

The Lunar Journal



New Moon

The Jasmine Palette

An Introduction

New moons are traditionally associated with setting intentions and goals, welcoming new beginnings, and releasing what does not serve us.

As a mindfulness practice, creating in alignment with the new moon can bring us in to the present moment of starting anew to move forward with clarity.

What You'll Need

Pens

Charcoal

Graphite Pencils

Chalk Pastels

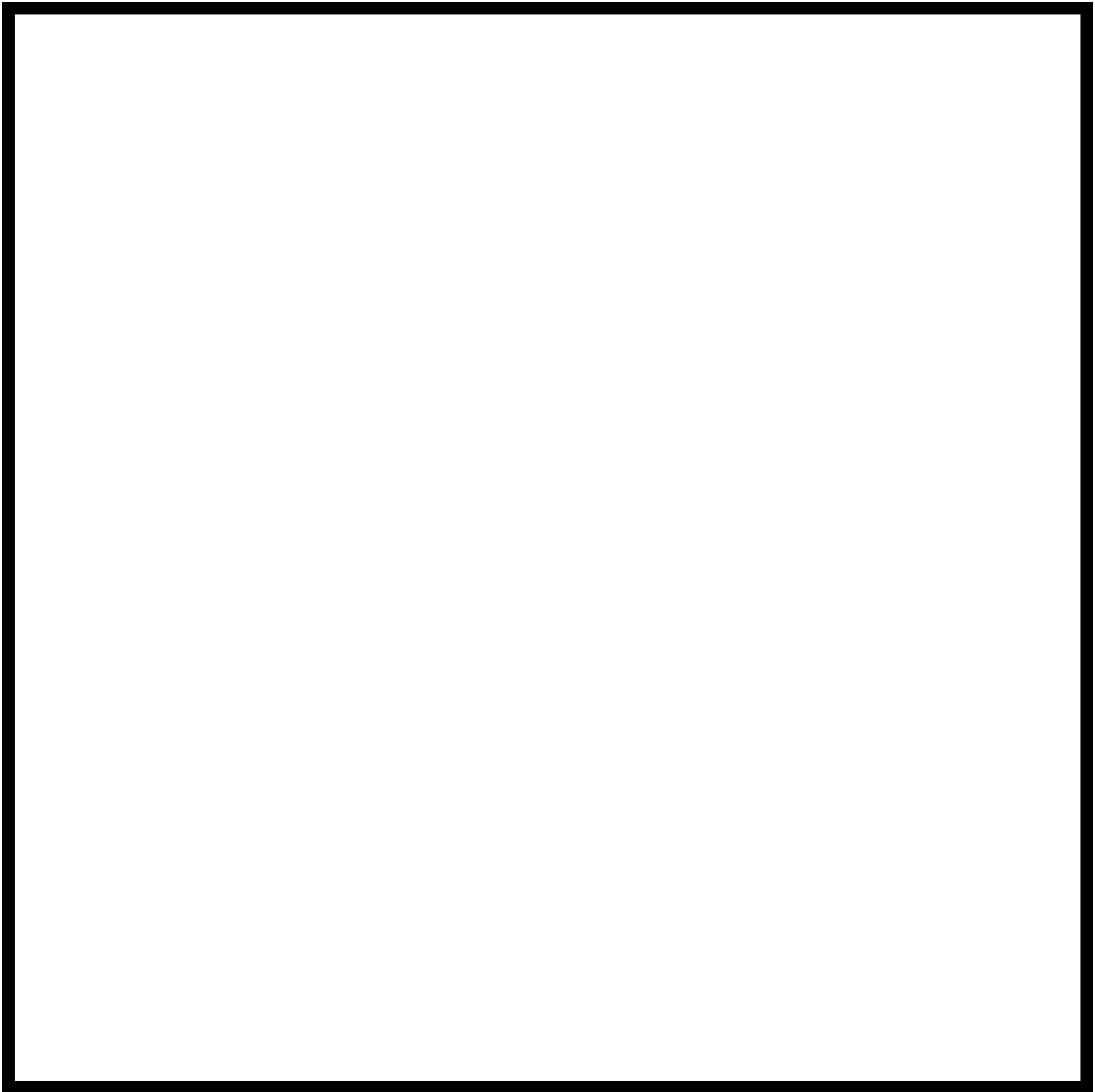
****or any other media available****

A Prompt for the New Moon

Ask Yourself:

Looking ahead to the next month, what intention(s) do I want to set? What am I releasing to move forward? What am I moving towards and hoping to draw in?

A Charcoal Drawing: Make an image of what beginning means to you at this moment. Is it a fresh cup of coffee? A blooming flower? A clear sky after a storm? Allow yourself to focus on this guide word as you bring this feeling to life on the page.



An Affirmation:

I release _____ to welcome in
_____. I am hopeful for this next
month. I find clarity in another start.

Thank You
for using The Lunar Journal:
New Moon!

Pull out this guide for many moons to come
as a template for your wellness art practice
to bring focus.

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