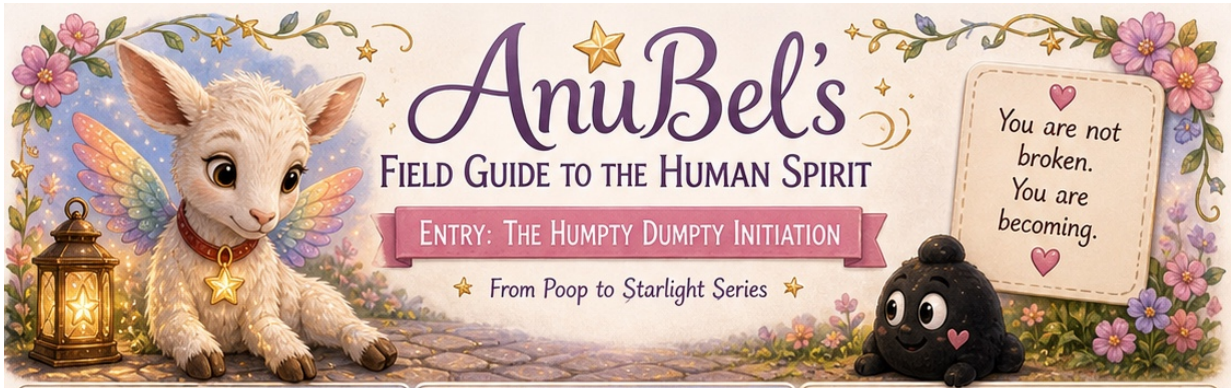


The Humpty Dumpty Initiation

AnuBel's Field Guide to the Human Spirit

An initiation into transformation through tenderness, fragmentation, integration, and becoming. AnuBel and Shadow Poopy guide readers through the cracks where light enters and new forms emerge.



1 THE FALL

There are moments when everything seems whole. Balanced. Held together.

And then—the fall.

Not always dramatic. Not always visible to others. But unmistakable from within.



2 THE BREAK

A crack. Then another. Until the shape you once held... could no longer hold you.



3 SHADOW POOPY

Where others see mess... Shadow Poopy sees material.

Fragments. Old identities. Distortions. Stories that no longer fit.

Not something to hide. Not something to rush past. But something to... *compost.*



4 THE KNOWING

AnuBel does not rush to rebuild.

She pauses. She breathes.

And in that stillness, something surprising happens—

Light begins to glow through the cracks.



5 THE REORGANIZATION

In a living system, repair is not the goal. Reorganization is.

What falls apart... was never meant to hold your next level of truth.

What emerges is not a reconstruction—It is a new form.

More aligned. More honest. More alive.



6 THE INTEGRATION

AnuBel gathers her pieces—not to become who she was, but to become who she is now.

Shadow Poopy stays close, quietly transformed—no longer just shadow, but soil.



7 THE TRUTH

You were never meant to be put back together by the world that could not see you clearly.

You were meant to see yourself clearly—and form from there.

Fall. Feel. Release. Compost. Glow. Become.




The fall wasn't the end. It was the beginning of truth.




FIELD NOTE

If you find yourself in pieces, pause before you panic. Look again. There may be light where you were taught to see damage.



CLOSING BLESSING

May you trust the cracks that let your truth shine through. May you release the need to be restored to what once was. And may you remember—You are not broken. You are becoming.



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.

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