Teachings from the Heart

NOVEMBER 2026 | REFLECTIONS FROM OCTOBER

Welcome to our first monthly letter. October's Journey to the Core evenings explored how we care, what we are ready to release, and how we give and receive. Here are four thoughts to carry into everyday life.

6 OCTOBER · THE EMPRESS

Let care include you

Nurturing is more than a role we play for others. It also asks us to notice our own needs. Care and healthy boundaries can live together.

13 OCTOBER · TEN OF SWORDS

Let an old pattern end

A painful pattern can come to an end. Remembering what it taught us can help us choose differently, without returning to the same struggle.

20 OCTOBER · SIX OF PENTACLES

Give and receive with care

Before giving, consider what is needed and what you can genuinely offer. When support comes your way, receive it with appreciation and consider how it can nourish your life.

27 OCTOBER · ACE OF CUPS

Notice what fills your cup

Imagine your inner life as a cup: what fills it can overflow into your relationships and the world. What might you welcome into it today: joy, nourishment or a little more love?

A question to take with you

What would support me most this month: receiving care, releasing an old pattern, giving more thoughtfully, or making room for joy?

Share this letter with someone who may find it helpful.

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www.heartofsophia.com
Office: +65 9646 1698