

## Harvest Moon Garden Plot

### Drawing, Reflections & Meditation

Use a blank sheet of paper or print out the Harvest Moon pdf. Gather your markers or colored pencils. Create a comfortable space to work, perhaps lighting a candle, making yourself a cup of tea, and sitting on a cushion.

1. Close your eyes and visualize your metaphorical garden. (You can use the analogy of the plot, the garden plot and the plot of your life) Think back to the Spring, at the beginning of the season, what seeds did you plant? What were you thinking might germinate in your life. Write down those seed plans you had for your life back in the Spring next to the black dots.
2. Close your eyes again and visualize the plot of your life. Has anything you weren't thinking too much about back in the Spring flourished in your garden plot? What has blossomed that you didn't expect? What unexpected joys have grown in your life? These might be relationships, ways of living. Use the colored pens to write the things you didn't know you were cultivating. Draw a big flowery cloud around each item you write.
3. Close your eyes once more and visualize your daily life. Think back to small moments and details of the past growing season. Use a light color like pink or yellow and write in any small appreciations you have. Think back to small moments, noticing a flower in bloom, seeing a sunrise, sharing something, etc.
4. Have a look at the page. Add in anything else you like. If you are still cultivating the seeds you planted in Spring, add a little vine or leaves. Add color and brightness to reflect the size of what is coming to fruition in your life. Add more color to the things you can find gratitude towards.