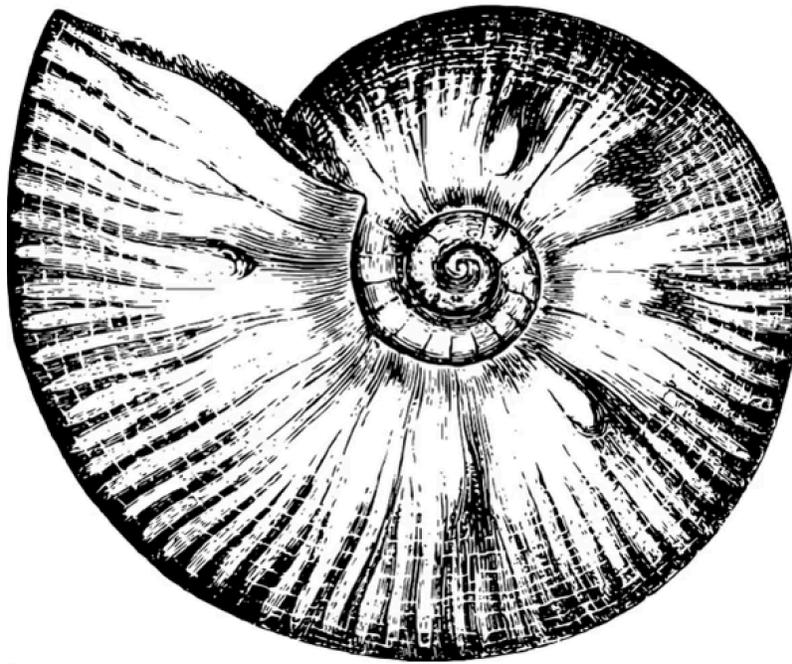


2025 Reflections



Where We've Been

By: Mark Nepo

Our ability to find something to love, and to love again for the first time, depends greatly on how we resolve and integrate where we've been before. A great model for us exists in the chambered nautilus, an exquisite shell creature that lives along the ocean floor. The nautilus is a deep-sea form of life that inches like a soft man in a hard shell finding his prayers along the bottom. Over time it builds a spiral shell, but always lives in the newest chamber.

The other chambers, they say, contain a gas or liquid that helps the nautilus control its buoyancy. Even here, a mute lesson in how to use the past: live in the most recent chamber and use the others to stay afloat.

Can we, in this way, build strong chambers for our traumas: not living there, but breaking our past down till it is fluid enough to lose most of its weight? Can we internalize where we've been enough to know that we are no longer living there? When we can, life will seem lighter.

It is not by accident that the nautilus turns its slow digestion of the bottom into a body that can float. It tells us that only time can put the past in perspective, and only when the past is behind us, and not before us, can we be open enough and empty enough to truly feel what is about to happen. Only by living in the freshest chamber of the heart can we love again and again for the first time.

What are the 3 words that sum up your year? (for example, spontaneity, loneliness, self-love, transformation, healing, fear).

What significant change(s) took place for you?

What did you achieve (physically, spiritually, emotionally, relationally, in career, in creativity, in education, etc)?.... Brag as much as you want!

What was most challenging for you this year?

What is an unexpected gift that came out of the challenges you faced this year?

Who or what are you grieving this year?

What or who inspired you this year?

When did you show yourself you were capable of more than you thought?

What new things did you try out or integrate into your life?

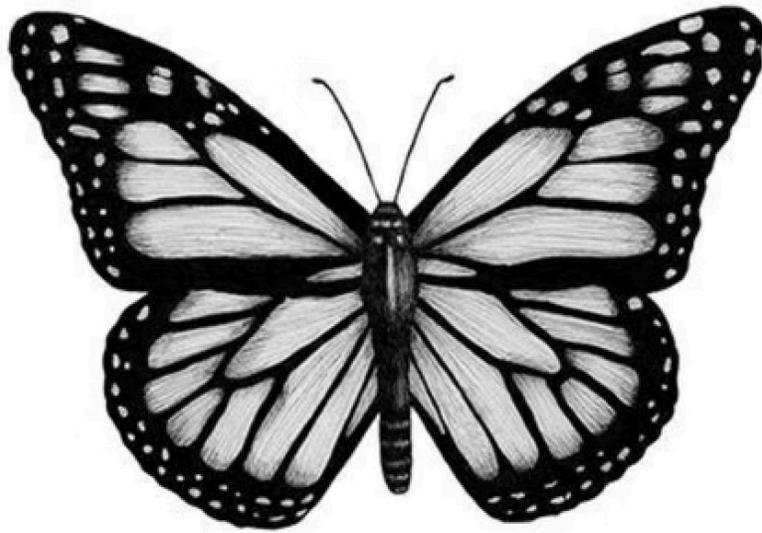
How did you show up for yourself this year? What self-care acts were most helpful to you?

How did you show up for others?

What or who are you leaving behind in 2025 (behaviors, beliefs, patterns, people, etc.)?

Is there anything else you want to say to yourself about 2025?

2026 Intentions



Emergence

By: Miss Ascentia

When a butterfly is ready to emerge from its chrysalis, it chews a tiny hole in one end and forces its stunning new form through the small orifice.

Within this “struggle” of emergence, liquids from deep inside the butterfly’s body are passed into the capillaries of its wings, then harden, to ensure the strength and capability required for a butterfly to survive and fly.

When denied this “struggle”, the butterfly dies.

When you are struggling, rest easy in the understanding that you are a warrior(ess), dedicated to the ripened rewards of a proper initiation.

What are the 5 most important intentions for you this year?

What are the three power words you are taking into this new year?

What are three priorities you are entering into the year with?

What is something you can do for others this year?

What is a daily intention or affirmation you could invite into your year?

What will you forgive yourself for?

Who will you be this year? What 5 inner qualities will you strengthen?

How will you strengthen these qualities?

What qualities in your loving relationships are you committed to strengthening?

What ways of being in the world are you giving more attention to? What values will guide your actions?

What are the essential things for your happiness (*i.e. family, solo time, movement, music, intimacy, nutrition, sleep schedule*)?

Which relationships do you want to focus on nourishing?

What do you want to understand more about yourself by the end of 2026?

What challenges or fears do you want to face this year? How will you grow out of your comfort zone?

How will you manage stress this year? Identify self-care activities and healthy habits that work for you.