

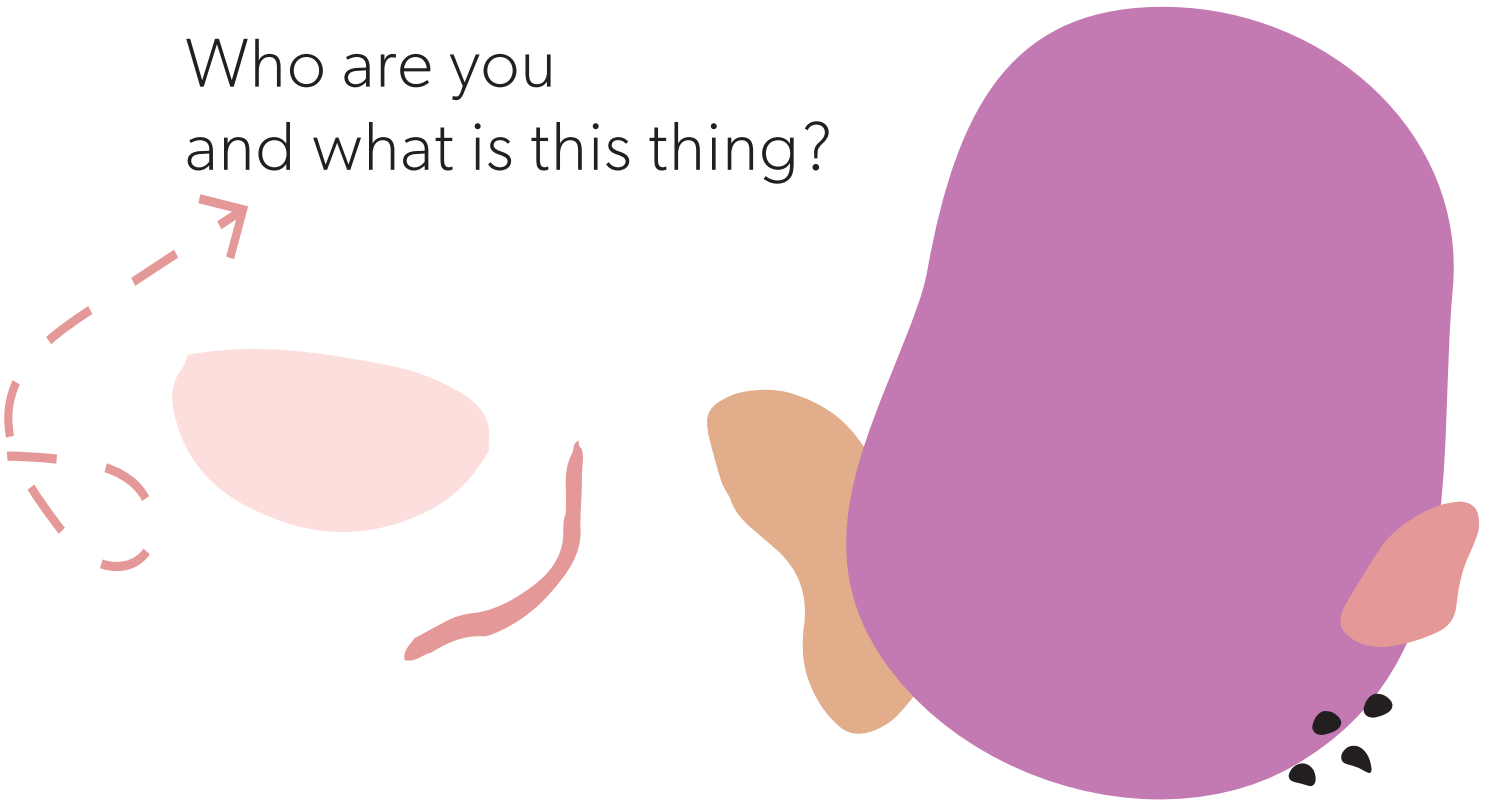
# 222 Questions for Self-Inquiring Witches & Friends



Maria Minnis

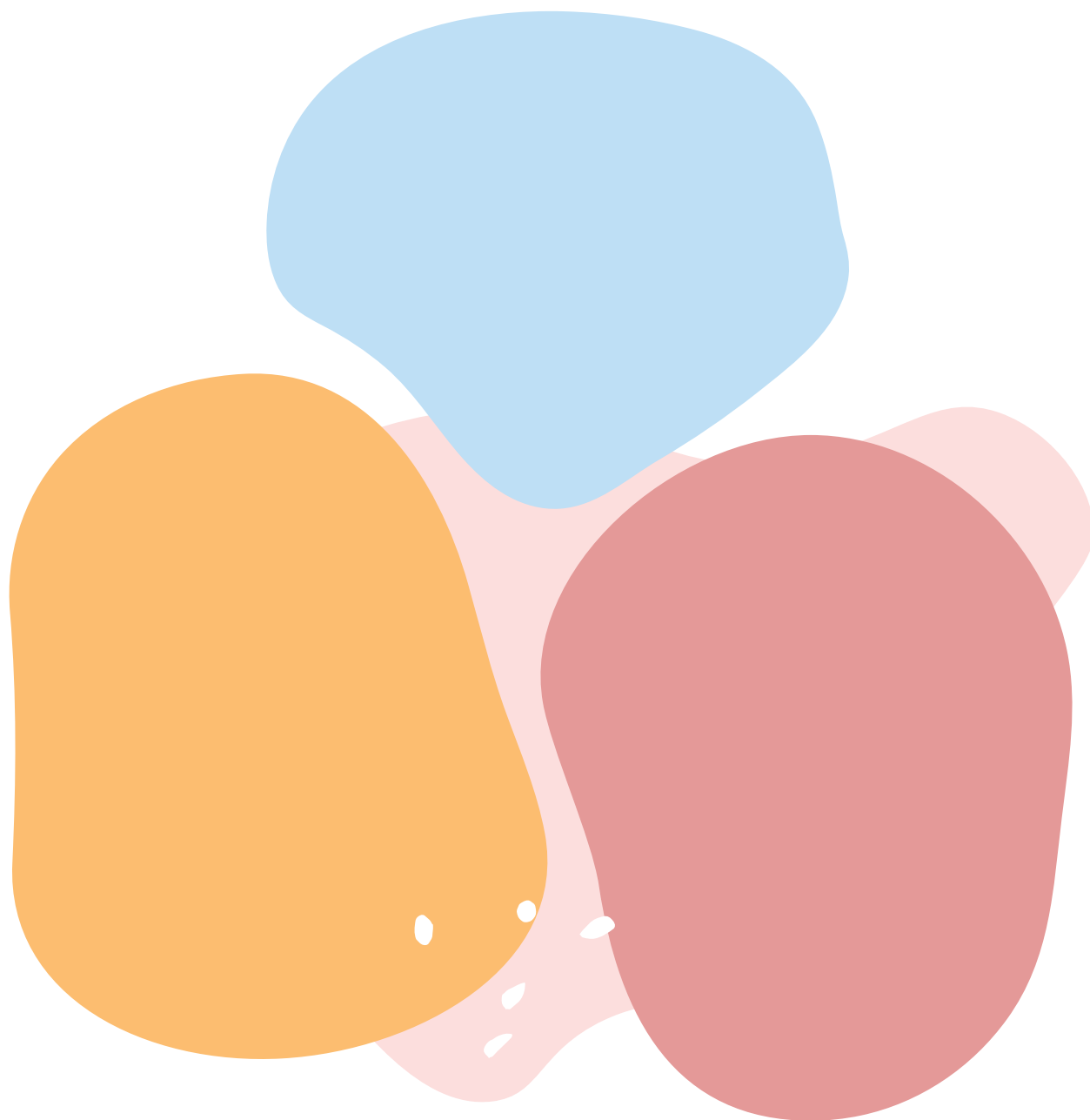
# HELLO, YOU CURIOUS THING!

Who are you  
and what is this thing?



i'm maria minnis, an oracle, writer, and artist who's obsessed with the particularly unique magic of questions. i think every question is a door, and i live my life by that idea. many of us have seen the digital transition into an age where seemingly infinite answers are so easily accessible. smartphone as encyclopedia. for hundreds of thousands of years, we lived with our questions, oftentimes for a lifetime. now, many of us expect instant answers all the time. yet, so many of our questions don't have immediate answers because they can't be answered immediately. some answers are found within the wildly creative, exploratory free-visioning process, which can take time. this zine is an invitation for you to sit with your questions a little longer. use these prompts as conversational pieces, tarot inquiries, journaling inspiration, morning walk muses, meditations, whatever you'd like. i hope there is at least one thing in this zine that stays with you longer than it takes to perform a google search. i hope you ask, ask some more, and then some.

goddess bless our questions!



“Live the questions now.”

—Rainer Maria Rilke

# DEEPENING...

who am i  
becoming?

who and what  
are my teachers?



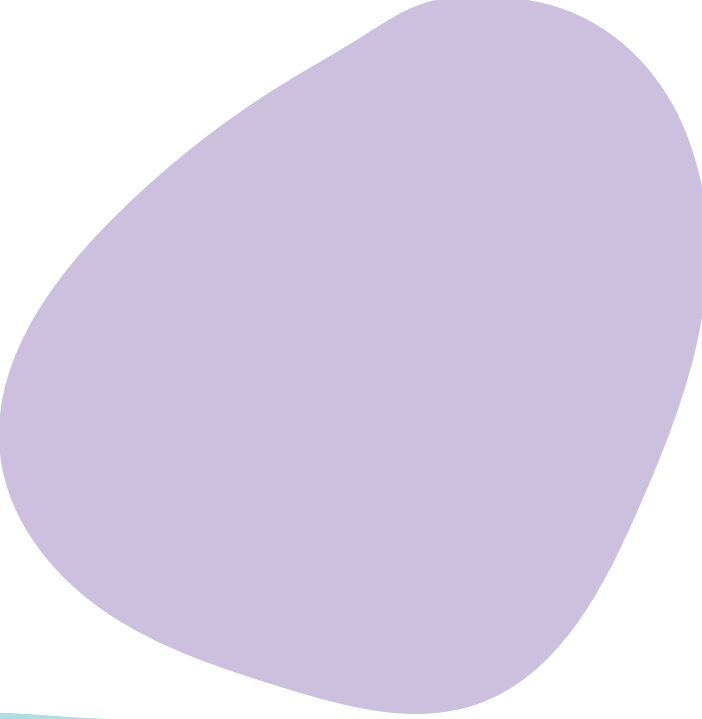
when's the last time i changed my mind?

what makes pleasure pleasurable?

where do i feel most safe to express myself? least safe?

what does each color represent for me, personally?

what am i the most proud of? how does this complement,  
or differ from, the things that make others proud of me?



what does “getting  
dirty” mean for my  
healing?

what expectation of adulthood  
did i release once i became a  
self-defined adult?

what’s the difference between  
how often i orgasm (sexually or  
otherwise) and how often i’d  
like to?

what informs my notions of  
respectability?

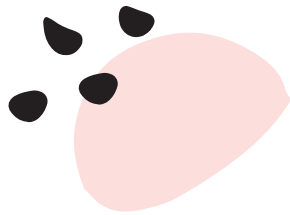
what past part of myself do i  
need to mourn?

how comfortable am i with  
silence around others?

how do my spending  
patterns reflect my values?

how has my life shown itself to  
be cyclical?

# LIFE AS EXPERIMENT



what part(s) of me are  
ready to heal?



how much time do i spend on my phone every day?

how can my practice become less extractive?

when do i actually feel different moon phase energies?

how do i ensure my practice is consistently evolving?

how do i define vulnerability?

when and where did i find an unexpected piece of wisdom?

how do i energetically protect myself?

what superpower would i like to have? why?

what is my greatest fantasy? what makes it so?

in what situations does negative self-talk arise?

have i gone through a "dark night of the soul?" the only way out is through, so how did i get through it?

what am i most grateful for today?

what if i envisioned my hands, fingers, or limbs as antennae?

what inner monologues are long past their expiration date?

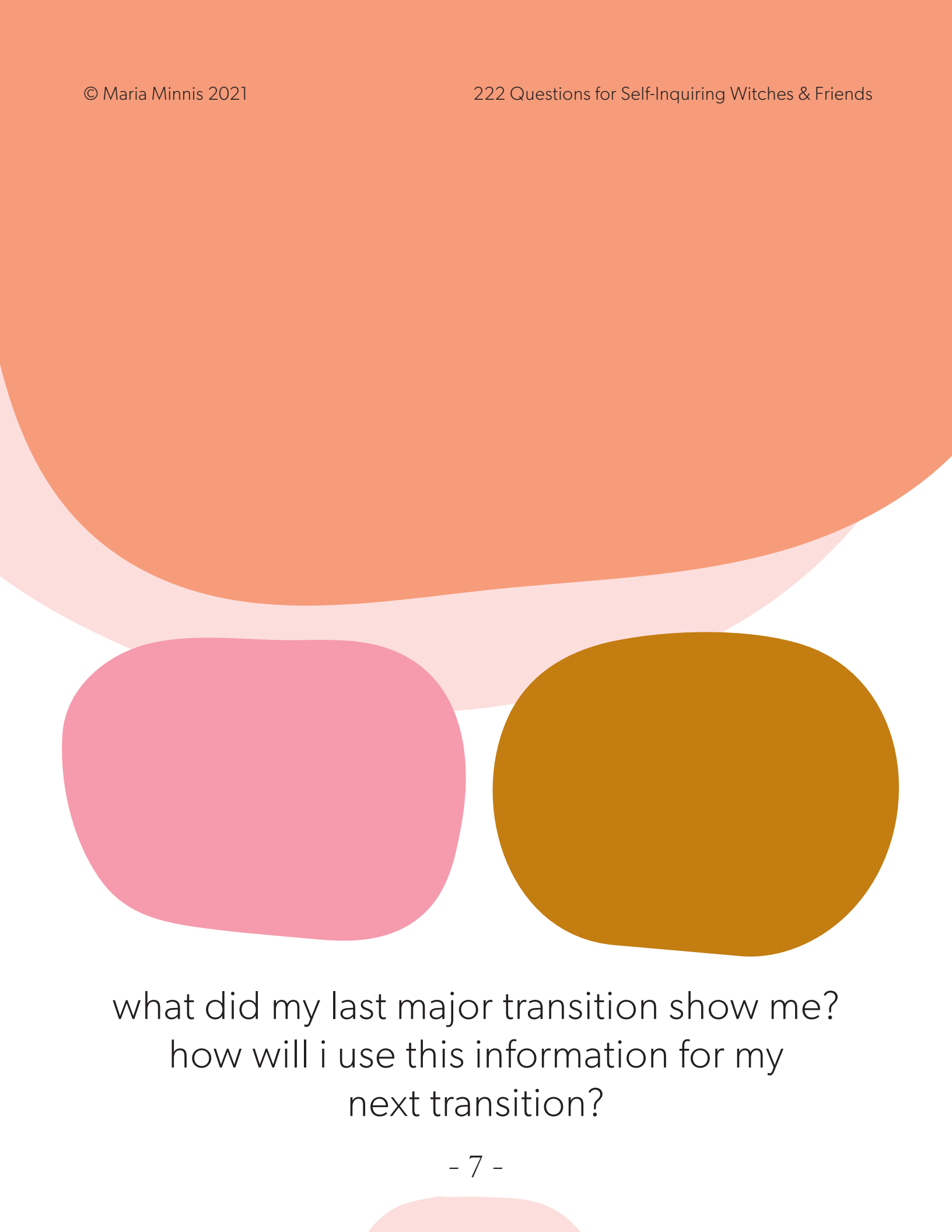
how do i refill my creative cup?

how can i pay it forward this week?

is there a plant whose essence i want to infuse into my life?  
which ones? why?

what do i project onto my loved ones?

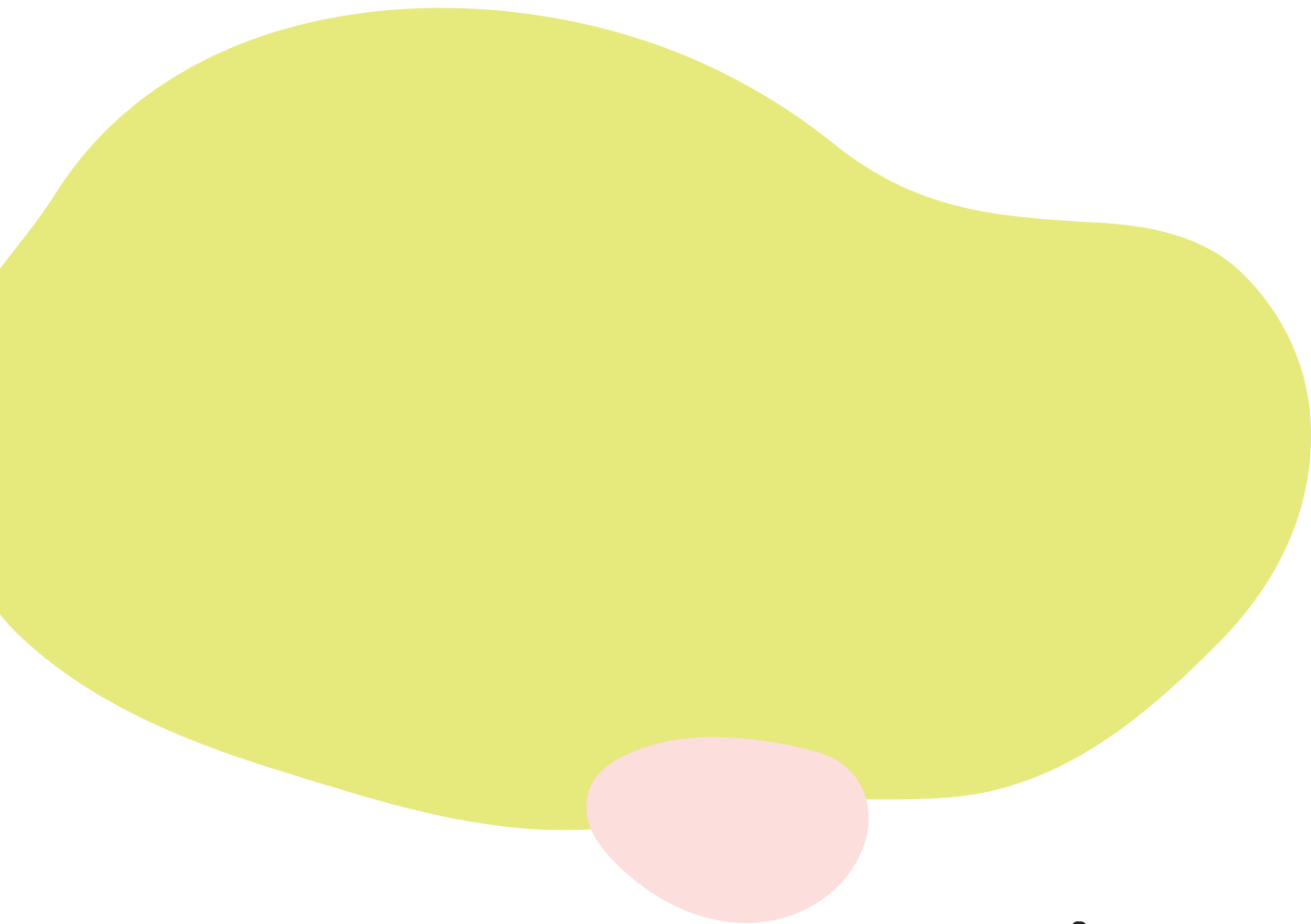
when can i pay it forward next?



what did my last major transition show me?  
how will i use this information for my  
next transition?



# I REACH GENTLY FOR HONEYSUCKLE




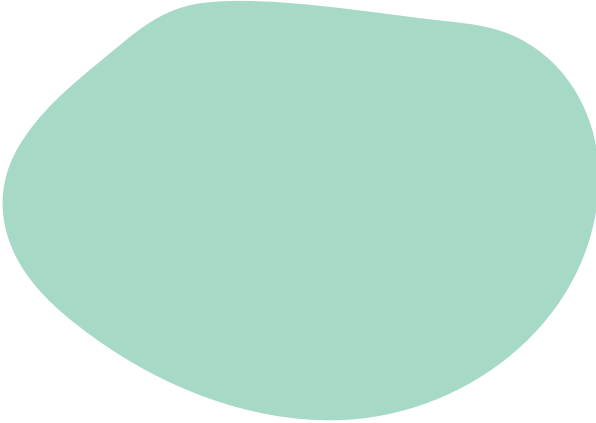
what symbols represent personal freedom  
for me? collective freedom?

where am i hurting?

what do i owe, and  
to whom? why?



what are my unique  
correspondences for each  
season?



what's my favorite item of  
clothing? do i feel  
comfortable wearing it around  
other people?

what reminds me that i'm  
not alone?

when do i feel most "in flow?"  
how can i tell when i am not?



can i befriend an tree, or  
maybe a blade of grass?

how do others show up  
for me? how do i show up  
for others?

what nickname would i  
secretly like to have?

what impresses me?

AND/OR  
AND/OR  
AND/OR

how open am i to  
feedback? from whom?

how could i use magical numbers in my  
day-to-day life?

what would it be like to consider my  
body as a talisman?

what does "life as experiment" mean to me?

what are my 3 top core values?

in what ways do i live in alignment with my values?  
how do i not?

what might happen if i journaled more often?

where do i need more stimulation?

what does my dream day look like?

what's my origin story?

what does my body need from me right now?

what's my favorite characteristic? least favorite?  
what roles do they both serve?

what do i want to rebirth?

what energizes me? what drains me?

what am i the most worried about in the world?  
what can i do to help?

how does my past trauma show up in how i treat myself?  
in how i treat others?

how do i overwhelm myself? how do  
i let others overwhelm me?

how can i practice letting go?

# BUT SOMEHOW!

what can i offer  
my ancestors today?

when does time tend to slow down? speed up?

what do i really, really want?  
what are my fears around reaching for this?


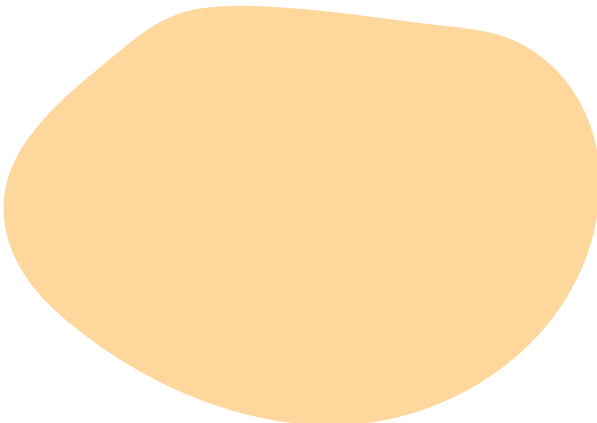
what does my spiritual hygiene practice look like? feel like?



where am i  
thriving?


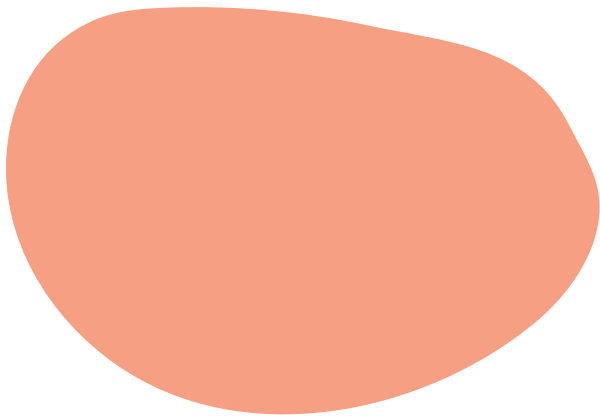
have i been rushing  
something to avoid  
dealing with it?

what do i love most  
about life?



how can i use my  
privilege to liberate  
others?

what is currently dying  
out of my life?



how can i describe  
myself outside of the  
roles i play?

what skill am i afraid to  
learn?

what archetype(s)  
represent me right now?  
how so?

# A CLOUD OR TWO KNOW YOUR NAME...

when's the last time  
i screamed?  
am i overdue?

how do i walk my talk?

how does my social media make me feel?  
do i need to curate my feed?

what do i love the most about the planet?  
what does this say about who i am as a person?

where am i overworked?

who deserves an apology from me?

where is it safe for me to be more authentically me?

what did my last relationship (romantic or platonic)  
teach me?

what are my spirit allies like?

how can i tell when i'm effectively self parenting?

what could i unlearn?

what's a boundary that i need help upholding?

how open am i to new experiences?

how am i complicated and simple at the same time?

what do people expect from me? how do i feel about this?

how flexible am i?

what feelings do i have that i don't have a name for?

where do i feel intuition in my body?

do i let people honor or interrupt my personal time? why?

how comfortable am i confronting others? why?

where do i hold internalized racism?

do i truly know that i deserve joy?

what turns me on?

what are some promises i can keep to myself?

what are my hard limits? how do i maintain them while being open and flexible in other areas?

what's in my stress management toolkit?

what makes me feel childlike?

what does "life as experiment" mean to me?



# POSSIBLY, MAYBE...

how can i honor my  
living ancestors?

what did my last  
relationship (romantic  
or platonic) teach me?

what's a guilty pleasure that  
i refuse to continue feeling  
guilty about?

what's the best advice i've  
ever received?

what does  
my inner  
child have  
to say these  
days?



what does self-care without tools mean to me?

what kinds of things do i dream about?

am i a details-oriented or big-picture kind of thinker?  
how does this affect how i exist in the world?

how do i prefer to communicate? do others know this?

how do i want people to view me?

what's my relationship with my childhood joy? with my  
childhood pain?

is there a less hierarchal way i can name my "highest self?"

who or what are my muses?

how do i get to know people?

what feels very close to me? very far?

where am i ready for an upgrade?

who was i, and why?

what parts of my life are the most turbulent and dramatic?  
how do they make me feel? do i want to calm these waters?

how am i like each planet?

what does sexual (or asexual) liberation mean to me?

what do i refuse to blow off anymore?

do i trust myself as much as i trust my loved ones?

how do i define community?

where do i currently feel resistance?

what have i been holding in, that i want to say?

do i need to relax my jaw?

how am i constantly alchemizing?

what deserves my passion?

# I AM INTRINSICALLY INTUITIVE & CREATIVE!

have i ever sabotaged myself? how? why?

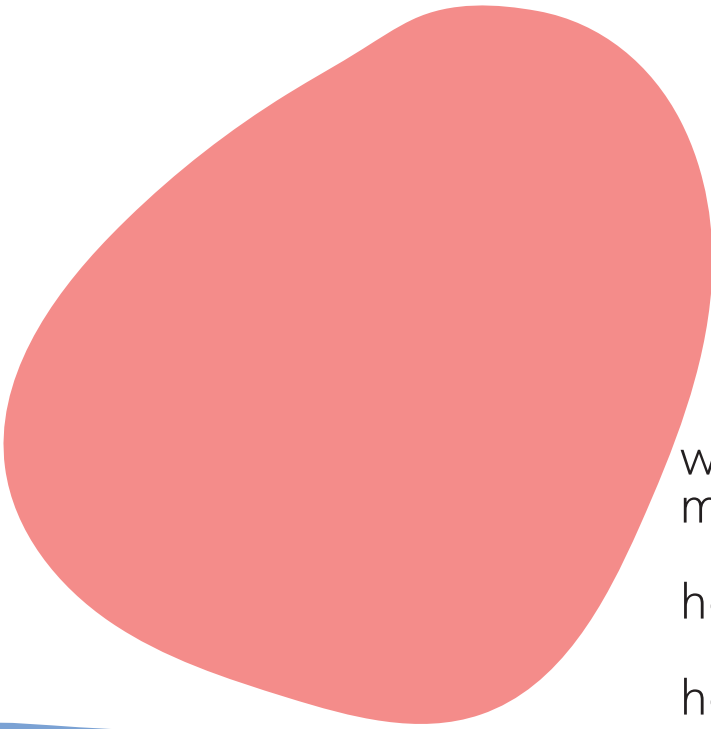
what is loyalty? are there examples from my life?

what tools do i already have to help me reach my goals?

what part of the day is my magic its most potent? why?

what are three things i can do to thank the earth this week?

am i feeling my feelings?



how can i become  
more comfortable  
with not-knowing-ness  
in a time when people  
expect instant answers  
more than ever?

what role does embodiment play in  
my spiritual practice?

how do i handle disagreement?

how do i feel about living in an age  
of instant gratification?

what am i determined to do before  
i die?

when was the last time i felt like i'd  
found myself?

do my loved ones know how i  
recieve love?

what is something i can do this  
month to romance my platonic  
friends?

is my side of the street clean?

# METACOGNITION IS A SPELL...



what can  
flowers  
teach me?

why is my favorite story my favorite story?

what makes me feel powerful?

who has called me "too much?" (and why were they wrong?)

where can i give myself greater permission?

if jobs were replaced with community roles, what role would i like to play?

what's my  
comfort level  
with voids?

what did i hold onto for too long? why? when did i let go?

what do i like about eclipses (literal or otherwise)?

what's an unusual thing i'm grateful for?

where can i  
give myself  
more time?

what art do i make that isn't traditionally considered "art?"

what color represents different parts of my life right now? what does this melange look like?

## what would i put on my cosmic, limitless vision board?

where do i need help?  
who can assist?

can i look in the  
mirror, say "i love  
you," and mean it?  
what would happen  
if i repeated it over  
and over again?

how has my  
self-perception  
changed in the  
last year?

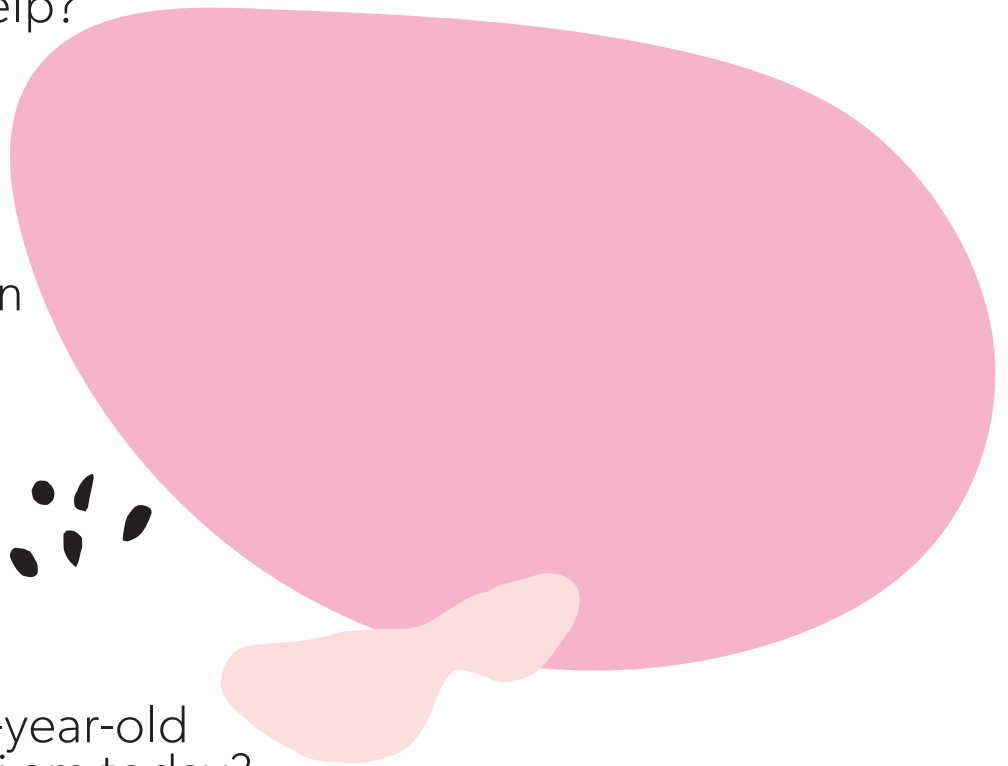
what would my 80-year-old  
self tell the person i am today?

how have i been misunderstood?  
by whom?

what could i hide underneath my  
mattress and forget about it until  
it surprises me one day?

do i listen to others as well as  
they listen to me? how so?

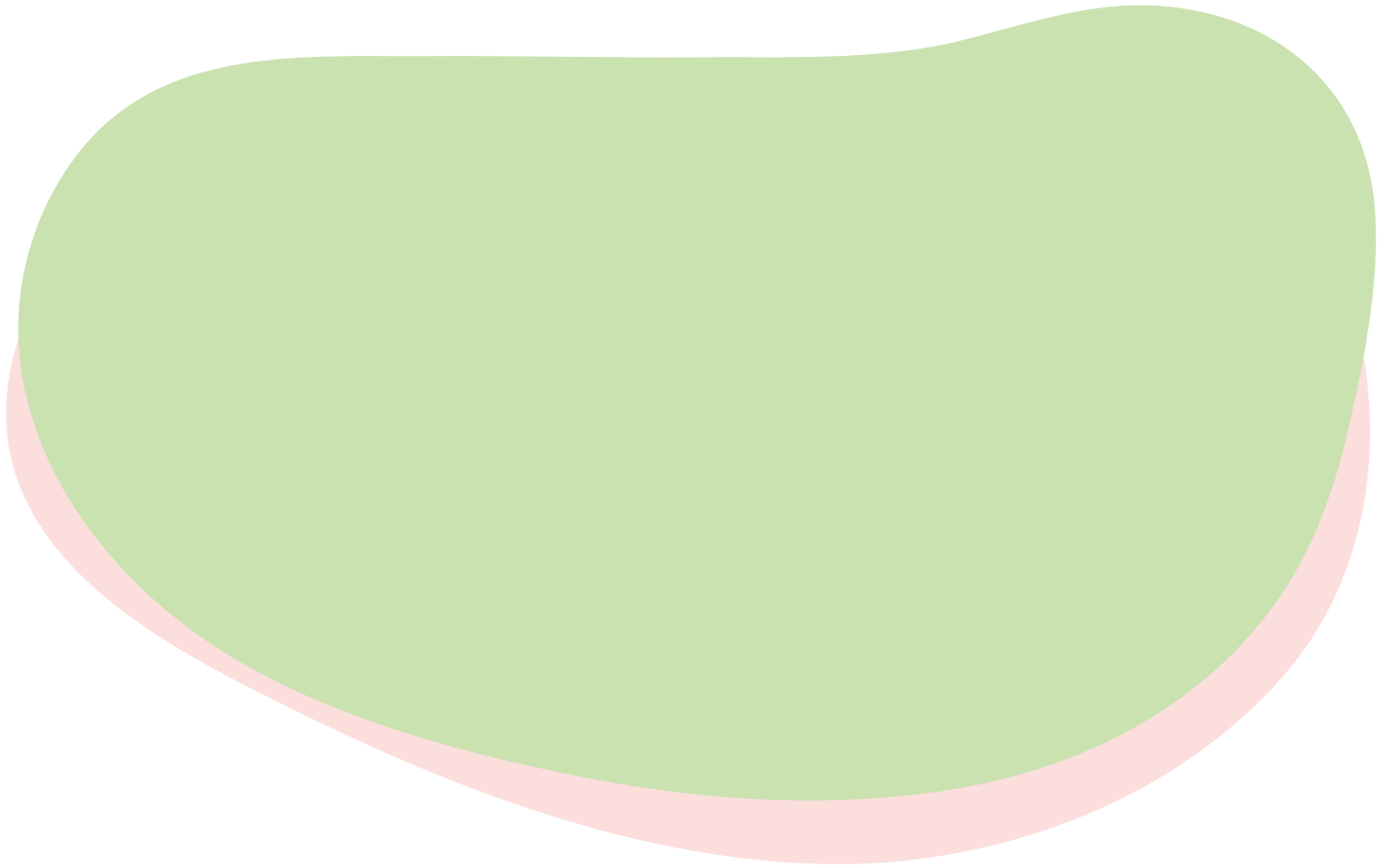
what do i need in order to feel  
safe being vulnerable around  
another person?



how am i like the  
ocean?

what feels  
necessary but  
actually isn't?

# HOLY MOUNTAIN OF MY DEVOTION



what parts of my birth chart do i resonate with?

what practices can i try to tap into deeper parts of myself?

how often do i practice everyday imagination?

does fair exchange exist in my life? how? how not?

what has grief done for me?



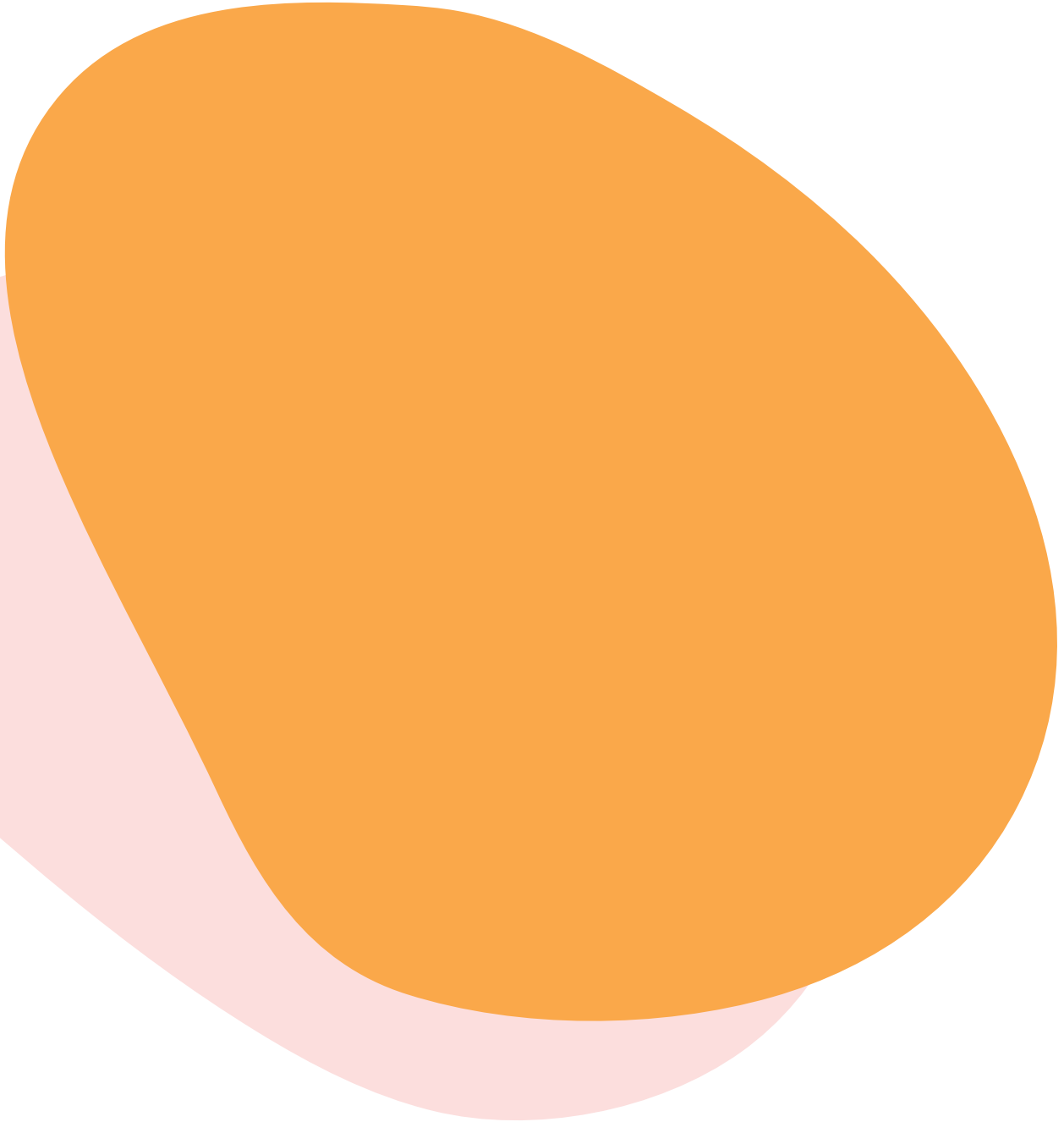
# EVERYDAY LIFE COULD BE EROTIC

what feels fertile for me right now?

what's my favorite piece of decor?

what do i want more of from my  
family (blood or otherwise)?

how patient am i?



what do i notice right now?

who is my family?

how can i hold myself accountable?

what blocks am i overcoming, even if only in tiny ways?

MY CENTER IS  
WHEREVER I  
WANT IT TO BE,  
HALLELUJAH!

beyond myself, with whom am i the most confident?

how comfortable am i with ambiguity?

what emotions do i feel most intensely?

how do i react when people assert their boundaries around me?

what does platonic intimacy mean to me?

what parts of my life feel stable? instable?

what's one tiny part of my mundane life i can recast as magical?

in what ways am i like a plant?

how do i express love?

what is success?

how can i resist psychic death?

is the problem me,  
or is it my perception?

if i could create a world  
without leaders, what  
might that look like?

what are my dreams telling me?

which of my relationships  
encourage my growth? which  
ones work against it?

am i in the position to end or  
transform a negative  
generational pattern?

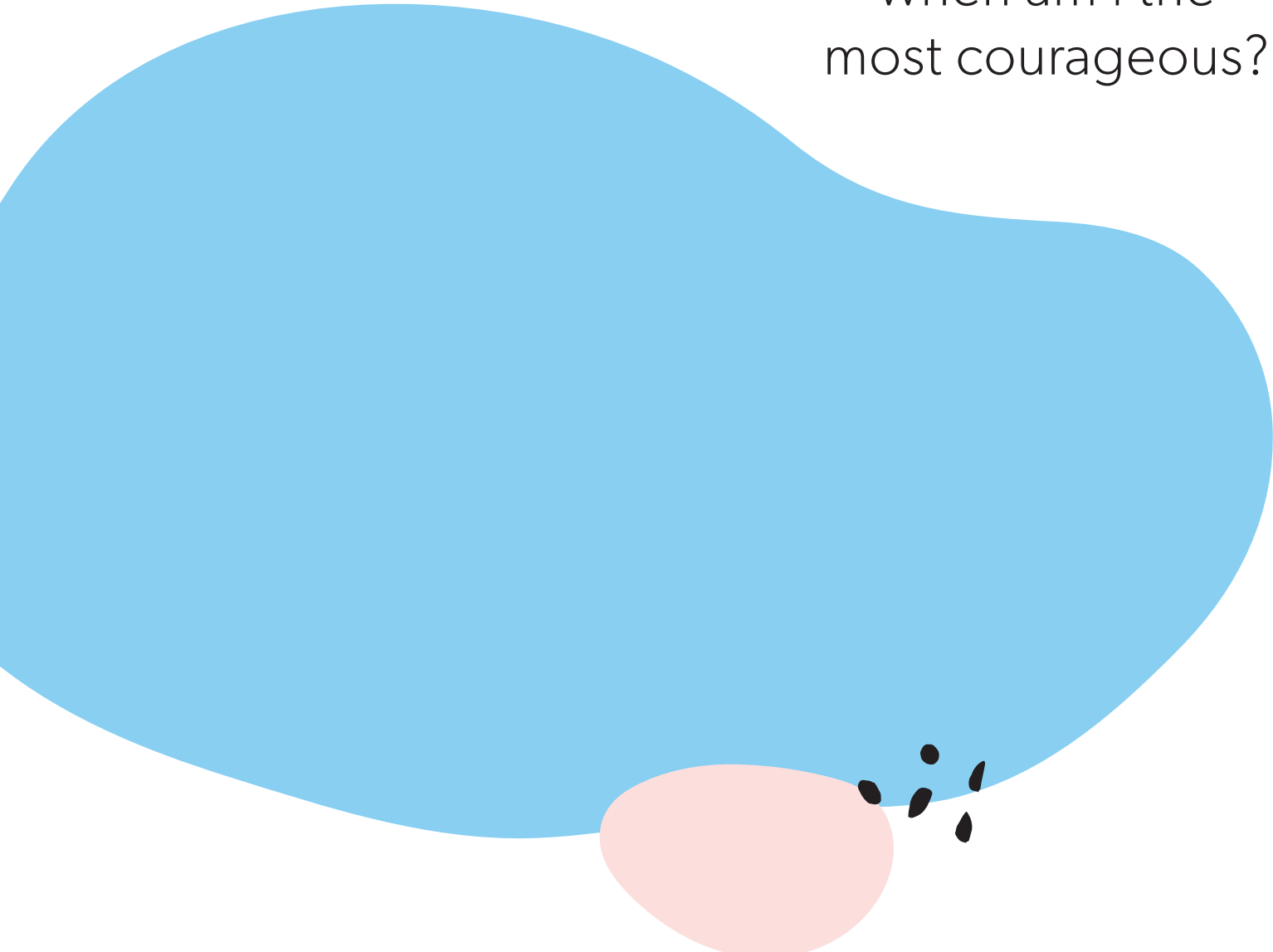
in what part(s) of my life could  
i be more daring?

how do i fight oppressive  
systems in my everyday life?  
how do i prioritize this work?

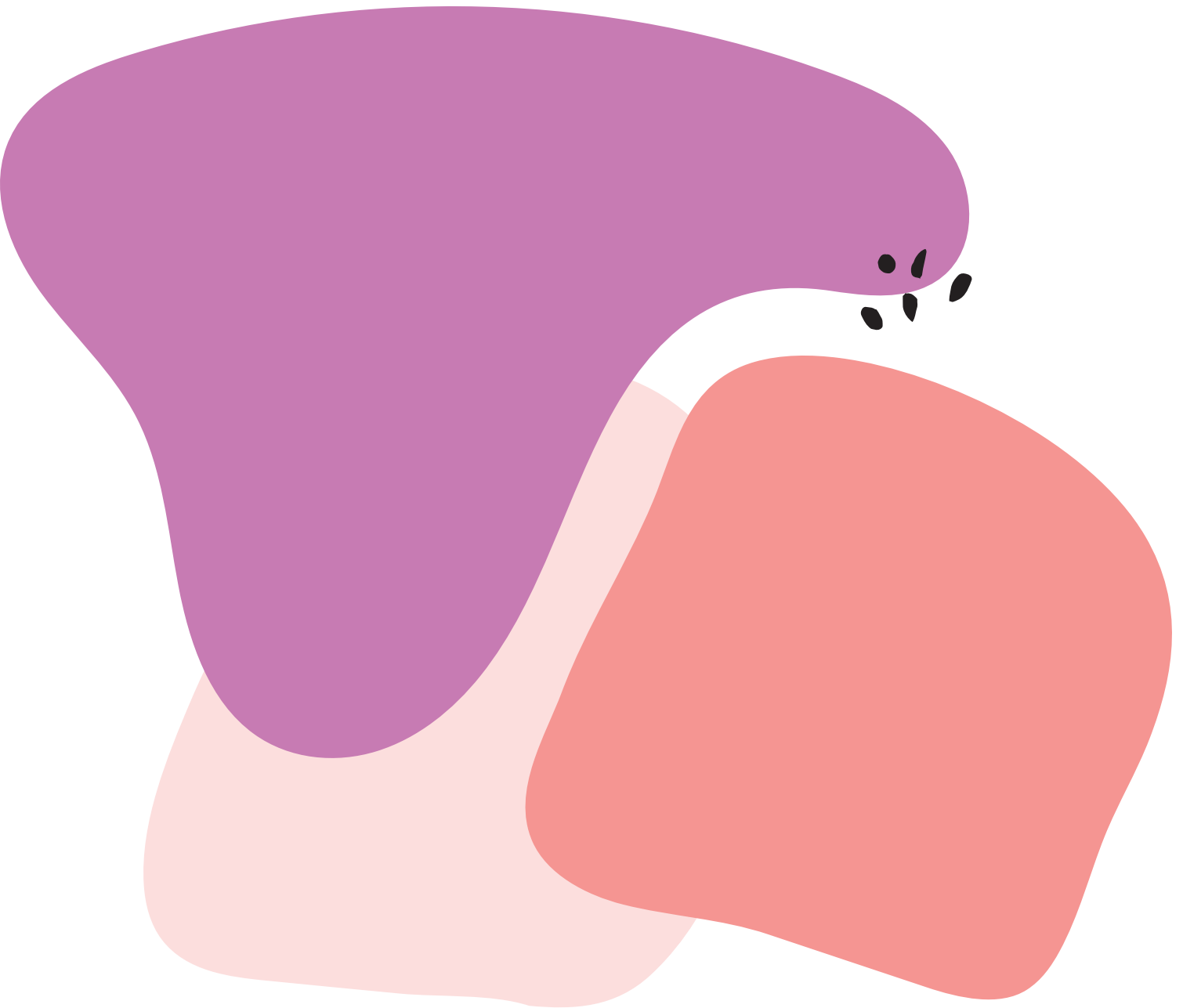
what would be my life story's  
title? why?

# HERE I AM, SUN

when am i the  
most courageous?



what am i uniquely equipped to teach others?  
how could i serve my local community more?  
am i as honest with myself as i am with others?



what am i uniquely equipped to teach others?

how could i serve my local community more?

am i as honest with myself as i am with others?

where can i give myself more credit?

is there a cord i need to cut? is it internal or external?



what role does  
fire play in my life?

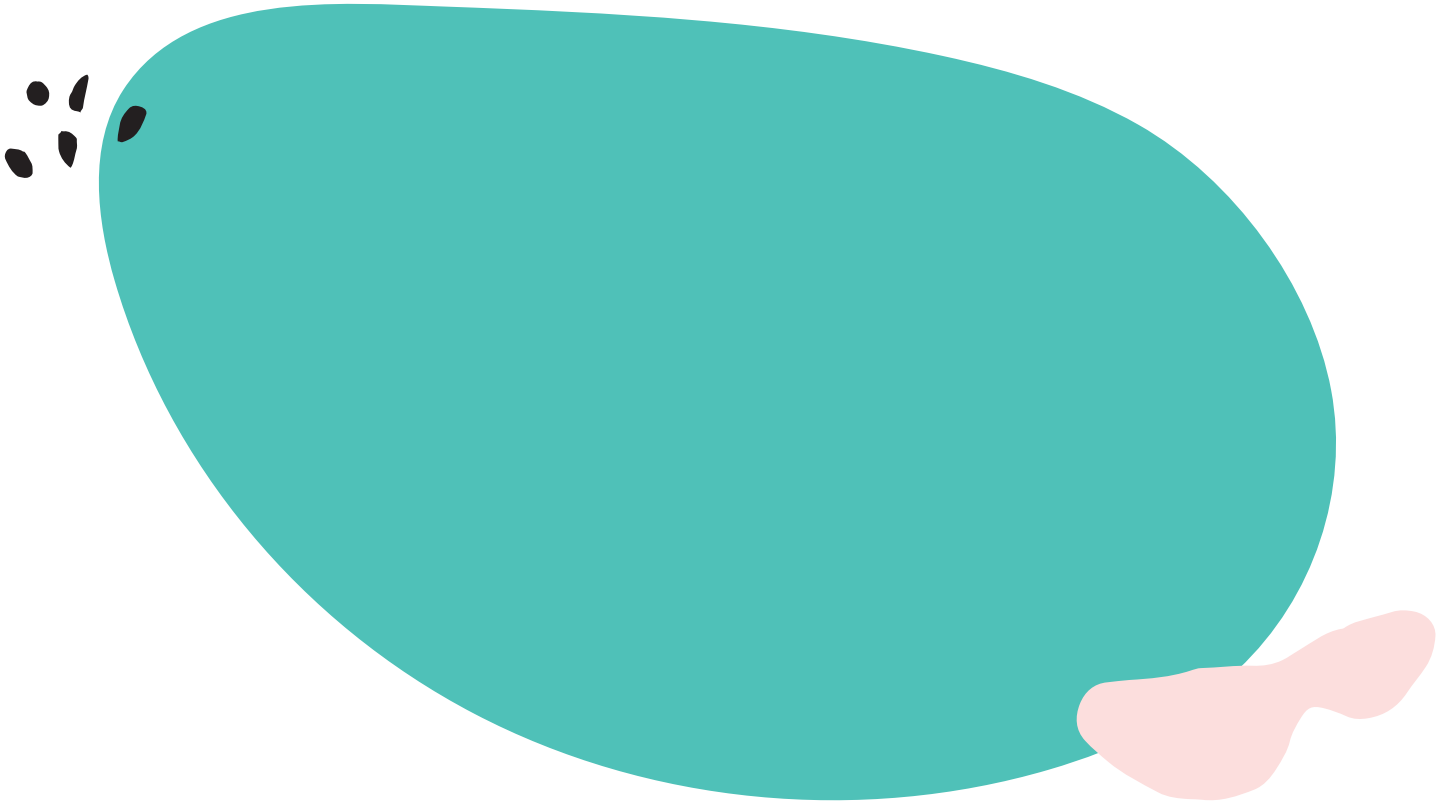
what can i allow myself to be more passionate about?

how can my language be less oppressive?

what's a hole i'd like to leap into with no consequences?

is my energy going where i want it to go?

are my limits my own or someone else's?



what ideas did my parent(s) or caretaker(s) instill in me?  
how do i relate to those ideas now?

what objects in my home can i creatively reuse? for what purpose?  
(reminder: fun is its own "purpose")

what are my gifts and talents?

do i have an abundance mindset? how so? why not?

what overlooked qualities do i already have  
that can aid me in my personal evolution?

what should i let die (or transform into something else)?





WHAT'S NEXT?

life as practice  
life as practice  
life as practice  
life as practice  
life as practice  
life as practice  
life as practice

mariaminnis.com  
@tinyparsnip