

October Questions for Reflection

Six questions, one for each dated turn this month brings. Move through them alongside the Vigil Altar, or on their own, in whatever order the month actually unfolds for you.

OCT. 3RD – 4TH

What's Surfacing

What have I been smoothing over that's surfacing anyway?

THINK

- Where have I been choosing pleasant over honest?
- What keeps coming up no matter how hard I try to keep the peace?
- Have I let this surface, or am I still pushing it back down?
- Who does this truth involve, and what happens if I stop softening it?

EXAMPLE

"I keep saying I'm fine about the money conversation we never had, but it comes up in my head every night."

OCT. 10TH

The Leap vs. the Unfinished Business

What am I eager to start, and what unresolved conversation am I trying to skip past by starting it?

THINK

- What feels exciting and new right now?
- What have I left unresolved that this new thing might be a distraction from?
- If I wrote the new intention down but didn't act on it yet, what would I write?
- What's the older conversation I need to close before I can trust this new one?

EXAMPLE

“I want to ask for the promotion, but I still haven't told my manager why last quarter's project fell apart.”

OCT. 23RD

What's Changed Now That I'm Willing

What conversation am I finally willing to have?

THINK

- What shifted between last week and today?
- Where was I avoiding this a week ago that I'm not avoiding now?
- How does willingness feel in my body right now?
- What's still standing between willingness and saying it?

EXAMPLE

“I'm ready to tell him I don't want to keep pretending we're ‘just figuring it out.’ I want to know if this is going somewhere or not.”

OCT. 24TH

What I'm Afraid Will Happen

What am I afraid will happen if I say this and it comes out wrong?

THINK

- What's the worst version of how this conversation goes?
- Whose reaction am I most afraid of?
- What am I protecting by waiting longer to say it?
- What would I need to be true to risk saying it anyway?

EXAMPLE

"I'm afraid if I bring it up now, she'll think I've been upset this whole time and never said anything, and she'll start wondering what else I've been hiding."

OCT. 25TH – 26TH

What My Body Already Knows

Where am I holding this in my body while the words stay stuck?

THINK

- What does my body do when I think about this conversation?
- Where does the tension sit, my chest, my stomach, my shoulders?
- What physical thing, food, rest, touch, being outside, would help me right now?
- What is my body asking for that isn't more talking?

EXAMPLE

"My shoulders have been up by my ears all week. I haven't slept through the night since the argument."

OCT. 31ST

What I'm Ready to Release

What am I ready to let go of, whether or not the conversation is resolved?

THINK

- What have I learned this month that I didn't know on Oct. 3rd?
- Is there something I'm still carrying that belongs to someone else's response?
- What would it mean to close my part of this, whether or not theirs is?
- Am I ready to write this down and burn it, bury it, or speak it into a candle flame?

EXAMPLE

"I'm ready to stop waiting for an apology before I let myself feel okay again."

CLOSING RITUAL

Writing the truth down is one step. Saying it out loud is another. This is practice for that second step, so the words feel less unfamiliar when the real conversation finally comes.

After writing an answer, hold a piece of Blue Kyanite in your hand or at your throat. Take three slow breaths, then say what you just wrote out loud, once, in your own words.