

Dark Moon Journal Club

Create your symbol

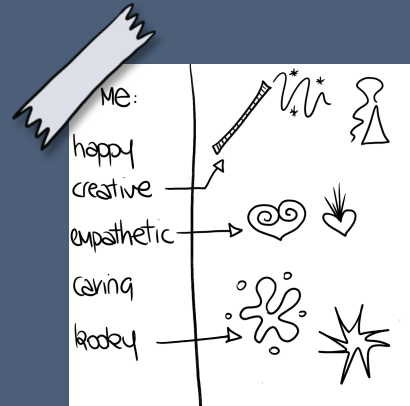
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For this session we will be using self reflection and doodling to create a symbol that represents ourselves.

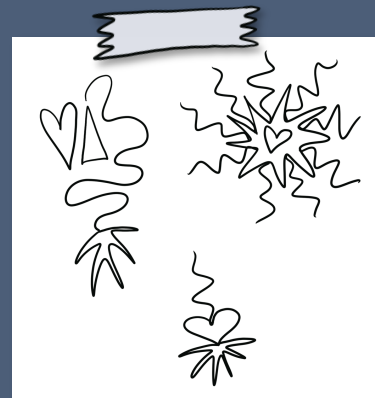
Step 1. Write down 5-8 words to describe yourself. Some examples: positive, strong, happy, passionate, empathetic, quirky, creative, resilient, open.

Step 2. Choose 3 of those words. Using basic shapes, create a symbol for each word. Don't think too hard about it- it doesn't have to be complex. Think of how the word makes you feel. Some examples: If you chose the word 'strong' you might draw a triangle shape standing strong. Or for the word 'open' you might draw a spiral shape that is opening out. Draw a few for each of your 3 words and then choose your favourite for each one.



Step 3. Now we are going to create 'you' as a symbol using a combination of all 3 symbols from the previous step. You can repeat elements, play around with different sizes and combinations. Using the examples above, you could have one big triangle with one spiral inside it. You might have one big spiral with a circle of triangles radiating around it in a circle. Play around with a few different designs.

Step 4. Now select your favourite one, the one that feels right. That's 'you' as a symbol. You can now use this symbol to represent yourself in your future journaling.



Step 5. Starting on a new page, draw a circle in the middle and start with placing you (your symbol) in the centre. Then divide the page into 4 sections. Label each section: 'Senses', 'Spirit', 'Feelings', 'Brain'. Take a few deep breaths to centre yourself and focus on your presence. Write a few words in each of the 4 sections to capture your experience in this present moment. What information are your senses giving you right now? What emotions are present for you right now? What thoughts are surfacing in this moment? And finally, what is your deep inner knowing telling you right now?

