

liminal abyss

a reflection journal by A Curious Stack

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A guide for staying grounded, curious, and awake

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Journaling Through the Liminal Abyss

A guide for staying grounded, curious, and awake during cosmic thresholds

Duration: 34 days (or anytime you feel the veil thinning)

Tools needed: A notebook, pen, quiet space, and a willingness to not know for a while.

What is the Liminal Abyss?

The liminal abyss is a stretch of time where things feel in-between—between stories, between selves, between worlds. Reality may feel wobbly. Systems fray. Dreams intensify. This isn't a crisis. It's a cosmic molting.

This journaling guide is here to help you move through it with presence instead of panic. Not to “fix” anything, but to witness what wants to shift.

Daily Structure (Optional Ritual)

Each day, use the following prompts (or choose one that resonates):

1. What feels real right now?
2. What feels like it's dissolving or shifting?
3. What am I afraid to let go of—and why?
4. Where am I being asked to soften, surrender, or reimagine?
5. What part of me is being reborn—quietly or chaotically?
6. What's surfacing in dreams, synchronicities, or strange patterns?

7. Where do I feel divine guidance, even if I can't explain it?

Weekly Deep Dive Prompts

Week One: Thresholds

- What am I leaving behind—physically, emotionally, energetically?
- What does the phrase “in between” mean to me right now?
- What part of me is afraid of the unknown—and what would soothe that fear?

Week Two: Friction & Fire

- Where is resistance showing up?
- What conflict (inner or outer) feels like a catalyst, not just a problem?
- What is worth standing up for now—especially if it's uncomfortable?

Week Three: Disintegration & Trust

- What beliefs, roles, or identities are falling apart?
- Can I let them go without needing to rebuild right away?
- What does trust look like when the map fades?

Week Four: Rebirth

- What's quietly coming online in me?
- How would I move if I trusted the next version of me is already forming?
- What vision, phrase, or feeling do I want to carry forward beyond this abyss?

Practices for Staying Present

Use these as optional rituals when things feel too much, too fast, or too foggy.

• Grounding Prompt:

“Even now, I know...” → list five truths that don't change.

- **Dream Decode:**

Keep a dream log during this period. Liminal times heighten dream messages.

- **Cosmic Tracker:**

Record any strange “coincidences,” repeating symbols, or out-of-the-blue emotions.

- **Movement Break:**

Set a timer for 7 minutes. Move without music or mirror. Let your body speak.

Final Reflection (Day 34)

When the portal feels like it’s closing and the chaos has softened:

- What do I understand now that I didn’t before?
- What did I leave in the abyss, and what did I carry out?
- How has my inner landscape changed—subtly or profoundly?

Closing Intention

You don’t have to come out of this with answers.

You just have to come out more awake.

Let the alignment realign you.

Let the abyss clarify what actually matters.

34 Days of Reflection Prompts

Day 1: What am I leaving behind?

Day 2: What am I afraid to face in the void?

Day 3: What whispers in silence?

Day 4: What does my shadow want to tell me?

Day 5: What rituals anchor me?

Day 6: What patterns must dissolve?

Day 7: What timeline am I choosing?

Day 8: What does rebirth look like?

Day 9: What symbols return again and again?

Day 10: What am I magnetizing right now?

Day 11: What does my future self remember?

Day 12: What am I being initiated into?

Day 13: Where is my body holding the past?

Day 14: What truth is hidden in chaos?

Day 15: Who would I be without fear?

Day 16: What knowledge comes through dreams?

Day 17: What code is written in the stars?

Day 18: What is trying to speak through me?

Day 19: What distortions need to be cleared?

Day 20: What fragments of power am I reclaiming?

Day 21: What am I ready to release?

Day 22: What part of me is eternal?

Day 23: What memory do I need to rewrite?

Day 24: What prophecy have I ignored?

Day 25: What archetype is moving through me?

Day 26: What if everything was a metaphor?

Day 27: What am I being called to create?

Day 28: What noise must I tune out?

Day 29: What do I need to forgive myself for?

Day 30: What timeline am I collapsing?

Day 31: What would wholeness feel like?

Day 32: What is sacred in this moment?

Day 33: What am I becoming?

Day 34: What remains?

Thank you for exploring the liminal abyss.

Stay curious.

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