

# Journal 52 - 2018 with Effy Wild



## Week #40 - Adorn

One of the things that's extremely important to me as I navigate this world of ours is showing up as a real person. That means I don't give much thought to curating my Instagram feed so you get the very best (most comparey-monster inducing) impression of my life. That means I do a lot of my videos 'as I am', bare-faced, braless, with bed head. That means I tell you what's really going on with me to the best of my ability, even if it means that I give myself a wicked vulnerability hangover.

Over the last eight years of teaching on line, I've become known for this. People call it 'authenticity' and 'vulnerability'. I'm noted for being 'real', for 'coming as I am'. And what I teach is so very about that in every way, that it now goes without saying. People know that whatever they buy from me is going to include something about self-inquiry, something about being with what is real and true in the moment, something about showing up for yourself in as authentic a way as you possibly can.

But...

I've thrown the baby out with the bathwater on this a little bit in my efforts to show up real. I've forgotten that you can show up real with your hair done. You can show up real after having carefully considered what you're going to wear that day. You can show up real and take care of yourself, adorn yourself, so that

you feel really good in your skin.

I spend a lot of time adorning the women I paint I give them lipstick. I give them jewels. I tend to their garments so they fit, so they suit. Gold dots. Swirls. I lavish them with little details, like you see above.

And it occurred to me that I am worthy of the same. I'm worthy of putting in some thought, some effort. It occurred to me that 'attended to' does not mean 'inauthentic'. It means 'attended to'.

Revelatory. Once again, my journal practice has taught me something new.

Self-adornment is sacred. I know it, and I've always admired women who seem to do it effortlessly. And I'm not saying I'm going to suddenly become a fashionista. I could honestly not be bothered. But I am saying that I want to start thinking of myself as at least as worthy as my own paintings of some of my own time and attention.

## PROMPT

Paint a portrait and adorn it with little details that make it feel attended to and cared for.

## PONDER

What is your relationship with self-adornment? Is it a component of your self-care routine? How do you feel when you self-adorn vs. when you don't?

## QUOTE

Know, first, who you are, and then adorn yourself accordingly. - Epictetus

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