

Tsukimi

月見

Viewing the moon

October · 神無月 Kannazuki · 2026



In autumn, in Japan, people go out to look at the moon. Rice dango are set on a sanbō, the small offering stand, next to a few stems of susuki grass, and everyone looks for the rabbit pounding mochi on the moon. After the mid-autumn moon on 25 September comes Jūsan'ya, the “thirteenth night”: on 23 October, an almost full moon that tradition invites us to admire too.

October is Kannazuki, “the month without gods”: it is said that the kami leave their shrines to gather at Izumo.

CALENDAR · MOOD · SLEEP · HABITS · GRATITUDE · NOTES · REVIEW

名月や池をめぐりて夜もすがら

Harvest moon — I walk around the pond · all night long

MATSUO BASHŌ, 1686



Koyomi

THE OCTOBER CALENDAR



The moons of the month, and fūsan'ya on the 23rd: go out and look at the sky.

Mon 月	Tue 火	Wed 水	Thu 木	Fri 金	Sat 土	Sun 日
			1	2	3 Market	4
5	6	7	8	9 Cinema	10	11
12	13	14	15	16	17 Lea's bday	18
19	20	21	22	23 Dango! 十三夜 fūsan'ya	24	25 clocks go back
26	27	28	29	30 Washi workshop	31	

3 · Last quarter

10 · New moon

18 · First quarter

26 · Full moon

MY INTENTIONS

- ☒ In bed before midnight
- ☐ A walk every week
- ☐ Read a Japanese novel
- ☐
- ☐
- ☐

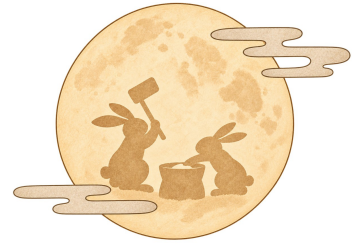
DON'T FORGET

- Return the books (15th)
- Clocks go back on the 25th
-
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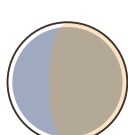
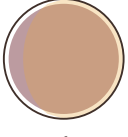
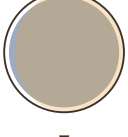
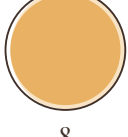
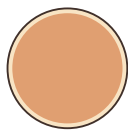
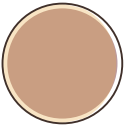
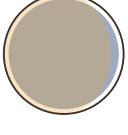
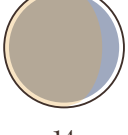
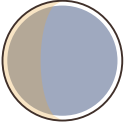
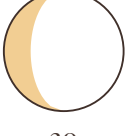
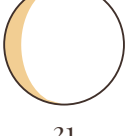
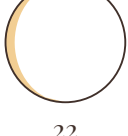
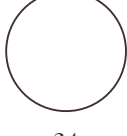
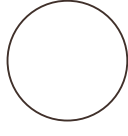
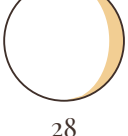
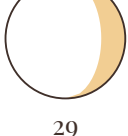
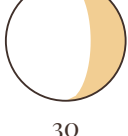
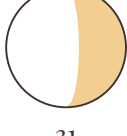


Tsuki no kokoro

THE MOON OF MY MOODS



Each evening, colour the moon of the day in the colour of your mood.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						
			1	2	3	4
						
5	6	7	8	9	10	11
						
12	13	14	15	16	17	18
						
19	20	21	22	十三夜 23	24	25
						
26	27	28	29	30	31	

MY PALETTE · THE SHADED PART SHOWS THAT NIGHT'S MOON

 <u>Radiant</u>	 <u>Calm</u>	 <u>Full of energy</u>	 <u>Tired</u>
 <u>Wistful</u>	 <u>Anxious</u>	 _____	 _____

This month, the moon of my heart...

A gentle month, quiet evenings.



盗人に取り残されし窓の月
The thief left it behind: · the moon · at my window

RYŌKAN



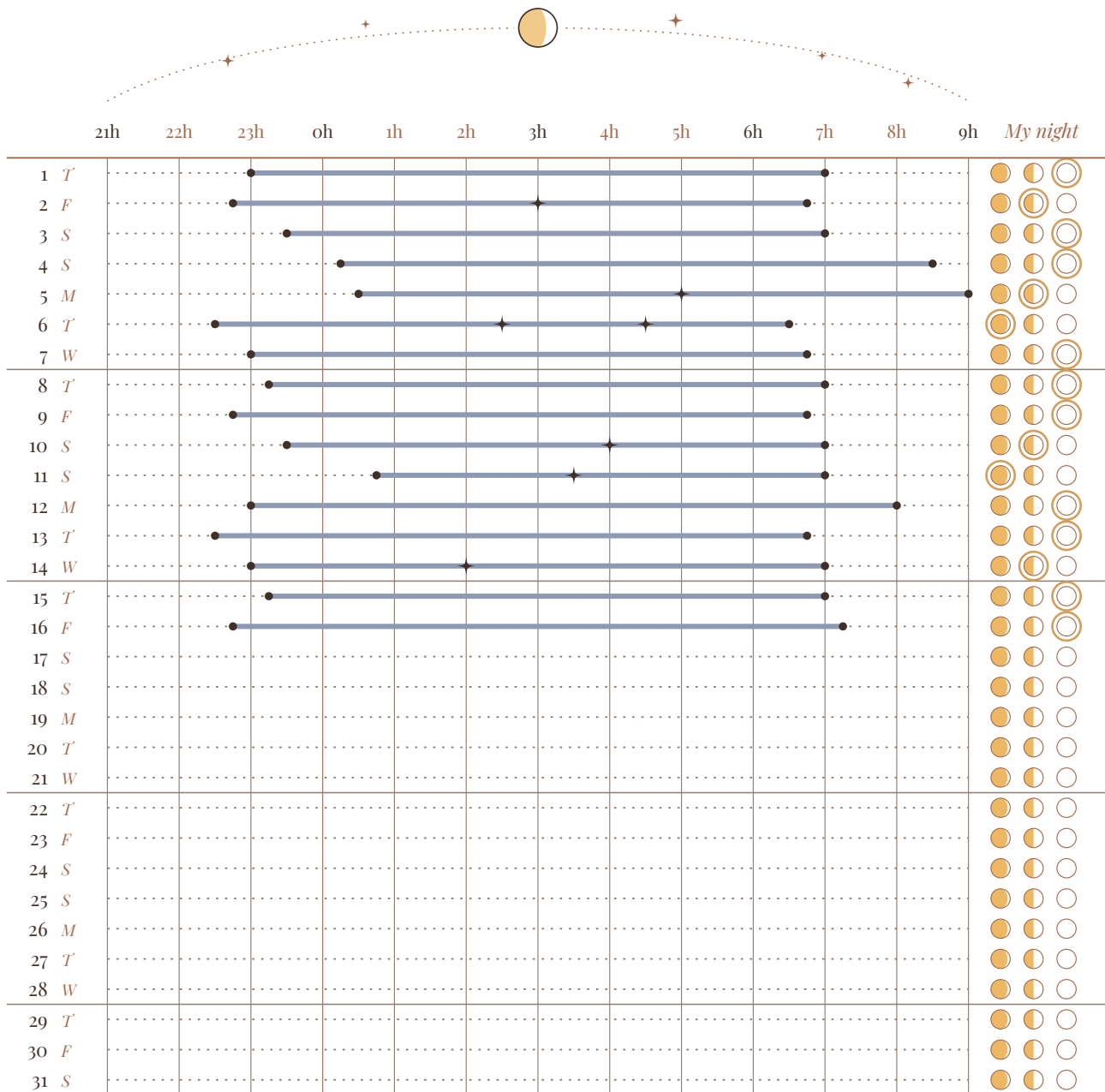
夜空

Yozora

THE SKY OF MY NIGHTS



A line from bedtime to waking up, a star each time you wake.



● from bedtime to waking up ✦ woke up in the night ● ● ● restless, average, restful night

Average bedtime 11:10pm

Average wake-up 7:05am

My best night, and why: the 4th: lie-in, herbal tea the night before



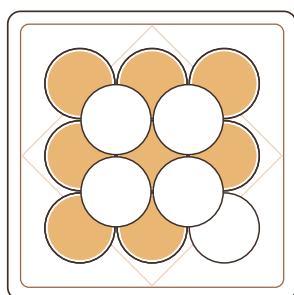
Dango

HABITS AND THE MONTH'S CHALLENGE



One dango to colour per day and per habit.

	Read	Walk	No screens	1.5 L water	Stretch	Journal
						
1 T	●	●	○	●	●	●
2 F	●	●	●	●	○	●
3 S	●	○	●	●	○	●
4 S	●	●	○	●	●	○
5 M	●	●	○	●	○	●
6 T	●	○	●	●	○	●
7 W	●	●	●	●	○	○
8 T	●	○	●	●	●	●
9 F	●	●	○	●	○	●
10 S	●	●	○	●	○	●
11 S	●	○	●	●	●	○
12 M	●	●	○	●	○	●
13 T	●	○	●	●	○	●
14 W	●	●	●	●	○	○
15 T	●	●	○	●	●	●
16 F	●	●	○	●	○	●
17 S	●	○	●	●	○	●
18 S	●	●	○	●	●	○
19 M	○	○	○	○	○	○
20 T	○	○	○	○	○	○
21 W	○	○	○	○	○	○
22 T	○	○	○	○	○	○
23 F	○	○	○	○	○	○
24 S	○	○	○	○	○	○
25 S	○	○	○	○	○	○
26 M	○	○	○	○	○	○
27 T	○	○	○	○	○	○
28 W	○	○	○	○	○	○
29 T	○	○	○	○	○	○
30 F	○	○	○	○	○	○
31 S	○	○	○	○	○	○



The thirteen-dango challenge

At Jūsan'ya, thirteen dango are offered to the moon: nine below, four on top. Pick a small challenge and colour a dango each time.

My challenge A walk without my phone

My reward A roll of washi tape

紅葉

Momiji

ONE LEAF, ONE THANK-YOU



One thank-you each evening, a leaf to colour from green to red.



	1 <i>T</i> The first fire of autumn		17 <i>S</i>
	2 <i>F</i> A coffee with Julie		18 <i>S</i>
	3 <i>S</i> Mum's pumpkin soup		19 <i>M</i>
	4 <i>S</i> A stationery parcel		20 <i>T</i>
	5 <i>M</i> Sunshine on the balcony		21 <i>W</i>
	6 <i>T</i> Morning mist		22 <i>T</i>
	7 <i>W</i> Good news at work		23 <i>F</i>
	8 <i>T</i> Leo's laugh		24 <i>S</i>
	9 <i>F</i> The Saturday market		25 <i>S</i>
	10 <i>S</i> A book read in one go		26 <i>M</i>
	11 <i>S</i> Roasted chestnuts		27 <i>T</i>
	12 <i>M</i> A blanket-and-film night		28 <i>W</i>
	13 <i>T</i>		29 <i>T</i>
	14 <i>W</i>		30 <i>F</i>
	15 <i>T</i>		31 <i>S</i>
	16 <i>F</i>		

The most beautiful leaf of the month...

The 23rd: dango under the moon with Leo.

余
白

Yohaku

NOTES



Yohaku: the empty space that lets the page breathe.

Tsukimi dango (makes 13)

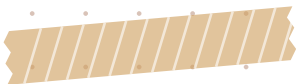
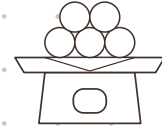
100 g glutinous rice flour (shiratamako)

90 ml water, added little by little

13 balls, into boiling water

when they float: 2 min, then cold water

On the sanbō, by the window!



後の月

Nochi no tsuki

THE OCTOBER REVIEW



"The later moon", another name for Jūsan'ya: a look back at the month.



What shone

The Jūsan'ya evening

Sunday walks



What stayed in the shadow

Back-to-work tiredness

Nights that were too short



What I let go of

Wanting everything to be perfect



What I take into November

The no-phone challenge

Reading at bedtime

MY MONTH IN A FEW NUMBERS

Most frequent mood CalmAverage sleep 7 h 45Habits kept 4 out of 6Dango coloured 8 out of 13October in one word: Gentleness

日日是好日

Every day is a good day.



MASTER UNMON • BLUE CLIFF RECORD, CASE 6