

YOUR 30-SECOND NERVOUS SYSTEM RESET

The 911 Protocol™

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When overwhelm hits, your body doesn't need more information.
It needs one signal: Safety is here now.

The 911 Protocol™ interrupts bracing and returns you to presence.
Use anytime you notice tension, urgency, or shallow breath.

9

ORIENT TO THE PRESENT

Name 9 things you see around you. No analysis. Just notice.

"I am here. This moment is real."

1

ANCHOR TO THE BODY

Place one hand on your chest or lower stomach. Let it rest.

Feel contact.

"I am with you."

1

LENGTHEN THE EXHALE

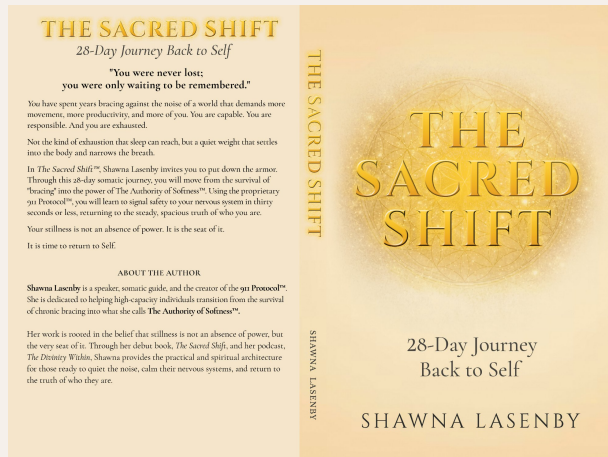
Inhale naturally. Exhale slowly, longer than your inhale. 1-2 breaths only.

"No emergency."

That's it. 30 seconds maximum.

USE WHEN:

- Rest feels agitating or unsafe
- Chest tightens in quiet moments
- Urgency to do something arises
- Body braces without obvious cause



The Sacred Shift™

28-Day Journey Back to Self

Because you were never lost. You were only waiting to be remembered.

Paperback \$16.99 | eBook \$9.97

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