

Turning Toward Next With Grace and Grit

Wisdom Council Reflection Questions for the Year End - A Two-Part Practice

As the year turns, carve out some quiet reflective time to make use of these questions. Give yourself about 30 (+/-) minutes for each part of this practice. Part 1 & 2 can be spaced about a week apart, or just take a walk in between.

Find a quiet place where you won't be interrupted. Have your journal handy, or just some paper and a pencil will do. Call in your Wisdom Council by following the suggestions for each question. Free write into the questions that each Council member asks by putting your pencil to the page and just write whatever comes up for a few minutes without lifting the pencil. Remind yourself that your responses are for your eyes only, unless you want to share with a trusted friend, companion, or spouse.

Part One – Reflecting Back With Grace and Grit

1. Magician: Take a few moments to scan back over the year. Depending on how your mind works, you can do this by reviewing month-by-month or season-by-season, or just gently expanding your attention so that you get an overall sense of the whole of 2018:

What 3-5 words come to you to describe this year? (Trust whatever words bubble up and write them down)

2. Lover: Placing your hands over your heart, invite yourself to drop in to your inner world for a few moments: Are there any emotions or body sensations that are emerging as you reflect back over the year? These could be positive or negative. Just write them down and describe them so as to give them some latitude to be experienced.

3. Warrior: Now sit more firmly in your seat. Tune in to the connection points of your buttocks, the back of your legs, your feet . . . Sense into your connection to the ground and the every present tug of gravity that holds you onto this earth. Then draw your attention up your spine and feel the available strength that your back and shoulders afford you: What hard truth(s) arose in your life in 2018?

4. Magician: From where you sit now looking back over the year:

What action or inaction was this hard truth(s) calling for your to take?

How resourcefully were you able to meet the challenge / opportunity in this hard truth(s)?

Note: This last question might naturally stimulate some intentions or wishes for next year. If so, please make note of them and park them for now. Then go on to the next question. Thx!

5. Sovereign: Now relax your brow and soften the part of your mind that wants to figure everything out, which was likely to have been activated by those last two questions. Invite yourself to hold the whole-of-the-year in the regions of your heart as you respond to the next three questions:

What blessings and support did you receive this year?

In what ways did you offer support to others?

In what ways were you, yourself, a blessing?

Please give yourself as much as a week or as little as an hour before moving on to Part Two. Let these questions and your responses to them reverberate. As Rilke wrote so eloquently in his Letters to a Young Poet, *try to love the questions themselves as if they were locked rooms or books written in a very foreign language.*

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Wisdom Council Reflection Questions - Part Two – Turning Towards What is Next

After completing Part One give yourself some time to hold whatever stirred in you. (This could be as long as a week, or you could just take a walk or a bath before beginning Part Two. As with Part One, dive in to the questions below with your journal, or just some paper and a pencil will do. Free write into each question by putting your pencil to the page and write down whatever comes up for a few minutes without lifting the pencil. Remind yourself that your responses are for your eyes only, unless you want to share with a trusted friend, companion, or spouse.

1. Magician: Take a few moments to scan back over your reflections from Part One. Be sure to return to question #4 where you may have parked a few naturally arising wishes or intentions. Then gently hurl your attention forward to this time next year for a few minutes. Using your imagination and intellect, sense in to your highest emerging future – the future that will need some of your grace and grit to be brought into being. Get a “take” on how your life might be at this time next year. (*Where are you? What does it feel like? What are you doing? Who are you with? This “take” could be subtle or startlingly clear and specific, just trust whatever comes to you . . .*) What do you imagine for yourself at this time next year? Describe this glimpse using a few single words, or phrases.

2. Lover: Placing your hands over your heart, inviting yourself to drop in to your inner world for a few moments: Are there any longings that are stirring in you as you turn your attention towards the coming year? Call in your curiosity and explore it with as much appreciation as you can muster. (If you have more than one longing, take them one at a time, or just choose one.)

3. Warrior: Now sit more firmly in your seat. Tune in to the connection points of your buttocks, the back of your legs, your feet . . . Sense into your connection to the ground and the ever-present tug of gravity that holds you onto this earth. Then draw your attention up your spine and feel the available strength that your back and shoulders afford you.

From this seat of truth and action you intrinsically know that longings have a way of changing things up a bit, even subverting the dominant paradigm, so here is Warrior’s line of inquiry:

Are there any agreements (promises you have made to yourself or others) that your longing disturbs or challenges?

What is the risk of breaking or re-negotiating those agreements?

What is at risk if you do not re-visit those agreements somehow?

4. Magician: Imagine that you are up on a balcony of sorts, looking back over the year and turning your attention into the future:

Are there any habits or routines that your longing is asking you to change up? If so, please describe.

When you consider shifting your longing into the realm of intention, what structures in your life, begin to shake up, if any?

In what ways can you respond to the requests that your longings are making? Specifically, what habits or structures could you consider changing up on behalf of your longing?

5. Sovereign: Now relax your brow and soften the part of your mind that wants to figure everything out. Invite yourself to hold the whole-of-the-year in the regions of your heart as you respond to the next 4 questions:

What is ending as this year comes to a close?

What is opening up?

Who can you reach out to for help and affirmation?

To complete this process, name just a few actionable steps that you can take to set your trajectory for the coming year: (Small steps are good . . .)

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Note: Wisdom Council inquiries are powerful stuff. Please let these questions, and your responses to them, reverberate and begin to do their work as the year turns.

No great thing is created suddenly, any more than a bunch of grapes or a fig. If you tell me that you desire a fig, I answer that there must be time. Let it first blossom, then bear fruit, then ripen.
- Epictetus

May the year ahead astonish us all with its beauty, truth, and goodness.

Blessings,



Lyedie Geer

December 20th 2018 in Putney, Vermont