

Journal inquiry

Juliet Triska

LIVING FROM WITHIN



Journal inquiry

DIGESTING PSYCHIC + EMOTIONAL DEBRIS



Begin with a body-prayer, an invocation more sensed than spoken, to ask that the deepest and wisest voices in you be heard. Ask also for the foolish, most stupid and base voices within you speak as well, so that you can see them with a clear and welcoming eye.

Let this be a time of inner council.

These inquiries are designed to unburden your system of undigested psychic and emotional debris. Just as we will have no real hunger for the meal before us when we are still full from yesterday, we can kindle the fires of aliveness by undoing spiritual constipation.

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What are the vows that you are ready to unmake – with others, with yourself, with the land?

What words need to be spoken, and to whom?

Over the past four months, when was a time you had given up your sacred ground, only to reclaim it?

How could you construct that as a template for sacred activism going forward?

Who is asking for your presence?

Many of us walk through the world over-obligated and under-committed. What are you no longer available for?

What are you absolutely committed to?

What still hurts?

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What feels stronger or more alive?

How do you feel that in your body?

What actions will you take to honor and bless the pain?

If these last four months were a rite of passage, what ritual or ceremony can consecrate it?

What would your new name be, after having lived through this time?

How can you be this person, everywhere you go?

What is falling away?