



This Month's Theme

Yellow

The Light We Carry

Yellow reminds us that light doesn't always shine loudly... sometimes it's a quiet hum of hope, a spark of courage, or a small joy blooming in the ordinary. This month, we explore how yellow shows up as illumination, curiosity, and gentle creative warmth in our lives.

Reflection Prompts

- Where in your life do you feel most illuminated right now?
- How might you share that same light with a place that feels dim or uncertain?
- What does joy look like for you today... bright and bold, or soft and quiet?
- If joy had a color, shape, or texture, what would it be?
- Imagine planting a garden of ideas. What creative seed is ready to bloom?
- What does it need from you to grow?

Suggested Music

Here Comes the Sun – The Beatles
Walking on Sunshine – Katrina & The Waves
Lovely Day – Bill Withers
Good Days – SZA
Sunroof – Nicky Youre, dazy
Levitating – Dua Lipa



Creative Task Illuminating Joy

Yellow

Materials: mixed-media or watercolor paper (5x7 or 8.5x11), yellow paints/pencils/papers/crayons, tissue paper, glue, scissors, marker or pen, optional gold or white gel pen.

Prep (5 min): Lay out materials, select 3–4 shades of yellow, clear a small workspace, set a relaxed, curious intention.

Step-by-step:

1. Centering (2–3 min): Sit quietly, take a few deep breaths, and hold the word joy in your mind. Notice any sensations or warmth it brings.
2. Base layer (5–10 min): Apply a light yellow wash or glue down pale yellow tissue paper. Let dry if wet.
3. Build texture (7–12 min): Tear or cut brighter yellow papers and collage them in areas where your eye wants light to shine.
4. Add marks (5–8 min): Use pencil or marker to add words like warm, home, laugh or simple doodles like sunrays, dots, or loops.
5. Accent (2–4 min): Add touches of gold, white, or darker yellow to create focal points.
6. Title & reflect (3–5 min): Write a title. Journal: “This piece reminds me of...”.

Aftercare / journaling prompt: What warm memory or small joy surfaced while you worked? How can you invite even a tiny piece of that feeling into your week?

*Enjoy yourself
this Month!*

Join our Abstract Inspirations Snail Mail club and keep the creativity flowing. You'll get Prompts, activities and an exclusive 5x7 print and so much more! @ ArtisticallyMused.com

Much love...

Mama Muse

