

A GUIDED WORKBOOK
& COMPANION FOR 'IN PROCESS'
ARTIST RESIDENCY

CONNECTION · CREATIVITY · RITUAL



ILLUMINATION · INTEGRATION · PRACTICE

IN *PROCESS*

BY

KRISTIN MCGRAW

WELCOME TO IN *PROCESS*

IN PROCESS: AUTUMN RESIDENCY GUIDEBOOK

This is a season for creating, connecting, and tending the quiet magic of being *in process*. For the next eight weeks, we'll move with the cycles of the moon and the turning of the season. Each week holds a theme to anchor us — not as rules, but as invitations. You can use this guidebook to look ahead, mark your calendar, or simply open to the week we're in and let it shape your rhythm. Or none of the above! Always an option.

HOW IT WORKS

Mondays we gather in circle via zoom to share intentions, reflections, and works-in-progress.

Thursdays we co-work in gentle accountability, each tending our own creative fire side by side.

Asynchronous is always an option — use the prompts and themes in your own time.

WHAT YOU'LL FIND HERE

- Weekly themes with a guiding phrase.
- Seasonal + lunar notes for context.
- Reflection, creative, and connection prompts.
- Space to jot notes, intentions, and sparks of inspiration.

AN INVITATION

Come as you are. Show up when you can. Let the structure hold you if it helps, and let it go if it doesn't. This is not about perfection or productivity — it's about practicing presence, honoring your own rhythms, and weaving yourself into a creative season. Draw, paint, write, doodle, dance, make a comic book or a quilt, work on your bullet journal spread or protest signs. This is just a space to be open to what moves you and to connect deeper with your creative self.

I love to incorporate seasonal cycles because it feels big and magical and encompassing to me - but if you're like pssshhhh moons is meh, I feel you. (even though, moons is *not* meh) This is about leaning into the practices and rituals that move *you* and *your* creative work. Nothing more. Nothing less.

*Speaking of moons - a little note on the lunar cycles + sabbats mentioned herein: Each week's theme is loosely paired with the phases of the moon and pagan seasonal rites on the Wheel of the Year. You don't need to know anything about astrology or ritual to participate; these cycles are simply offered as touchstones, invitations, and reminders that creativity — like the seasons — has its own ebb and flow. Take what resonates, leave the rest.

A NOTE ON THE CYCLES

Our residency moves alongside the rhythms of the moon and the turning of the seasons. These cycles are not rules, but invitations — reminders that creativity, like nature, ebbs and flows.

The Moon Phases

- New Moon — dark sky, new beginnings, seeding intentions. A fertile pause.
- First Quarter — a push forward, energy rising, momentum building. A call to act.
- Full Moon — illumination, clarity, celebration. What has grown is revealed.
- Third Quarter — reflection, review, release. Time to recalibrate before the next cycle.

The Seasonal Rites

- Fall Equinox (Mabon) — a balance of light and dark, honoring harvest and transition. A moment to reflect on what we've gathered, and what must shift.
- Samhain — the threshold between worlds, honoring ancestors and endings. A time of mystery, depth, and tending the unseen.

You don't need to know or practice these traditions to participate. They are simply offered as touchstones — a way of rooting our work in the larger cycles of the earth and sky.

Here we go!

Eight weeks to create, connect, and lean into the process.

No pressure, no perfection. Just showing up, tending your art, and seeing what unfolds.

I'm so glad you're here. Let's make some magic.

- Kristin

IN PROCESS

WEEK ONE

SEP 15 - SEP 21

WEEK ONE

Theme: Opening & Softening

Guiding Phrase: *Make space, set intention, arrive gently.*

Seasonal Rhythm: Third Quarter Moon in Gemini → waning toward the New Moon. A week for reflection, review, and preparing the ground.

GUIDING PROMPTS

Reflection:

- What do I need to clear away (physically, emotionally, mentally) to create space for this season of making?
- How do I want to feel in my creative process this fall — and what small choices can help me lean into that feeling?
- What tools, practices, or resources will support me?
- What support do I need (from myself, from others, from this container) in order to show up fully?
- What does “showing up for myself” look like in practice?

Creative:

- Write a simple *declaration of intention* for this residency: “This season, I will...” Keep it short, potent, and true.
- Create a physical or symbolic ritual to mark your beginning — tidy your space, light a candle, gather objects that feel seasonal, or make a playlist that signals “I’m in process.”
- Optional: write a letter to your creative self — welcoming them into this space, promising what you’ll show up for them over the coming weeks.

Connection:

- If gathering live, share one word or phrase that names how you want to *show up* in this container.
- If working solo, write it on a slip of paper and place it somewhere visible for the next 8 weeks.

NOTES & INTENTIONS

My intention for this residency: _____

The way I want to show up: _____

Tools/resources I will gather: _____

Support I need: _____

A ritual I'll begin with: _____

WEEK ONE

AUTUMN EQUINOX (*MABON*)

SEP 22

Mabon, the Autumn Equinox, is the moment when day and night hold each other in perfect balance. Light and dark share the sky, and the wheel turns toward the deepening season.

This is the second harvest, a time of gathering what has ripened: fruit from the fields, ideas from the mind, creations from the heart. It is a season of gratitude, revelry, and reflection. We honor what has grown, and we acknowledge what must be released as we cross into the darker half of the year.

Mabon is a time to feast, give thanks, and mark the shifting of the season. Symbols of this rite include apples, grapes, wine, grains, and falling leaves. All of the reminders of abundance, change, and the bittersweet beauty of endings.

For artists and makers, the Autumn Equinox offers a chance to pause in the rush of doing, to honor what has been created, and to find balance between the making and the tending, the giving and the receiving, the outer work and the inner world.

AUTUMN EQUINOX

IN PROCESS

WEEK TWO

SEP 22 - SEP 28

WEEK TWO

Theme: Balance & Gratitude

Guiding Phrase: *Find your center, honor the harvest, foster gratitude for your creative self*

Seasonal Rhythm: Mabon (Fall Equinox) + New Moon in Virgo. A threshold of balance, gratitude, and transition; a fertile moment to honor what has been created and lean into the path forward.

GUIDING PROMPTS

Reflection:

- What am I grateful for in my creative self — the part of me that shows up, dreams, and makes?
- What creative sparks or ideas do I want to honor by committing to them during this residency?
- Where in my process do I feel balanced? Where do I feel imbalance — and what small adjustment could help?
- Where do I feel resistance or tension in my creative work?

Creative:

- Choose one project, practice, or idea you will commit to carrying through this residency. Write it down clearly and visibly (on a card, in your sketchbook, pinned to your wall- this doesn't have to be restrictive or stifling in any way).
- Create a "harvest list" of what you're already bringing with you — skills, insights, works-in-progress, supportive rituals — and give thanks for them.
- Optional: design a simple mood board or mock up of your project or place an object on your desk to represent your creative spark.

Connection:

- If gathering live, share the project or idea you're committing to this residency — naming it so the group can hold it with you.
- If solo, write it in your notes and keep it somewhere you'll see often, as a reminder of your commitment.

NOTES & INTENTIONS

I am grateful for: _____

The project I am committing to: _____

Where I seek balance: _____

Where I meet resistance: _____

One refinement I will make: _____

IN PROCESS

WEEK THREE

SEP 29 - OCT 5

WEEK THREE

Theme: Process & Rituals

Guiding Phrase: *Build rhythm, honor discipline, root your practice.*

Seasonal Rhythm: First Quarter Moon in Capricorn. A week of structure, devotion, and finding the balance between ambition and care.

GUIDING PROMPTS

Reflection:

- What rhythms or rituals help me show up consistently to my creative practice?
- Where do I need more structure, boundaries, or devotion to support my art-making?
- How do I balance discipline with gentleness — the push to keep going with the need for rest?
- What long-term vision am I moving toward, and what foundation do I need to build now to reach it??
- Where in my process do I resist structure — and how might I approach it in a way that feels supportive rather than rigid?

Creative:

- Create or refine a ritual of showing up — whether it's a set time, a small gesture (lighting a candle, brewing tea), or a rhythm you can return to each week. Let it be a container, not a cage.
- Break down your larger project into one concrete step you can accomplish this week. Focus on building the foundation, not reaching the summit all at once.
- Make something that points toward your long-term vision — a study, sketch, outline, or fragment that may not be the “final” piece but acts as a building block for what's to come

Connection:

- If gathering live: Share one structure, ritual, or boundary that helps you keep showing up for your creative practice. It can be practical (a schedule, a space) or symbolic (a talisman, a mantra). Invite others to borrow or adapt what resonates.
- If solo: Write down one supportive structure or boundary you'd like to lean on this week. Post it somewhere visible — a sticky note, your calendar, or taped to your studio wall — so it reminds you of the container you're building for your work.

NOTES & INTENTIONS

My core creative rhythm/ritual: _____

A boundary I will honor this week: _____

One foundational step I will take: _____

How I will balance discipline + care? _____

HUNTER'S FULL MOON *IN ARIES*

OCT 6

The Hunter's Moon rises bright after the harvest, illuminating the night with fiery Aries energy. Traditionally, this was the time when hunters set out to gather what was needed for the winter ahead. It is a moon of courage, instinct, and bold action.

Aries, ruled by Mars, is a sign of beginnings, assertion, and fire. Under this full moon, everything feels sharper and more alive. It calls us to stand tall in our vision, to claim what is ours, and to move forward with confidence. The Hunter's Moon is not quiet or subtle. It shines a fierce light on both our doubts and our desires.

As the midpoint of this residency, this full moon is a mirror. It reflects what has been created so far and what still lies ahead. It asks us to pause and see clearly: What has been illuminated in my process? What am I ready to declare? What am I hunting for in my creative life?

Symbols of the Hunter's Moon include fire, arrows, antlers, red and gold, drums, and anything that evokes instinct and vitality. It is a time of illumination and declaration, of honoring the spark and stepping bravely into the dark half of the cycle with courage lit within.

HUNTER'S FULL MOON

IN PROCESS

WEEK FOUR

OCT 6 - OCT 12

WEEK FOUR

Theme: Illumination & Declaration

Guiding Phrase: *Shine a light, claim your vision, create boldly.*

Seasonal Rhythm: Hunter's Full Moon in Aries. A midpoint of fiery illumination — clarity, courage, and a chance to declare what has come into being.

GUIDING PROMPTS

Reflection:

- What has been illuminated in my process so far — what am I seeing more clearly now than when we began?
- What am I ready to declare out loud about my work, my vision, or myself as a maker?
- What voice of the inner critic rises when I create — and how might I face it with compassion and courage?
- What would it look like if I created unapologetically?
- What does *unapologetic* mean or look like in my work?

Creative:

- Choose one work-in-progress to share, even if it feels messy or unfinished. Let it be seen.
- Create something this week with boldness — larger, freer, or more unapologetic than you usually would.
- Optional ritual: write your declaration of vision on a slip of paper, read it aloud, or place it somewhere visible for the rest of the residency.

Connection:

- If gathering live, share one tool, ritual, or supportive practice that helps you face doubt and keep going.
- If solo, write it in your notes and place it somewhere visible for the rest of the residency.

NOTES & INTENTIONS

What has been illuminated for me: _____

My declaration of vision: _____

A message from my inner critic I'm choosing to release: _____

What unapologetic looks like in my work: _____

How I will create boldly this week: _____

IN PROCESS

WEEK FIVE

OCT 13 - OCT 19

WEEK FIVE

Theme: Nurture & Reflect

Guiding Phrase: *Tending the hearth — return to care, restore your rhythm, nourish your practice.*

Seasonal Rhythm: Third Quarter Moon in Cancer. A time of review and reflection; softening into emotional support, intuition, and care for the roots of your practice.

GUIDING PROMPTS

Reflection:

- How has my creative process been feeling so far in this residency? Where am I energized, and where am I depleted?
- What care does my creative self need right now — physically, emotionally, or spiritually?
- Where am I craving softness, vulnerability, or safety in my process?
- What rhythms or commitments do I want to recalibrate in this second half?
- What healthy boundaries do I need to set (with myself, with others, or with my work) in order to feel safe, supported, and whole in my creative process?

Creative:

- Create a small act of care for your practice — this might be tidying your workspace, tending your tools, or taking intentional rest.
- Make something this week that feels comforting, nourishing, or “for you” rather than for others.
- Let intuition guide you: spend one session making without a plan, simply following feeling. set a timer, close your eyes, and let your hand move without plan or expectation. See what emerges.
- Optional: Tend your space. Cleanse, arrange, or adorn your creative environment in a way that feels protective and supportive.

Connection:

- If gathering live, share one way you are nourishing your creative practice this week — a ritual, a boundary, or a care practice.
- If solo, write it down and revisit at week’s end to see how it shifted your process.

NOTES & INTENTIONS

What my creative self needs right now: _____

How I will nourish my practice: _____

One intuitive practice I will try: _____

A care ritual I am weaving in: _____

A healthy boundary I am setting: _____

IN PROCESS

WEEK SIX

OCT 20 - OCT 26

WEEK SIX

Theme: Connect & Renew

Guiding Phrase: *Seek harmony, engage in dialogue, embrace beauty, choose with clarity.*

Seasonal Rhythm: New Moon in Libra. A moment for planting seeds of balance, cultivating beauty, engaging in dialogue, and clarifying choices in your creative path.

GUIDING PROMPTS

Reflection:

- How does connection with others nourish my creativity?
- What part of my work feels ready to be witnessed, mirrored, or reflected back to me?
- Where in my process do I need greater balance — between work and rest, input and output, solitude and sharing?
- Where does perfectionism creep into my creative process — and how does it hold me back?
- Do I tend toward decision paralysis (analysis paralysis)? Where do I most feel that in my making?

Creative:

- Let beauty come from ease: create something that feels graceful or harmonious to you, without worrying about whether it's "good enough."
- Create something this week inspired by dialogue — it might be sparked by another's words, energy, or perspective.
- Bring Libra's eye for beauty into your process: arrange your space, edit your project, or refine one element so it feels harmonious and pleasing to you.
- Optional: Choose one idea or direction you've been circling and commit to it — no matter how small — as a seed of clarity under the new moon. feels protective and supportive.

Connection:

- If gathering live, share one area of your practice where you struggle with perfectionism or indecision — and one way you're leaning into balance instead.
- If solo, imagine a "conversation" with your work itself: ask it what it wants, and let it answer in words, images, or marks on the page.

WEEK SIX

NOTES & INTENTIONS

Connection I'm seeking: _____

One way I will invite harmony/beauty into my process: _____

A relationship I will nurture (with self, others, or my work): _____

What I'm ready to share: _____

My new moon seed of intention: _____

WELCOME TO *SAMHAIN*

OCT 31 - NOV 2

Samhain marks the turning of the wheel into the dark half of the year. It is the ancient Celtic new year and the time when the veil between the living and the dead is said to be thinnest. This is a season of endings and beginnings, of honoring ancestors and those who came before, of listening for the voices that whisper in silence.

It is a time of descent, of entering the fertile dark where seeds rest unseen. Just as the fields lie fallow, we too are invited inward, to reflect on what has ended and to prepare for what is yet to come.

Samhain is a festival of fire and shadow, marked by candles, bonfires, and offerings for the dead. Its symbols include pumpkins and gourds, apples, pomegranates, black cloth, photographs, and ancestral tokens. These objects remind us that death and life are woven together, that endings give way to beginnings.

For artists and makers, Samhain offers a portal into depth. It is an invitation to honor the lineage of creativity that flows through us, to acknowledge what we are ready to release, and to dream forward the visions that will carry us into the new cycle.

SAMHAIN

IN PROCESS WEEK SEVEN

OCT 27 - NOV 2

WEEK SEVEN

Theme: Thresholds

Guiding Phrase: *Honoring lineage, envisioning futures.*

Seasonal Rhythm: First Quarter Moon in Aquarius + Samhain. A liminal week: standing at the threshold between past and future, honoring ancestors and influences while daring to imagine what's to come.

GUIDING PROMPTS

Reflection:

- Who are my artistic ancestors — the people, movements, or makers whose energy I carry in my work?
- How do I want to honor them in this season of Samhain?
- What thresholds am I standing at in my creative life right now — what feels like it's ending, and what is beginning?
- What visions of the future spark in me when I imagine my work carried forward?
- How can I hold both lineage and innovation at once — rooted in what came before, reaching toward what could be?

Creative:

- Artistic Ancestry Exercise: Begin with a list of the artists, writers, or thinkers who influence your work. Then trace backward — who inspired them? Keep going until you feel the threads of your lineage. Notice patterns, echoes, and themes.
- Create a small piece this week in dialogue with your lineage. Let it echo or borrow from an ancestor's style, or dedicate it directly to them.
- Optional: Light a candle and call in your artistic ancestors — teachers, influences, family, or unknown makers who came before. Name them aloud if you can. As you create, imagine them gathered at your side, watching and guiding your hand.

Connection:

- If gathering live, share one ancestor of your art (near or far, personal or cultural) and one vision you are carrying for the future of your work.
- If solo, map these on paper: one column for lineage, one for future vision. Draw a line between them and write "I am the threshold."

WEEK SEVEN

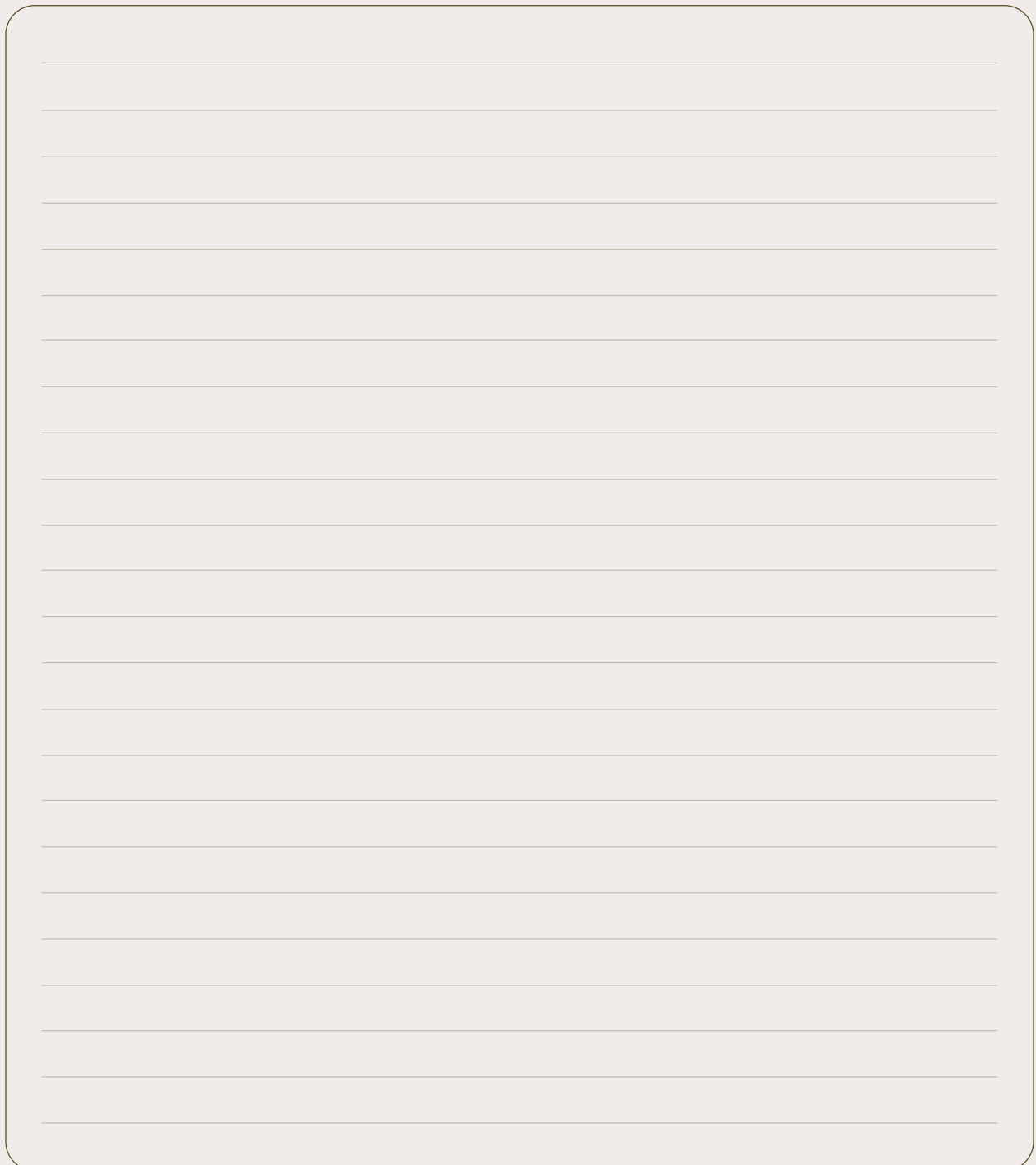
NOTES & INTENTIONS

My artistic ancestors: _____

A threshold I am crossing: _____

A vision I am holding for the future): _____

How I will honor lineage + innovation together: _____

A large, rounded rectangular box with a thin brown border, containing 25 horizontal lines for writing notes. The lines are evenly spaced and extend across the width of the box.

IN PROCESS

WEEK EIGHT

NOV 3 - NOV 9

WEEK EIGHT

Theme: Integration & Embodiment

Guiding Phrase: *Weave it all together — ground, savor, carry forward.*

Seasonal Rhythm: Full Moon in Taurus. A time of fullness, embodiment, and gratitude; grounding the harvest and honoring what will endure.

GUIDING PROMPTS

Reflection:

- What am I carrying forward from this residency — in my practice, my creative self, my way of showing up?
- What tools and supports have I gathered that will sustain me beyond this container?
- Where did I surprise myself — what new strengths, ideas, or sparks emerged?
- How do I want to honor and close this chapter with gratitude?

Creative:

- Gather your notes, sketches, or works-in-progress from these weeks. Spend time with them — arrange them, hold them, notice their threads.
- Create one final piece, however small, that embodies the spirit of this residency for you — a gesture, a mark, a collage, a poem, something that distills the journey.
- Optional: let your senses lead. Light a candle, play music, move your body, or create with touch and texture as you close.

Connection:

- If gathering live, share one thing you are carrying forward and one way you are honoring your process.
- If solo, write or record a closing reflection — naming your gratitude for your creative self and what you've made space for.

NOTES & INTENTIONS

What I am carrying forward: _____

Tools and supports I've gathered: _____

One piece of gratitude I want to name: _____

My closing ritual of embodiment: _____

THANK *YOU*

Thank you for being here.

Thank you for showing up for your art, for your
creative self, and for this community.

It's been an honor to walk this season with you.

May the sparks you've tended here keep glowing
long after these eight weeks are done.

With gratitude,

Kristin