



vent-journal and/or
write a short note as
a wish or a prayer on
this panel before
covering it with
paint or collage
(light and/or dark
papers according to
the lunar phase)

WHAT DO I WANT?

DECEMBER

COLOR PROMPT: INDIGO | LIFE QUAD FOCUS: HOME AS SANCTUARY

GUIDE WORD & PROMPT: CIRCLES

**I live my life in widening circles
that reach out across the world.
I may not complete this last one
but I give myself to it.
-Rainer Maria Rilke**