

STAYING SANE IN A BONKERS WORLD

Your Cosmic Survival Guide



By Gabriel Artemis & Sabarina



*A personal Welcome from The Cosmos
via
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Gabriel Artemis creates the Cosmic Cat Freedom Fighters series – books that tackle humanitarian issues while encoding Divine Wealth frequencies to unlock higher consciousness and abundance.

Her stories work on multiple levels: entertaining readers while opening neural pathways to transformation. Through cosmic cat adventures, she makes profound truths accessible and bypasses resistance to spiritual and financial awakening.

Gabriel's mission is reaching souls ready for both social awareness and abundance consciousness.

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A special gift from Sabarina's Musings - Intergalactic Council of Light

Welcome, Beautiful Soul!

Let's be honest - the world has gone absolutely bonkers, hasn't it? Every day brings new levels of chaos that would make Alice's Wonderland look like a peaceful meditation retreat. But here's the cosmic secret: while everyone else is spinning out, you can actually get ahead of the game by staying centered in your own truth.

This little guide contains five cosmic secrets that will help you not just survive the madness but thrive while others lose their minds. Think of it as your cosmic GPS for navigating the beautiful mess we call modern life.

Cosmic Secret #1: Trust Your Inner Knowing Over External Noise

The world is drowning in information, opinions, and "expert" advice that changes daily. But you've got something much more reliable - your inner knowing. That quiet voice that whispers truth when everything else is shouting lies.

Your Cosmic Action: Each morning, before checking any news or social media, sit quietly for just three minutes and ask yourself: "What do I need to know today?" Trust the first thing that comes up. That's your cosmic GPS recalibrating.

Why This Works: When you anchor in your own wisdom first, external chaos can't knock you off course. You become like a lighthouse - steady and bright while storms rage around you.

Cosmic Secret #2: Spot the Patterns Behind the Chaos

Nothing is random, beautiful soul. What looks like chaos usually has patterns running underneath. The cosmic cats have taught me that when you step back and observe rather than react, you start seeing the bigger picture.

Your Cosmic Action: When something feels overwhelming or confusing, ask yourself: "What pattern am I seeing here? What's the real story behind the story?" Then wait for the insight to bubble up.

Why This Works: Pattern recognition is your superpower. While others are caught up in the drama of individual events, you're seeing the whole tapestry. This keeps you ahead of the game because you can anticipate what's coming next.

Cosmic Secret #3: Protect Your Energy Like the Precious Resource It Is

In a bonkers world, everyone wants a piece of your energy - news feeds, drama merchants, energy vampires, and chaos addicts. But your energy is sacred fuel for creating the life you actually want.

Your Cosmic Action: Create an energetic bubble around yourself each morning. Imagine golden light surrounding you and set the intention: "I only allow energy that serves my highest good." When something feels draining, visualize it bouncing off your bubble.

Why This Works: When you're not leaking energy into every crisis and drama, you have reserves for what actually matters. Plus, people can feel your centered energy and either rise to meet it or move away - both outcomes serve you.

Cosmic Secret #4: Find the Gifts Hidden in the Madness

Here's something the cosmic cats whispered to me: every challenge contains a gift, even when it's wrapped in really ugly paper. The bonkers world is actually accelerating everyone's growth and awakening - it's just not very comfortable!

Your Cosmic Action: When facing any difficult situation, ask: "What is this teaching me? How is this making me stronger or wiser?" Write down whatever comes up, even if it seems small.

Why This Works: This shift in perspective transforms you from victim to student. Instead of being beaten down by challenges, you're collecting wisdom and strength. That's how you stay ahead - you're growing while others are just surviving.

Cosmic Secret #5: Connect with Others Who Are Also Awake

The antidote to feeling crazy in a crazy world is finding your tribe - people who can see what you see, who aren't buying into the collective madness. These connections remind you that you're not alone and that sanity still exists.

Your Cosmic Action: Look for people whose eyes still shine, who ask thoughtful questions, who seem centered despite the chaos. Start conversations about real things - not just weather and complaints. You'll be amazed who emerges from the woodwork.

Why This Works: When you surround yourself with other aware souls, you create a field of sanity together. This field grows stronger with each connection and becomes a beacon for others who are ready to wake up.

Your Cosmic Toolkit for Daily Navigation

Morning Ritual: Three minutes of inner listening + energetic protection bubble

Throughout the Day: Ask "What's the pattern here?" when chaos strikes

Evening Reflection: "What gift did today bring me?"

Weekly Practice: Connect with at least one person who truly sees you

Emergency Reset: When overwhelmed, breathe deeply and remind yourself: "I am the calm in the storm. I see clearly while others are confused. I am exactly where I need to be."

Remember, Beautiful Soul...

You chose to be here during these bonkers times because you have something special to offer. Your sanity, your clarity, your centered energy - these are superpowers in a world gone mad.

While others are getting lost in the chaos, you're learning to dance with it. While they're being pulled in every direction, you're staying true to your own cosmic GPS. That's not just surviving - that's thriving with style.

The world needs more people who can stay sane and sparkly despite the madness. Thank you for being one of them.



With cosmic love and knowing winks,

Sabarina

P.S. Want more cosmic wisdom for navigating our beautifully bonkers world? Join me at www.sabarina.com for regular doses of cosmic chatter that will keep you centered, inspired, and ahead of the game. Because someone has to stay sane around here - might as well be us!

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