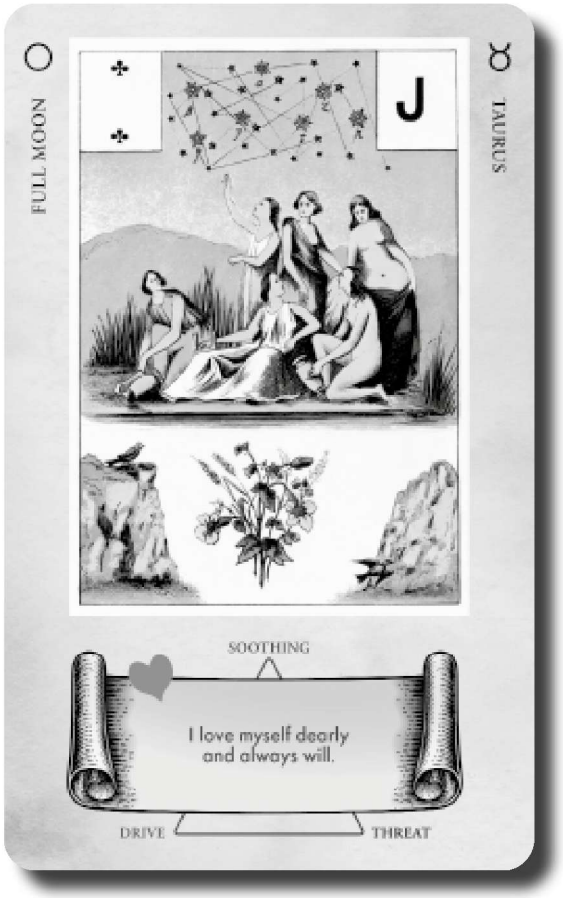
October, 19 - 25

WEEK
43

28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1



INTENTION:

THIS WEEK´S MESSAGE:

MONDAY - 19th of October

QUESTION

MESSAGE

TUESDAY - 20th of October

QUESTION

MESSAGE

"Nothing great is created suddenly, any more than a bunch of grapes or a fig."
Epictetus, Greek Stoic philosopher

☉ ♓ WEDNESDAY - 21st of October

QUESTION

MESSAGE

☉ ♓ THURSDAY - 22nd of October

QUESTION

MESSAGE

☉ ♈ FRIDAY - 23rd of October

QUESTION

MESSAGE

☉ ♈ SATURDAY -24th of October

QUESTION

MESSAGE

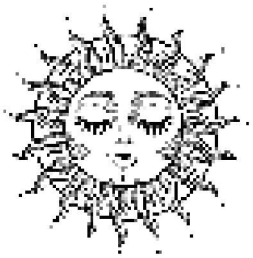
☉ ♉ SUNDAY - 25th of October

QUESTION

MESSAGE

"Suffering becomes beautiful when anyone bears great calamities with cheerfulness. Not through insensibility but through greatness of mind."
Aristotle

25th of October, 2026



FULL MOON in Taurus

The bull in the sky is patient and practical until the ground begins to shake beneath it. If you don't allow yourself to slow down when you need to, to just be and recharge when you feel drained of energy, you can experience the power of its wrath, which can approach hurricane force. The Full Moon in Taurus can amplify anything going on beneath the surface, including unhealed wounds held together by fragile Band-Aids. There are countless insights and aha experiences to be had if you connect with the Taurus full moon energy through the physical plane. Listen to your intuition and body wisdom to clear away everything old and outdated, both physically, energetically and emotionally.

What are my needs right now?

What energies are influencing me?

People I want to include more in my life:

What do I need to let go of?

How can I let go and release?

What can I be grateful of during this cycle?

I am intelligent and fun, and people like talking to me.

RELEASE
What are the unhelpful stories that are regularly playing in your head that you can reinterpret or let go of?

ALLOW
What do you need to feel loved from your partner or close friend?

HOW I FEEL:
What makes your heart sing?

GRATITUDE
What lesson can you learn from a recent mistake?

CHANGE:
How can you be a nurturing parent to yourself?

NOTES
What is one healthy thing you can do to support yourself when your sad or stressed out?

"Your thoughts are like clouds passing by; they come and go, but you are the sky."
Russ Harris, ACT-therapist