

mindful making

The Lunar Journal Full Moon

The Jasmine Palette

An Introduction

Full moons carry a lot of symbolism, even in a modern world. They are traditionally seen as a time for reflection, gratitude, and adjustment.

To create in alignment with the full moon allows us to make changes to our current paths in order to move forward in the best way.

What You'll Need

Watercolor Paint or Pencils

Colored Pencils

Graphite Pencils

Pastels

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

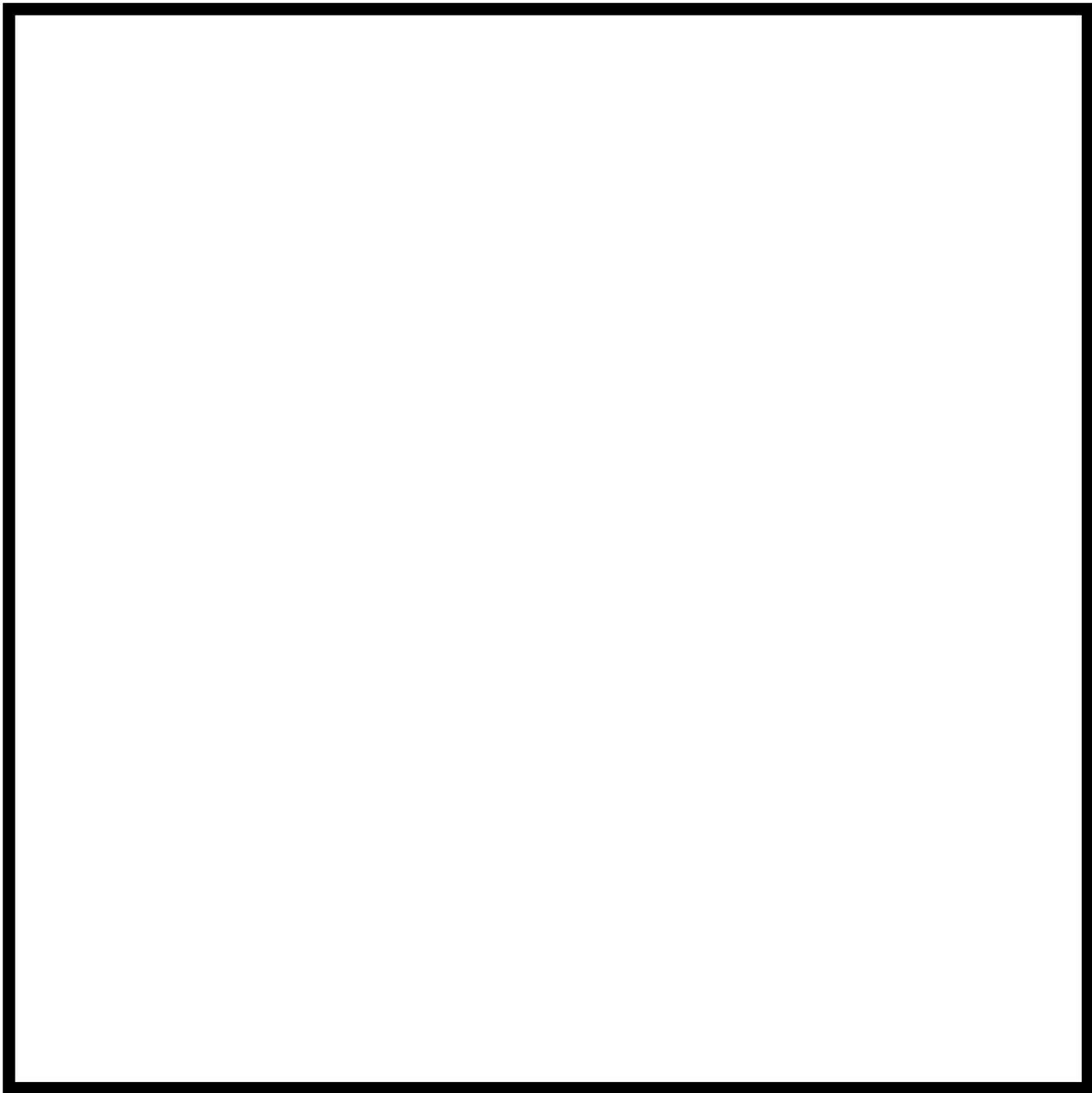
A Prompt for the Full Moon

Ask Yourself:

Reflecting on the last month, what have I achieved or am working to achieve? What I have enjoyed and explored? What am I thankful for? What cycles have come to an end?

A Watercolor Painting: Make an image of what resolution represents in this moment - it could be anything from a fully evolved butterfly to a ferris wheel completing it's turn.

Use this word as a guide as you bring this feeling to life on the page.



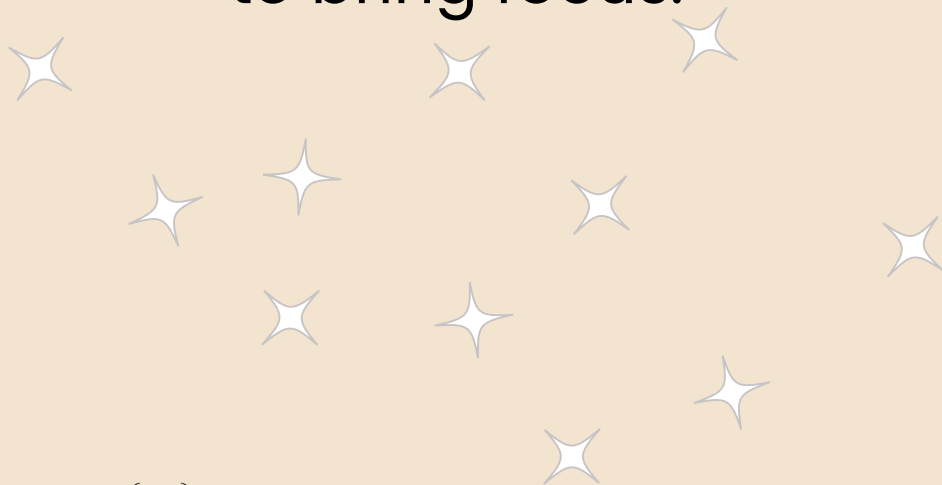
An Affirmation:

I am grateful for _____ . I
accept completing cycles and adjust to
keep moving forward.



Thank You for using The Lunar Journal: Full 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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