

Dark Moon Journal Club

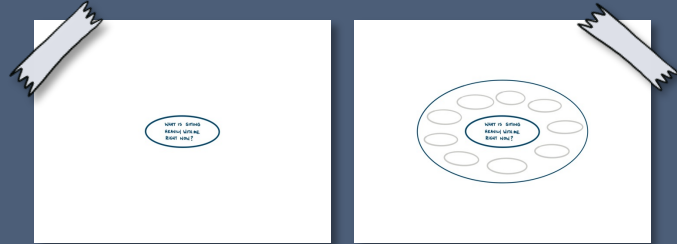
Making Space

21 February 2023



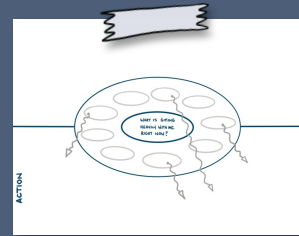
For this session we will be using visual storytelling techniques to tackle the 'heavy things' and get clear on what we can action and what we must let go, thus creating the space in the middle to breath and be.

Step 1. Start with a circle in the centre of your page and write 'what is sitting heavily with me right now?' in the centre. Let your mind ponder this and see what comes to you.

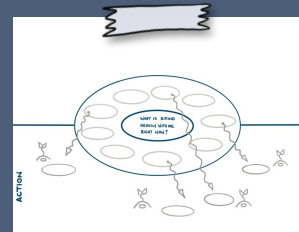


Step 2. Now draw another circle around your centre one and write down all the things that are weighing heavily on your mind right now inside that outer circle.

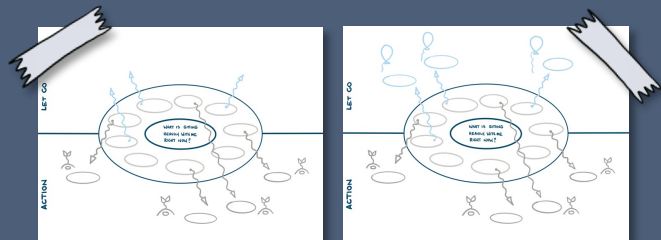
Step 3. Now add a line horizontally across the page, dividing it in 2 – this line gives your brain a horizon and thus we now have a 'ground' and 'air above'. The bottom section is labelled 'action'. Select which of your heavy things you can actually do something about right now. The ones you can take action towards are the ones you will bring down to the lower half of your page with a line.



Step 4. Now that you know which heavy things you can take action on – represent them in the 'ground' part of the page and symbolically we are going to take action by writing it down and drawing a small sprouting seed beside it – because that is all it takes, is just to decide and start – from there great things can grow, but first you must plant the seed.



Step 5. Now we will repeat the process with top half of the page. Label your top half 'let go' these are the heavy things you can release your death grip on and allow them to lift into the air. Bring anything from the middle that you simply can't do anything about. Realising that these worries don't have to weigh you down as you cannot action them at the moment. Describe each one with a word or phrase. Now you can draw a balloon beside each of these to symbolically 'let go'. Loosen your grip.



Step 6. It is ok for some of your middle section worries to remain there. Not everything can be shifted to the top or the bottom of the page. Put a box around these ones and know that it's perfectly fine for them to be sitting in the middle. Now take a deep breath and appreciate the space you just cleared from the middle. If you want some additional push to 'let go' you can try taking your page outside and burning it.

