

JOURNALING PROMPTS FOR CONNECTING TO SELENE

finding the wisdom of the in-between
THE LIMINAL COMPASS

What are Prompts for Artistic Expression?

These are prompts for artistic expression. They are a jumping off point to feeling. Because ultimately, we're humans, in these bodies, and we've been put here to feel. This is your invitation to feel today. To be human, if only just for a moment.

- **Spark Creativity:** Overcome creative blocks and discover new ideas.
- **Deepen Self-Awareness:** Get to know your authentic self beneath the day to day noise.
- **Embodied Practice :** Establish a consistent creative outlet, one that moves stuck emotion.
- **Create Connection:** Channel your emotions into a creative practice that can be witnessed.

Connecting to Selene & the Dark

If you're exploring the hidden realms and the liminal, if you feel called by the moon and the darkness, I invite you to consider the prompts below. Gently explore the space between myth and lived experience. Pick your favorite medium: writing, painting, song, movement or any other form you gravitate towards. Give yourself the space to feel into what comes up.

1. What is one thing the moon has seen in you this month that you're ready to acknowledge?
2. What cycle are you in — and what does Selene's light feel like in that phase?
3. What does the moon witness in you that no one else sees? How can you honor that part of yourself today?
4. Which myth or archetype story feels most personal to you right now? What is it trying to teach you about your own life?

Next Steps

Emotions require witness. Be like Selene, and witness within yourself what has come up. Give it space to express itself even after your artistic practice is over. Are there any more realizations that come? Is there a pattern you've noticed that you want to break? If you're ready to go deeper, [get in touch](#). Let's explore the wisdom of the in-between together.