



# February 2022

with *effy wild*

## Breathe

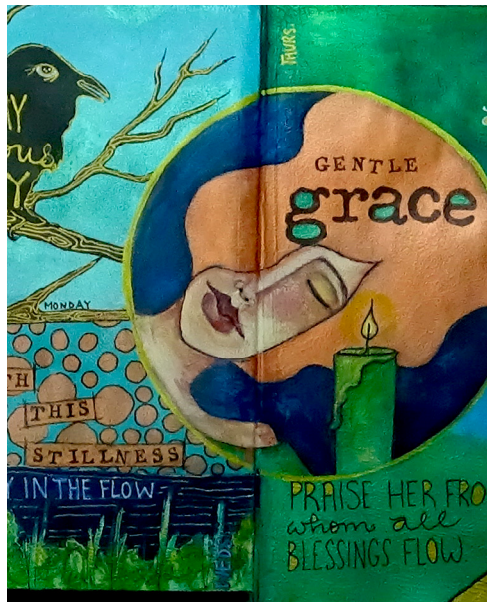
Hello there, wild one! I'm typing to you from the snowy climes of London, Ontario, and there's a lot on my heart so let's just get right into it, shall we? Grab a bevvie and a cosy shawl if you want one, and I'll meet you back here for a moment's pause.

\*\*\*

You're back! Lovely! \*Clinks mugs with you!\*

Okay, so I've lit this candle here for us so we can share some light and warmth - something that feels much needed at the moment. The world is - whoa - and I know I've been saying that a lot since early 2020 but it bears repeating. The world is \*whoa\*.

And because we live in a world where the old ways of hunting and gathering and everyone having a role that supports the whole have been replaced by individualism and capitalism, it can be super hard to do what needs doing in order to recover from all the \*whoa\*, right? I don't know about you, but I could use a nice long sabbatical wherein I graze from my well-stocked pantry and do nothing but rest and share stories around a central fire. But very few of us can do that kind of thing. The rent/mortgage must be paid. The bills come due.



The grind. Oof. I am so over the grind, especially because in our present reality all the things that make the grind worth it, like social gatherings and festivals and impromptu dinners out with friends and travel and trips to the art supply store without the necessary, soul-sucking preparation (do I have my mask? Where is my hand sanitizer? Is the store doing regular hours/capacity or are there restrictions?), are not on offer - at least not for those of us who are living in areas where hunkering down is required/the best course of action.

It's a big bummer. It really is. And if you know me at all, I'm a fan of saying what is true rather than trying to filter everything through some kind of rose coloured denial of the facts. For many of us, for a long time now, things have pretty much sucked.

I don't know about you, but I live in a realm wherein I am inundated with messages that amount to "keep calm and carry on" and this is the advice (unsolicited, not very helpful) whether you are okay or not okay. The overculture needs us to either be okay or pretend we're okay because if we're not okay, we're not productive and the system is dependant on our productivity. In fact, most of us are dependant on our own productivity. If we grind to a halt because the grind has ground us down, that is a disaster. Some of us are lucky enough to have a soft place to land if that happens, but many of us (myself included) do not. If I fall, well, tough cookies, and that is something that the isolation brought on by the pandemic has brought very powerfully and poignantly home to me.

Something's got to give, but at this moment in time, there is not a lot \*I personally\* can do about it except what I'm already doing. Building a village (which is my ultimate goal) of beloveds and casserole people is not something I can safely do until this thing is under some kind of control, and while I felt like we were almost there in the fall of 2021, Omicron swept in and said NOT SO FAST! So, here I sit. My fingers moving my thoughts into this screen of light. The candle lit. The coffee cup steaming to my left.

It can feel a bit purgatorial, yes? Especially if we've done come to a place over the course of this thing where we've gotten clear about what needs to change when change is possible. We've got the map, we know where we're headed, but we can't get going \*just yet\*.

Oof.

I don't have a pretty bow to tie this up in for you. There is no "seven easy ways to get out of this thing" tutorial on offer here. I have no answers except one: breathe. Just breathe. And then take up the next thing that needs taking up. Then breathe some more.

In my world, February is the longest month. It is the silent deep of darkest winter. It is the impatience brought on by anticipation of the coming thaw. It is \*gnarly\*. Always has been, but especially now. Especially in the midst of \*waves at all of this\*. So. In case you need one (I do, which is why I'm writing this) this is your permission slip to stomp your feet and pout and rant and whine about how much this sucks. Because it sucks.

And then, when you're done, breathe.

## Suggested Activities & Resources

### Day By Day

If you find the prospect of creating art journal spreads that require a lot of focus or time, try out a "Multi-Day Spread" as demonstrated in [this month's speed painting](#) from [Book Of Days 2022](#).

### As Always, Gather & Commune

Join me in [The Wilderhood](#), if you haven't already. This is my free artist's community, and I will be presenting a whole new Journal52 collection within the vessel of the group. Each week, you will get a collectable PDF that you can print, along with a printable art card. Each PDF contains musings and prompts that you can use to get into your journals - either written or art. I also share links to [my blog](#) in The Wilderhood, and I've been hearing that my writing helps people feel a little less alone. What an honour! <3

### Journal Jams



Journal Jams are live virtual events that happen once a month. Some are open to the public, and some are exclusively for those in Book Of Days or Patreon. The dates and links are announced in [The Wilderhood](#) and also go out via my newsletter. [Please sign up here to get notified!](#) I also post the replays on [YouTube](#) to make your life easier.

### Join me out on Patreon!

I have a lot of mixed media art stuff that [goes up over there](#) including Book Of Mirrors and Moonshine Lite. There's something for everyone, and there are yearly subscriptions available at a 10% discount!

### As Always, Engage The Prompts

On the next page, you will find a prompt for each day in February 2022. You can do some writing in response and then take what's coming up for you in your art journal, read the prompt, and just think about it, or ignore the prompts altogether if they're not working for you. Easy peasy. :)



## Journaling Prompts

February 1 - What worked for you in January? What didn't?

February 2 - How are you, really?

February 3 - What are you aware of wanting as we enter February?

February 4 - Are there parts of your wants that you can have? Parts you can have parts of?

February 5 - What pleasures, small or large, are you allowing yourself to enjoy lately?

February 6 - How does it feel when you let yourself sit still with whatever you're feeling?

February 7 - What inspires a sense of wonder in you? Sunsets? Your children? Your pets? Your beloved?

February 8 - What makes you feel a sense of optimism?

February 9 - What, for you, are the first signs of Spring?

February 10 - How is your self-care lately?

February 11 - What are you saying yes to lately? What are you saying no to?

February 12 - How are your boundaries? Are you feeling stretched too thin?

February 13 - What makes you feel empowered?

February 14 - Where is the love in your life? How much time are you spending there?

February 15 - What is happening outside your window?

February 16 - What are you craving?

February 17 - When was the last time you laughed? Write about it.

February 18 - When was the last time you cried? Write about it.

February 19 - What plans do you have for Spring/Summer? (or Fall/Winter?) Are you spending any time thinking about that, or are you living day to day in the present moment?

February 20 - What does your present moment feel like? How are you feeling within this present moment?

February 21 - Imagine life experiences came in a seed catalogue that you could order. What seeds in that catalogue would you be thinking about planting in the Spring?

February 22 - What potentialities within you feel 'seed like' right now? Which feel rooted and about ready to burst? Which feel dormant, even impossible?

February 23 - What do you need? How can you get it?

February 24 - How is this year feeling to you so far?

February 25 - What has been neglected within you? What feels buried under piles of ice and snow?

February 26 - What feels like it might be coming to life within you? If you could paint it, what would it look like?

February 27 - What are you looking forward to with a sense of anticipation?

February 28 - What beauty can you find or create today?



## About Your Hostess

My name is Effy 'Bird' Wild, (she/her, INFJ, Libra with Libra rising and a Cap moon, swearbear, mystic, soul number 9, in case you were curious) and I am an artist, writer, and teacher. I believe I was put on this earth to hold space for the part of you that yearns to be creative, and through creativity, come into alignment with your best, most healed, most authentic self.

By some awesome stroke of luck, I have managed to gather the most loving, compassionate, authentic, and inspiring [community](#) around what I do, and if you're here, I'd be willing to bet you're one of them.

People say the nicest things about me and what I do, and while I do not much enjoy 'selling myself', I figured I'd give you a little insight into who I am as a teacher & facilitator by sharing the following:

*"Effy Wild is the artist and teacher behind the Book of Days, Moonshine, Book Of Mirrors, and other mixed media art journaling adventures. She also teaches in collaborative e-courses such as Life Book. Between her take-no-shit attitude and gentle matriarchal coven-leading soul, we've found it impossible to not fall in love with her. She is both a fierce warrior for women and a soft place to land, splattered in acrylics and sarcasm, topped with a hearty home-cooked meal and a glass of whiskey."*

- [Airy Wilde](#)  
CEO Wild Sister Magazine

Find me at <http://effywild.com> or <http://learn.effybird.com>







# February 2022





SUN	MON	TUES	WED	THURS	FRI	SAT
30	31	1 Chinese New Year	2	3	4	5
6	7	8	9	10	11	12
13	14 Valentines Day	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5







# Week 6

MON	31	TO DO
		
TUES	1	  
		NOTES
WED	2	<hr/> <hr/> <hr/> <hr/> <hr/>
		<hr/> <hr/> <hr/> <hr/> <hr/>
THURS	3	
FRI	4	
SAT	5	INTENTIONS
		<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>
SUN	6	





# Week 7

MON	7	TO DO
		
TUES	8	  
		NOTES
THURS	10	<hr/> <hr/> <hr/> <hr/> <hr/>
		INTENTIONS
SUN	13	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>

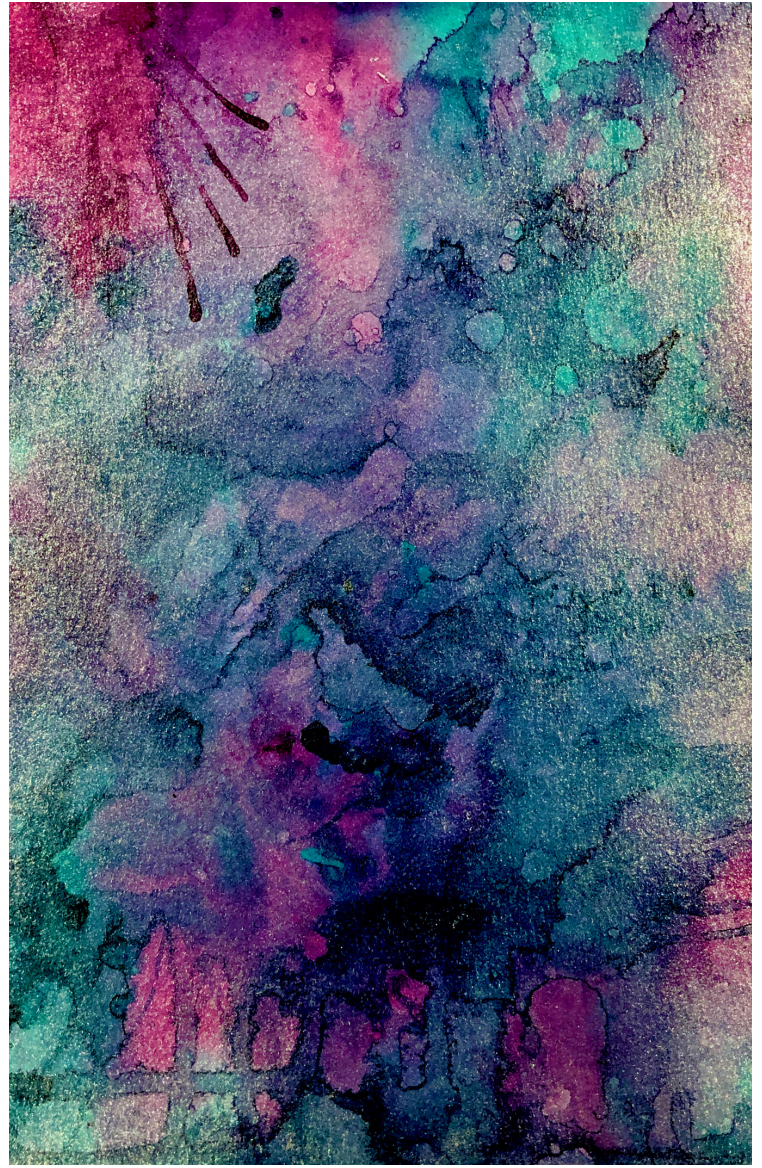
# Week 8

MON	14	TO DO
		
TUES	15	 
		
WED	16	NOTES
		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
THURS	17	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
FRI	18	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
SAT	19	INTENTIONS
		<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>
SUN	20	

# Week 9

MON	21	TO DO
		
TUES	22	  
		NOTES
WED	23	
THURS	24	_____
		_____
FRI	25	_____
		_____
SAT	26	INTENTIONS
		1.
SUN	27	2.
		3.





## About Effy Wild

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