

BIBI DALLMANN



NOVEMBER

journaling

IN LOVING SUPPORT TO YOUR EXPANSION



CYCLICAL ORIENTATION

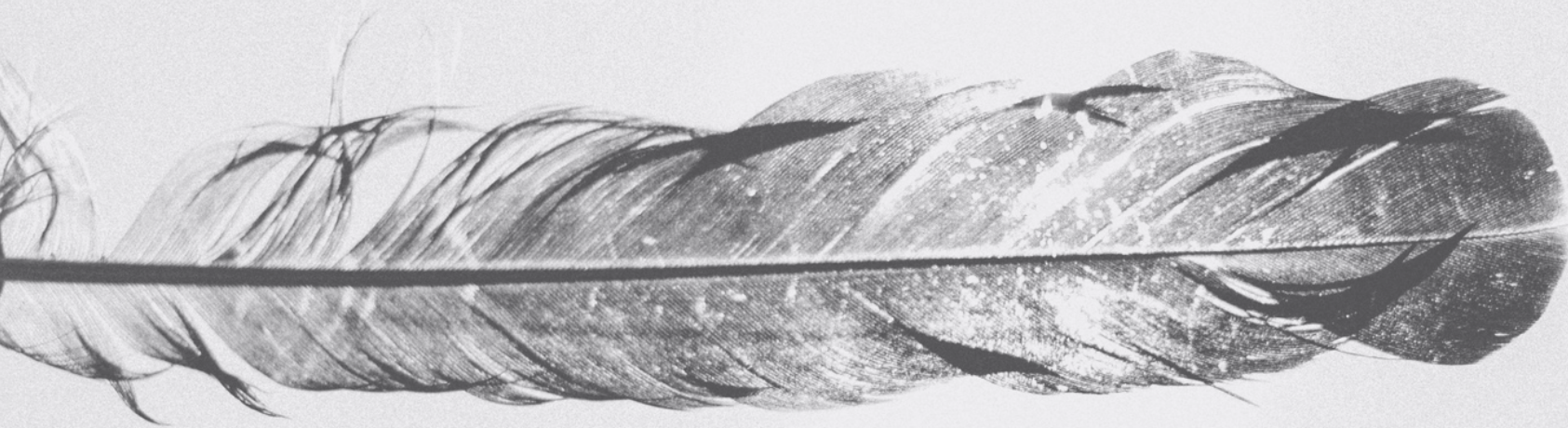
1. What RELATIONSHIPS, PROJECTS, IDEAS, WAYS OF THINKING have come to an end & and now need my acknowledgement of this reality?
2. What will be soon coming to an end & now needs my attention and patience to bring it successfully all the way through?
3. What aspects of my life need a slight course correction but are otherwise doing well?



BECOMING COSY W/SELF

1. How can I make space in my daily/weekly calendar and structures to allow for the slower, quieter and more reflective energies of November? Where am I resisting this shift & why? What are my fears/hesitations around doing less, outsourcing and saying no?
2. What can I bring in to make these darker, slower and internal days more fun, soothing and nurturing?
3. What are the practices that allow me to be with myself so I better understand my needs, desires, whirlings?

WITH LOVE



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