



SOS.

A JOURNAL ENTRY · FOR THE APP
WHEN YOU ARE LOW AND NEED A WAY BACK

IT FEELS LIKE
IT WILL NEVER LIFT.
You can wake up.

LOOK INTO YOUR EYES + FIND YOURSELF.
DETOXIFY, EXPRESS + FIND JOY AGAIN.

01 // WHEN YOU ARE LOW

KEYWORDS: CALL EARTH
FEEL SUN
PRAY SWEAT

if you are reading this, you are low. maybe lower than you have let anyone see. here is the part no one says to you plainly enough: **it is not about them. it is about you.** no one else can do this part, and that is the good news, because it means it is yours. **you can wake up.** i am not writing this from above it. i've been in it, i go in it. **but i got out.**

here's the things i did, in order, badly, on repeat. this is not a protocol. it is my journal, open, for you.

IF YOU READ ONE THING

numb is not nothing. **numb is the pain on mute.** self hatred is a feeling. shame is a feeling. anxiety is a feeling. **you are not numb,** you are feeling four things on a loop, all of them pointed at you, so you never turn around and look at the thing doing the pointing. this journal turns you around.

01.01 CALL SOMEONE

i know what it is like to not have the support of your family or the loyalty of your friends. **it is not about them. it is about you.** but if you have someone who knows you and loves you, **reconnect with them,** for unconditional love. or get a bible. sometimes talking to people makes it worse, so if you would rather speak to yourself and a higher power, you got this. **but it is okay to ask for help.**

01.02 IF YOU ARE NUMB, FEEL AGAIN

numb is not nothing. numb is the pain on mute. **if you are numb, you need to get to a breaking point,** the point where you begin to feel again. your pain and your anxiety are keeping you at a lower vibration, and the way out is not pretty. you have to **get real with how heavy your depression actually is.** say it out loud. look into your own eyes in the mirror and do not look away.

the way i think about it: depression is an entity. a lower vibration energy that needs your soul to revive it. negative energy, entities and addictions can all be keeping you at that low vibration. so first you **cleanse the soul:** you pray, and you cut the addictions. that is how you raise it. the rest of this list is how i do it.

01.03 PRAY, AND CUT THE ADDICTIONS

pray. to whatever you call it. out loud, on your knees, in the shower, i do not care. you are telling something bigger than you that you are done doing this alone.

and the addictions. **you can stop the drugs.** you can stop the vaping. you can cut the smoking, the alcohol. whatever the addiction is, it is keeping you in a lower vibration. **it is its own entity,** and it will need addressing when you are ready. [if it is alcohol and it is every day, stopping cold is a doctor conversation, not a willpower test. i mean it.]

01.04 PURIFY YOUR TEMPLE

optional: fast. not to punish yourself. to test your willingness to get uncomfortable, if you need that test. i do it by my cycle: the first one to ten days after the last day of my period, never the week before it. [if you have ever had a complicated relationship with food, fasting is not your step. skip it. the next line is enough.]

if fasting is not the option, reduce the inflammation instead. smoking, gluten, dairy, artificial sugar. out, for now. purify your temple.

01.05 CONNECT WITH THE EARTH

fresh food. grounding. herbs and teas. ayurvedic whole foods: ghee, sweet potato, potatoes, ceremonial cacao, ground flax, oats. **meat once a day** until your energy is lighter. from what i have read there is a lot of correlation between inflammation, a leaky gut and neurological disorders, a lot of the cluster b personality disorders included. they are a label. **change your energy + detoxify your body to change your mind.** leaky gut + inflammation can make you crazy, literally. so get outside. eat fresh. eat, and feel the earth.

you need to ground your body to get out of your higher chakras. you get out of fight or flight by connecting with the higher power, by understanding there is more to life than the 3d. more than how hot we are and how much money we make.

01.06 THE SUN RITUAL, EVERY DAY. THEN THE GYM

i need you to **do the sun ritual every day.** if you are on the edge, you need sunlight. first thing, outside, before the phone. then **get to the gym.** you need to flush the bad energy out of your body. move, breathe, **move the shame.** a flow on the mat counts. a walk counts.

01.07 SWEAT AND SHIT, DAILY

sweat and shit, every day. the toxins are keeping you stuck, get them out. sweat, salt yourself, sauna, sun. my sos numbers: **salt in warm water first thing in the morning,** built up over a few days, a pinch, then half a teaspoon, then a teaspoon. the teaspoon is where i stop. watery stools mean you went up too fast, go back a step. [ask first if your blood pressure, your heart or your kidneys are a thing.] then **sauna four times a week, 15 to 20 minutes.** adjust as needed.

01.08 GET WEIRD

get weird. move your shame. try something new. dance in the mirror with noise cancelling headphones on. oil your body. give yourself a lymphatic massage. **romance yourself.** explore yourself. shake the weird off. do not judge it, just try it. feel the music, see your body and laugh. get playful. explore new emotions.

01.09 PUT YOUR AWARENESS ON JOY

visualize and meditate by intentionally putting your awareness on the feeling of joy. lean into the awareness of it. open up for joy. **give yourself permission to feel joy.** put on some sound healing or a meditation track for this.

01.10 BE A KID

be a kid. get barefoot. try a new sport. run, hop, climb. do something a kid would do to get you out of your head. a rock climbing gym? a cool cave somewhere? a spa that feels immersive?

01.11 START YOUR JOURNAL

start your journal. hold space for your thoughts and your feelings. you are not being pick me. you are allowing yourself to understand. **you may be told you are too sensitive. that is a gift.** go under. explore what is really going on. if you are this sensitive and this in touch with energy, you are likely spiritually gifted. your frustration threshold might be low, and that is because you have to learn to listen to yourself. start with the journal.

02 // IF YOU CAN'T FEEL

KEYWORDS: SALT DANCE
SWEAT SHAME
SUN I MISS

for the one who feels nothing, except self hatred, doubt, shame and anxiety. less thinking. the body first: salt, sweat, sun, water, oil, headphones.

you say you can't feel. **self hatred is a feeling. shame is a feeling. anxiety is a feeling.** you are not numb, you are feeling four things on a loop, all of them pointed at you. so we are not going to think our way out of this. **we are going to move.** no one can do this part for you.

THE FIRST MOVE

get off your phone. get outside. swim. technology is making us sick, and the feed is the entity's favourite room. leave it on the counter and go.

02.01 THE MORNING TO DO LIST

- ☐ **salt yourself.** 1 tsp of salt in warm water, first thing in the morning, to start shitting the toxins out.
- ☐ **psyllium husk powder.** 1/2 tsp in warm water, in the morning, same job.
- ☐ **sweat.** sauna, the sun, a hot walk, the gym. salt, psyllium and sweat.

then, of course, **dance, move, flow or workout.** your body needs movement. exhale, express, and flick it off.

02.02 THE SUN RITUAL, TODAY

do the sun ritual, today. outside if you possibly can: barefoot, no sunglasses, no phone. it lives in the app, under rituals. if outside is not possible, **open the windows**, put something scenic on the biggest screen you have, like florence + the machine at the royal albert hall or whomadewho playing cercle at abu simbel, and do the ritual in front of it.

02.03 SHOWER, OIL, HEADPHONES, DANCE

shower. then oil your whole body, slowly, like you are someone you love. **headphones on**, noise cancelling if you have them. put on blinding lights, the joris voorn remix, and **dance in the mirror.** badly. eyes open. see your body and laugh if it comes. when the song ends, **here is the full playlist to feel limitless again.** keep going as long as it is working.

02.04 WHERE THE SHAME LIVES

say the sentence self hatred says to you, out loud, once. then close your eyes and find where it lands in your body: throat, chest, stomach, jaw. **put your hand there.** breathe out longer than you breathe in, five times. write where, and what it feels like.

it lands in my	
it feels like	

that is shame. **it is one place, under your hand.** not everywhere.

02.05 I MISS

under all of it there is almost always grief: what you lost, who you did not get to be, the years. **write "i miss", three times.** do not plan it. let the pen go first.

i miss	
i miss	
i miss	

if nothing comes, write "i miss feeling" and sit with it for one full minute, no phone. **if you can't feel, that is a feeling too.**

THE GOAL

we are lifting your energy. one intentional habit at a time. see the darkness to find the light. **you are an artist.** turn your pain into a transformation.

xx coach momo

if you are struggling or thinking about hurting yourself: **the trevor project**, call 1-866-488-7386 or text START to 678-678, 24/7, lgbtq under 25 · **the lgbt national hotline**, 888-843-4564, all ages, weekdays 11am to 8pm and saturdays 9am to 2pm pacific · **trans lifeline**, 877-565-8860 us, 877-330-6366 canada, weekdays 10am to 6pm pacific · **any hour in the us: call or text 988** · outside the us: findahelpline.com. this is my journal, not a hotline and not medical care, and not a reason to stop anything you were prescribed. do not wait for a reply from me in a crisis. © 2026 MoMo[Life] · for members of the MoMo app.

a poem by momo.

u r an artist. living in your own world.

make art again.

am i a narcissist or am i an artist turning their
pain into creation?

20s i was a performer.

30s i am an artist.

create your own magic.

create your own world.

find pockets of pleasure. indulge. express. you
will evolve.

artist your life out.

i am meant to be here.

be a recluse. artist. be a freak. run. hide. jump.
swarm. it doesn't matter. because your realized
feelings is all that matters at the end.

make people feel something. i must be an artist
for this. i am an artist.

i need to be alone sometimes.

i will create my own world.

study art? or is it simply a feeling.

understanding the world is burning. you are
either adding more fuel or a flashlight. talk to
plants.

back we were masters. masters of art. masters
of a skill. today we are diffused to be bled into
exploiting labor, and entertainment. the beauty of
life is slowly dying as technology increases.

we were not meant to just consume information.
we were meant to master an art and share it. we
were meant to find a passion within our self and
express it through mind body soul.

technology is making us sick.

art is turning your madness into beauty.

we're all artists.

we're meant to create and express. not a slave to
society.

an end note · bali, october 2026