



THRIVING IN TURBULENCE:

THE CONSCIOUS HEALER'S GUIDE FOR A CHAOTIC WORLD



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In a world unraveling, your presence becomes the magic.

This guide is your soul-centered compass for staying grounded, empowered, and expansive even when the outer world is shaking.

Whether it's political instability, climate change, or global disruption—you already carry the codes to navigate it all.



1. Protect Your Energy Field Like It's Sacred (Because It Is)

- Create daily energy boundaries. Visualize a shimmering shield around you that filters out fear, distraction, and panic.
- Use clearing tools. Smudge with intention, use tuning forks, or simply exhale with force—move the energy out.
- Choose what you let in. You don't owe your nervous system access to every newsfeed, conversation, or emotional spiral.

💡 **Magic Tip: Before engaging with the world each day, drop into your heart space and whisper to yourself: “I am the eye in the storm. My presence brings order to the field.”**



2. Nourish Resilience from the Inside Out

- Stock healing teas, adaptogens, and calming herbs (like tulsi, ashwagandha, oat straw).
- Drink clean water and bless it. Yes, bless it. (Read about Emoto's water experiments to learn why.)
- Rest when your body says so. Sleep is soul repair.
- Intentional ritual nourishes and cultivates steady power.

💡 **Magic Tip: Find your heart space. While there, stir your tea clockwise while speaking your intention: “May this nourish every layer of my being.”**



3. Practice Fierce Discernment

- Keep your inner channel clear—lies can't stick to a clear mind.
- Vet all information, especially if you find yourself agreeing with it. Pause before reacting.
- Remember: truth resonates. Fear manipulates.

💡 **Magic Tip: Ask your heart: “Is this mine to carry?”
If your heart contracts, drop it.**



4. Skills Over Stuff

- Know how to purify water, grow a tomato, fix a thing, and calm a person.
- Barter and trade in your local area.. Ask: what do I know that others may need? Source as locally as you can.
- Teach what empowers—not just what soothes.

💡 **Magic Tip: Write your soul skill set on a candle jar. Light it when you need courage to offer what you carry.**



5. Build Micro-Communities of Magic and Mutual Aid

- Find your people. Build trust before you need to rely on it.
- Stay connected with others doing consciousness work—locally or online. Consider joining Consciousness Magic to connect with an amazing community.
- Think: co-regulation, co-creation, co-survival.
- 💡 **Magic Tip: Draw a small circle and write the names of 3 people who uplift you. This is your current "circle of stability." Protect it. Expand it.**



6. Reality Shifting Works Faster in Chaos

- When consensus reality breaks down, the energetic world beyond is actually easier to access. That's when your consciousness tools get potent.
- Use Consciousness Magic tools or your own blend of tools to create with.
- Work with collective energy waves to direct global timelines toward peace.
- Rehearse your next reality like it's already happening.

💡 **Magic Tip: From your place between worlds, state “The world is waking up through me.” Say it. Feel it. Be it.**



7. Anchor Into Purpose

- Your purpose is your frequency stabilizer.
- Each morning, ask: What does love look like through me today?
- Let your offerings be rooted in service, not survival.
- 💡 **Magic Tip: Carve your core message on a rock, a piece of wood, or paper you keep in your wallet. Touch it often.**



Turbulence is not the end.

It's the portal.

You were born for these times—not to endure them,
but to help shape what comes next. Your magic,
presence, and clarity ripple out farther than you know.

Trust your soul.

Hold your line.

And keep weaving the light.

**When you're ready for an immersive life of magic,
join us in the Consciousness Magic Course and
Community!**

www.alchemywisdom.com/join-now

