



Color Guide

Art Ritual

*Shedding Emotional Weight
with the Full Moon in Scorpio*



This color guide is meant to go with a special art ritual I shared on my blog during the full moon in Scorpio. If you haven't read those instructions yet, you'll want to start there. You can find the full ritual, including the spiritual meaning of the full moon and step-by-step guidance for how to do this practice in your art journal, at:

👉 <https://danadaponte.com/art-journal-with-the-moon-themes-and-prompts-for-may-12-18-2025/>

I created this guide as a separate download because I want you to do the ritual first before reading what the colors mean. This practice is meant to be intuitive. I want you to draw, choose your colors, and let your body speak without overthinking it. Only afterward should you open this guide to reflect more deeply on what your color choices might reveal.

Even though I shared this ritual during the full moon in Scorpio because it's such a powerful time to release emotional weight, it's something you can return to any time you feel called.

Here are a few more moments in your life when this art ritual



might be helpful:

Astrologically Aligned Times for This Art Ritual:

- Any full moon in a water sign which includes the Cancer, Scorpio, or Pisces full moons
- When the waning moon is in Scorpio, even if it's not full
- During Pluto transits or when you're moving through deep personal transformation like when transit Pluto is conjunct your MC or your natal moon
- During Saturn or Chiron transits that stir up old emotional wounds or life lessons

Emotionally Aligned Times for This Art Ritual:

- When your body feels heavy, tense, or emotionally burdened and you're not sure why
- When you've been feeling anxious, overwhelmed, or mentally scattered
- After a big life change like a breakup, job shift, loss, or major transition
- When grief, anger, or old memories start rising unexpectedly
- When you notice you're holding emotions in your body but don't know how to release them
- After a triggering experience
- When inner child wounds have been activated
- Anytime you feel a strong urge to cry, process, or move something emotional through and out

The art ritual for shedding emotional weight that I describe on my blog is a gentle, sacred way to give your body a voice. Let the colors guide you, let your art journal hold what you no longer want to carry, and most of all be kind with yourself as you move through this work. There's no wrong way to do it, and there's no rush. Just your willingness to listen is enough.



Red

Anger, Boundaries and Survival Energy

Red often signals the presence of unprocessed anger, resentment, or survival fear. The areas of your body where you used the color red may be holding onto memories when you felt unsafe, overlooked, or forced to suppress your power. It can also indicate early childhood moments when your boundaries were crossed or your needs weren't met, triggering fight-or-flight responses that became stuck in the body.

If you used red near a certain body part or area of your body, ask yourself:

What boundaries were crossed here that I didn't know how to protect?

What anger did I bury in order to be accepted or stay safe?

Where in my life did I feel I had to fight to be seen, heard, or loved?

What part of me still feels like it's in survival mode?

How can I safely express or release this fire without harming myself or others?

If you used the color red to color one of your circles, tend to the emotions it represents by acknowledging your right to feel what you feel. Let the anger speak safely, in your journal or through your body. Move it through you with fierce compassion. You're not too much. Your fire deserves to be witnessed and freed.



Orange

Shame, Desire and Creative Expression

Orange connects to emotions around creativity, pleasure, and relational wounds. The areas of your body where you used the color orange may indicate where you stored shame around your desires, your body, or your self-expression. Childhood experiences that suppressed your joy or taught you that certain feelings were “inappropriate” or “bad” may live here.

If you used orange near a certain body part or area of your body, ask yourself:

Was there a time I was shamed for wanting something or expressing myself?

What joy or creative impulse have I held back out of fear of judgment?

How do I feel in my body when I think about pleasure, play, or intimacy?

What part of me learned it wasn't safe to take up space with my creative energy?

How can I reclaim the joy or playfulness I might have disconnected from?

If orange appears, ask what part of you wasn't allowed to play, enjoy, or feel safe in connection. You can tend to it now by inviting softness, play, and sensuality back in on your terms. Reclaim your joy in small, sacred ways.



Yellow

Self-Worth, Confidence and Personal Power

Yellow reveals wounds related to self-worth, visibility, and confidence. The parts of your body where you used the color yellow may be where you are holding onto emotions related to when your power was ignored, diminished, or punished, especially if you were told to be small, quiet, or pleasing. If yellow circles appear, they may reflect inner parts who still carry the fear of being seen.

If you used yellow near a certain body part or area of your body, ask yourself:

What experiences made me question my value or lose trust in my own power?

Where and when did I feel overpowered?

What part of me feels like it has to prove something to be good enough?

When did I first feel it wasn't safe to shine or be seen?

What old beliefs about myself might be stored in this part of my body?

How can I begin to treat myself with the same encouragement I give others?

What can I do to reclaim my power?

These are tender parts of you who need gentle encouragement. Tend to them by affirming your worth not because of what you do or achieve, but because of who you are. You don't have to prove your light. It's already shining.



Green

Grief, Heartache and Emotional Abandonment

Green speaks to heartache, grief, and unmet emotional needs. It often points to pain around love, connection, or feeling emotionally safe. If you see green in your circles, you might be carrying sorrow from early relationships where you had to close your heart to protect yourself.

If you used green near a certain body part or area of your body, ask yourself:

Who or what have I loved and lost that I haven't fully grieved?

What longing or sorrow might still be quietly living in my heart?

Was there a time I needed emotional care and didn't receive it?

What part of me still carries heartbreak or disappointment?

How can I offer compassion to the part of me that still aches here?

Green asks for softness. It asks for slowness. It asks for you to place your hand on your heart and say, *I see you now. You didn't deserve to be hurt like that. Tend to green by allowing grief to move.* Let the tears come. Allow your deeper, heavier emotions to move through you.



Blue

Unspoken Truths and Silenced Expression

Blue is the voice. It is your truth, your self-expression, and the emotions you never had the space to name. If you used the color blue to fill in any of your circles, it may indicate places in your body where you are holding onto emotions around swallowing your feelings for too long, especially around speaking up or having your truth dismissed.

If you used blue near a certain body part or area of your body, ask yourself:

What was I never allowed to say?

What truth have I kept inside because I was afraid it would cause harm or rejection?

What did I learn about speaking up and what did it cost me when I did?

What emotions are stored here that I've never named out loud?

When have I swallowed my words instead of expressing my needs?

How can I gently give voice to what has gone unspoken in this part of my body?

Tend to any areas of your body represented by the color blue by writing down what you weren't allowed to express in the past. Draw it all out. Say the words. Even if no one else hears them, you will. You're allowed to take up space with your voice. You're allowed to tell your story.



Indigo

Denied Intuition and Spiritual Disconnect

Indigo often signals unprocessed intuition or spiritual pain. If you used the color indigo to fill in circles in the outline of your body, it might indicate places in your body where you are holding onto emotions that you felt at times when you had to disconnect from your inner knowing in order to survive. It can also reflect confusion, doubt, or moments when your perception of reality was denied or gaslit. If indigo appears, it may be calling you to reconnect with your inner wisdom.

If you used indigo near a certain body part or area of your body, ask yourself:

When did I first begin doubting my inner knowing?

What part of me has been told to silence or ignore what I sense?

What intuitive messages have I received that I didn't trust?

How do I disconnect from my truth when others don't understand me?

How can I rebuild trust with my inner voice in this area of my body?

Tend to any areas of your body represented by the color indigo by reclaiming your knowing. Light a candle. Ask your spirit guides, your intuition, or your soul, *What do you want me to know?* Then trust what arises. You were never wrong to feel what you felt.



Violet

Denied Intuition and Spiritual Disconnect

Violet is the color of spiritual grief, soul wounds, and the longing for something bigger to hold you. It may point to abandonment wounds, feelings of disconnection from the Divine, or moments where you felt spiritually alone.

If you used violet near a certain body part or area of your body, ask yourself:

What spiritual pain or disconnection might still be living in me?

When have I felt alone, unsupported, or abandoned by people or by Spirit?

What soul wound am I ready to acknowledge and begin healing?

What do I long for most on a spiritual or emotional level?

How can I allow myself to feel supported by something greater than me?

If violet arises, honor your longing. Let yourself be held by beauty, ritual, prayer, or the moon itself. Tend to this part by remembering you are not alone. Even when no one was there, Spirit was. Nature was. The sun and moon were there with you.



Black

Repression, Deep Pain and the Unconscious

Black is the void. It is the unknown, the hidden, the repressed. It often reveals places in your psyche where trauma or pain was pushed so deep it became invisible. It may also represent emotions you weren't allowed to even feel, let alone express. If black shows up, go slow. This is sacred terrain. You don't need to rush or force insight.

If you used black near a certain body part or area of your body, ask yourself:

What memories or emotions have I locked away so I wouldn't have to feel them?

What part of me learned to go numb in order to survive?

What emotional truth feels too heavy or dark to bring into the light?

Is there anything I'm afraid of discovering about myself in this place?

How can I gently hold space for what I don't yet understand or remember?

Tend to these areas of your body and the memories and emotions you may have stored there with reverence. Sit with them like you would with a scared child. Breathe. Listen. Trust that even what feels empty is still alive with healing potential.



White

Numbness, Shut Down and Disconnection

White holds the energy of numbness, disconnection, or emotional shutdown. It can appear when parts of you had to freeze in order to cope. It may also represent purity or the longing to cleanse what feels too overwhelming.

If you used white near a certain body part or area of your body, ask yourself:

What emotions might be hiding underneath the blankness I feel here?

When did I first learn to shut down or disconnect from what I was feeling?

What does this part of me need in order to feel safe enough to feel again?

Is this area frozen or quiet because of something it had to endure?

How can I offer warmth and presence to what has gone quiet inside me?

If white emerges, tend to it by gently inviting sensation back. Ask, What feeling is underneath this blankness? Even if the emotion isn't clear, your presence is enough. Your presence brings life back to places that went cold.



Thank you

Thank you for joining me in this art ritual. If this exercise sparked a desire to understand yourself in a deeper way and you're a healer, artist or entrepreneur who wants to experience more success and wealth, I invite you to join me in my 14-Day Activation called [Grow Your Business with the Moon and Your Art Journal](#).

With the moon as your teacher and your paintbrush as your magic wand, we'll increase your emotional and energetic capacity to invite more wealth and success into your life and business. We'll clear subconscious blocks (using the MAP Method), nurture the emotional roots that may be holding you back, and step more fully into your light.

No one wants to live with a spirit that feels heavy. It's time to lighten up and build your capacity to receive more good things in your business and in your life. You deserve it. For 14 days, I'll guide you, encourage you, and work closely with you to move through the blocks that are keeping you stuck and help you become the version of you your business is calling you to become.

Join me here:

danadaponte.com/grow-your-business-with-the-moon/

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