

ASYLUM FOR THE EMOTIONALLY LUNAR

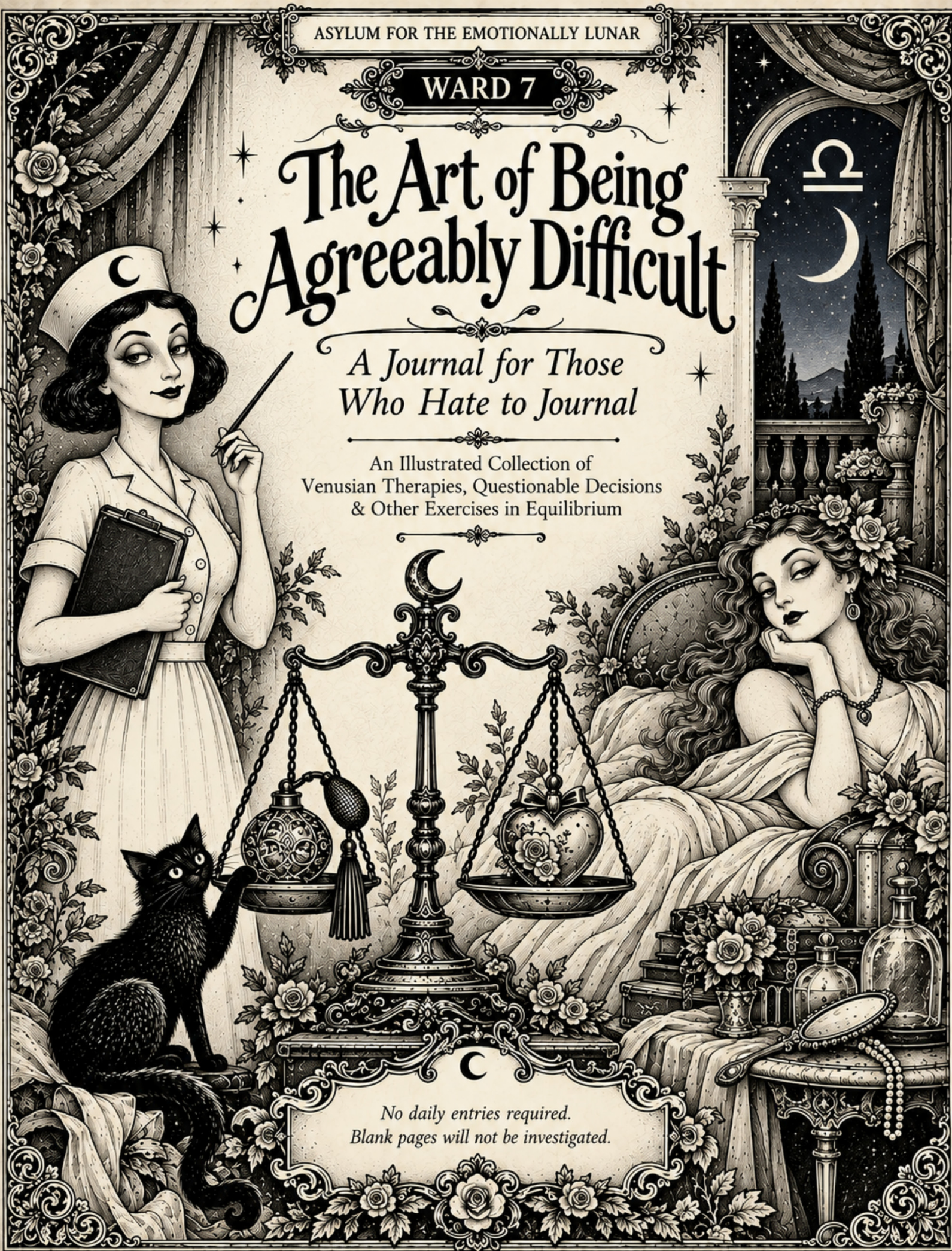
WARD 7

The Art of Being Agreeably Difficult

A Journal for Those Who Hate to Journal

An Illustrated Collection of
Venusian Therapies, Questionable Decisions
& Other Exercises in Equilibrium

No daily entries required.
Blank pages will not be investigated.



ASYLUM FOR THE EMOTIONALLY LUNAR



WARD 7

Mediation & Aesthetic Therapy



RELATIONSHIPS
AESTHETICS
DIPLOMACY
BOUNDARIES
PERSPECTIVE
EQUILIBRIUM

Welcome to Ward 7

Dear Visitor,

Welcome to Ward 7 — Mediation & Aesthetic Therapy, a department devoted to the fine art of finding balance in a beautifully complicated world. Here we explore relationships of every kind: with others, with yourself, and with the many ways beauty shows up in daily life.

Ward 7 is a place for diplomacy, perspective, negotiation, and the occasional spectacular failure to make a decision. We believe that harmony is not the same as agreement, and that peace is a lovely thing, provided you haven't misplaced yourself in the process of maintaining it.

Inside you'll find a collection of tarot insights, Venusian therapies, and other tools to help you navigate the graceful, awkward, and sometimes chaotic art of being human.

You are under no obligation to journal, record your feelings, or produce a single meaningful sentence. You may simply enjoy the contents.

These pages are invitations, not assignments. Use what resonates, skip what doesn't, and allow yourself the same grace you so often give to others.

The doors of Ward 7 are always open.
You are exactly where you need to be.

With lunar blessings,

Selene Luna

Selene Luna
Head Nurse, Night Shift



WARD 7

MEDIATION & AESTHETIC THERAPY

PRE-ADMISSION SCREENING

Are You Ready to
Join Us in Ward 7?*Please answer honestly. Venus is watching, and
she has already formed an opinion.*

LIBRA

RELATIONSHIPS
AESTHETICS
DIPLOMACY
BOUNDARIES
PERSPECTIVE
EQUILIBRIUM

PATIENT NAME: _____

DATE OF ADMISSION: _____

		YES	NO
1.	Have you ever agreed to something simply because disagreeing seemed more exhausting than saying yes?	☐	☐
2.	Do you spend more time deciding what to wear than actually attending the event?	☐	☐
3.	Can you recognize when keeping the peace is costing you your own?	☐	☐
4.	Have you ever apologized for something that wasn't your fault?	☐	☐
5.	Do you find yourself considering everyone else's feelings before identifying your own?	☐	☐
6.	Have you remained in an uncomfortable situation because leaving might seem rude?	☐	☐
7.	Can you make a decision without consulting at least three people and possibly a mirror?	☐	☐
8.	Have you mistaken being needed for being loved?	☐	☐
9.	Are you willing to accept that fairness doesn't always mean everyone gets exactly what they want?	☐	☐
10.	If Venus handed you a beautifully engraved invitation to spend an entire afternoon pleasing nobody but yourself, would you accept it?	☐	☐

SCORING & PLACEMENT

7 - 10 YES:

ADMISSION APPROVED.

Your diplomatic services have been noted. Unfortunately, you appear to have misplaced yourself somewhere in the negotiations. Report to Ward 7 immediately.

4 - 6 YES:

OBSERVATION STATUS.

Some progress has been made. Venus recommends additional mirror consultations. Nurse Luna recommends fewer apologies.

0 - 3 YES:

ADMISSION DEFERRED.

Either you have achieved remarkable equilibrium or you have misunderstood the questions. Ward 7 will keep a chair available.

PENDING
EQUILIBRIUM

OFFICIAL NOTICE: Patients who answer "No" to Question 10 may be required to attend remedial pleasure therapy.

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WARD 7

Mediation & Aesthetic Therapy

THE BALANCE SHEET

A THOUGHTFUL TOOL FOR CHRONICALLY CONSIDERATE PEOPLE

When a decision feels impossible, it can help to see your thoughts on both sides. Use this page to gently explore the pros and cons. There are no right answers — only greater clarity.

LIBRA

RELATIONSHIPS
AESTHETICS
DIPLOMACY
BOUNDARIES
PERSPECTIVE
EQUILIBRIUM


Perspective
brings
lightness,
and lightness
brings
clarity.

THE PROS

What Feels Helpful,
Positive, or Aligned?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

THE CONS

What Feels Challenging,
Uncomfortable, or Misaligned?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

*You don't
have to
decide today.*

*Consideration
is a virtue.*

*Exploration
is progress.*

*Self-trust
is always
a good option.*

Take your time. You may find that writing it down brings an answer, or simply a new way of seeing. And sometimes, the most helpful thing is not a decision, but permission to sit with it a little longer.

ASYLUM FOR THE EMOTIONALLY LUNAR

+ WARD 7 — MEDIATION & AESTHETIC THERAPY +

THE DEPARTMENT OF UNEQUAL EXCHANGES

A Study in Balance, Boundaries, and the Proper Distribution of Energy



GIVING
RECEIVING
RECIPROCITY
SELF-CARE
Harmony

OBSERVATION
from
Nurse Luna:

“The patient appears to confuse being helpful with being responsible for everyone else’s happiness.”

OFFICIAL DIAGNOSIS CHRONIC OVERGIVING

The patient has been advised that being indispensable is not the same as being appreciated.



DR. PYRE'S PRESCRIPTION

Take daily as needed for the following symptoms:

- ☾ Saying yes when you mean no.
- ☾ Taking on what isn't yours.
- ☾ Feeling guilty for choosing yourself.
- ☾ Rescuing people who didn't ask.
- ☾ Confusing kindness with self-sacrifice.

SIDE EFFECTS:

Increased clarity, a sense of calm,
and the radical belief that your needs matter too.

REMINDERS FROM WARD 7

- ☾ You are not responsible for managing other people's emotions.
- ☾ Not every request requires a response.
- ☾ Saying no is a complete sentence.
- ☾ Balance doesn't mean equal—it means sustainable.
- ☾ It's kind to help, but kinder to know your limits.
- ☾ You can care without carrying.
- ☾ Your needs are valid and deserve attention.
- ☾ A peaceful “no” is still a loving answer.
- ☾ You don't have to earn rest.
- ☾ The scales work best when both sides have something on them.



☾ + BALANCE IS A PRACTICE, NOT A PERFORMANCE. + ☾

WARD 7

TAROT CONSULTATION ROOM

JUSTICE

No. 11

The Scales of Truth

LIBRA
 RELATIONSHIPS
 AESTHETICS
 DIPLOMACY
 BOUNDARIES
 PERSPECTIVE
 EQUILIBRIUM

OFFICIAL DIAGNOSIS

Truth, Balance, and Consequence

SYMPTOMS

A need for fairness, accountability, and resolution.
 Seeing situations more clearly, recognizing
 cause and effect, and feeling called to make a decision
 or take responsible action. The desire for equilibrium
 after a period of imbalance.

AUNTIE MOON'S ASTROLOGICAL NOTES

Justice corresponds to Libra's highest expression—
 seeking truth, fairness, and harmony through logic,
 but with an open heart. This is a time to look at
 the facts without adornment, to consider all sides,
 and to accept the natural consequences. True justice
 is not about winning, but about alignment.

NURSE LUNA'S PRESCRIPTION

*"Fairness begins with honesty—
 with yourself and with others.
 You can seek balance without
 abandoning what you know to be true.
 Integrity is a form of self-care."*

DR. PYRE'S RECOMMENDED FORMULATION

Rx No. 003

CLARITY TONIC

For when truth needs to be seen
 without distortion. Helps quiet
 emotional noise, supports clear
 decision-making, and strengthens
 discernment.

DOSAGE:

One honest look at the facts.
 Repeat as needed.
 May be taken with fresh air,
 a quiet mind, and a willingness
 to accept what you find.

CAUTION

Justice is not about control or punishment.
 It is about alignment. What is out of balance must eventually be brought back into it,
 and the truth always has a way of revealing itself.

PHARMACIST'S WARNING:

May cause increased
 awareness of personal
 responsibility, a reduced
 tolerance for nonsense,
 and an unwillingness
 to participate in situations
 that violate your values.

*If symptoms persist,
 stop trying to make it
 fair for everyone and
 focus on what is
 actually fair.*

— Dr. Ignatius Pyre
 Asylum Pharmacist

JUSTICE
 XI

No. 003
 CLARITY
 TONIC



ASYLUM FOR THE EMOTIONALLY LUNAR

WARD 7

Enjoyed Your Visit?

*There's Much More to Explore
in the Full Ward 7 Kit!*

This free sample is just a glimpse into the Department of Relational Equilibrium. The full kit includes additional pages, cut-apart elements, tarot insights, quizzes, assessment pages, journaling sheets, and plenty of Venusian therapies to help you navigate the beautiful complexities of Libra.

Visit the Asylum Shop at

<https://ko-fi.com/auntimoon/shop>

Find the full Ward 7 kit and other astrological curiosities waiting for you in the Asylum Archives.

SAME
CHARACTERS.
MORE PAGES.
MORE
VENUSIAN
THERAPY.

QUIZZES
&
ASSESSMENTS

TEAS, WRAPS
& OTHER
REMEDIES

TAROT
INSIGHTS

JOURNALING
PAGES

CUT-APART
ELEMENTS

AND
MUCH MORE!

*Balance is a journey, and you're always welcome back
at the Asylum.*