

March 2022

with effy wild

Ease

Hello there, wild one! How are you doing over there? What's happening in your world? I hope with all my heart that you are finding ways to make space for fun, creativity, joy, growth, and above all else, ease.



Why ease? Because we've been living in the hard stuff for a long time now - some of us longer than others, and while the hard stuff deserves our attention - ignoring it really doesn't make it any easier - finding ease in the midst of *waves at all of this* feels like self-loyalty.

So I'm all about ease.

Ease is one of my love languages. If I love you, I'm going to want to try to make things easier for you, whatever that looks like. Sometimes that might look like putting access to things in multiple places so you can't miss it, like the way I post links to the latest class both in the Facebook AND as a link in the classroom AND as a note that lands in your inbox. Three times the work, sure, but then you can't miss it and that kind of ease gives me life. Sometimes that means dropping everything so you can have access to me when you need me WITHOUT trying to make you feel any kind of way about it. Sometimes that means making sure whatever you drink is stocked in my house even if I don't drink it.

I extend this kind of ease to myself, too. I value my written journaling practice, so I keep the journal and a zippered pouch full of whatever I need to facilitate that practice right by me at all times. I love my creative practice so everything I use in that practice is within reach of my fingertips so I don't have to go digging through piles of stuff in search of the next thing my impulses tell me to reach for. I have my morning smoothie and supplements on the counter by my French Press, not in a cupboard out of sight. My knitting lives in a basket right by the divan so I can grab it and do a few rows whenever the urge strikes. The place I chose to do pottery lessons is a ten minute walk from my house. Instacart lives on my phone so I can order in whatever I need whatever I need it. Yes, I could save the delivery fee if I just went and got it myself, but the hours it would take to get there, get the list shopped, and get home feels worth that fee. I do therapy over Zoom and have done for years now because the whole "getting into a cab with a shattered nervous system and having to pretend I'm fine" thing is the very opposite of ease.

I crave ease, so I create it, because the messages we've all been inundated with about worthy things necessarily being hard things has worn me down. I'm over it. If dancing feels better than doing cardio, I'm going to dance. If ordering dinner in creates space for me to breathe easier when I'm in month end and the house is trashed (as it always is at month end) and the thought of cooking is just too much, well, I order in. I'll take a salad kit over having to break down produce any day. My counters would be tidier if I put the supplements away, sure, but I'd probably forget to take them if I did that, so nah. I'll pass on the tidy counter and opt for ease.

I've had a lot of fun challenging this idea that we must work hard in order to earn whatever it is we need, and if we don't we're not worthy of the things we need. At the end of the day I've decided that's bullsh*t.

And this whole philosophy of creating ease translates to my art practice, too. This is why I trace. This is why I use graphite transfer paper. This is why I use scrapbook paper as backgrounds, and stencils and masks as focal images. This is why I developed an easy way to create a face in my journal so it's now second nature. This is why my easel is in my living space taking up all kinds of room.

Life is hard enough, I figure, without making the things that give me life force - the morning Vega One + supplements, the flinging of paint on a canvas, the representation of meaningful things in my art journal, the movement of my body in ways that strengthen and support it - harder than they have to be, so I'm going to choose ease wherever possible, and I hope you do, too.

Because, hey. At the end of my life? I'm not going to feel righteous because I spent more time than necessary feeding myself or engaging in my creative practice or keeping my space in line with someone else's idea of what my space should look like. There will be no medals for doing everything the hard way.

I will, however, have saved myself a whole lot of frustration, effort, and time by making everything that I want to do easier to do, especially if that means taking short cuts in my creative practice so that I get to *create more*.

Here's to ease! May we have it. May we create it. May we offer it.

Suggested Activities & Resources

Cheat Like An Artist

Make a list of all the things you might consider "cheating" in your creative practice, like tracing or graphite transfers or paint over collage, and then use at least two of them in an art journal spread. [Here's a speed painting of this month's lesson in Book Of Days](#) where I opted for ease instead of stressing myself out about my ability to draw. Enjoy! [You can still join us by the way!](#)

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.



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 March 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

- March 1 - What worked for me last month? What will I carry over into this month?
- March 2 - When I think about ease, what comes up for me?
- March 3 - How are my boundaries lately? What am I saying "yes" to? "No" to?
- March 4 - How is my art practice developing? Am I satisfied? Is there tweaking that needs to be done?
- March 5 - How willing am I to make things easier for myself? Do I have judgements about "ease"?
- March 6 - Who needs me to make things easier for them? Can I offer that?
- March 7 - How was the first week of March?
- March 8 - Am I looking forward to the equinox? Does it hold meaning for me?
- March 9 - What rituals allow me to ease into and out of my art journaling practice?
- March 10 - How am I feeling in my own skin?
- March 11 - How am I feeling about my home? Does it need a deep clean? A decluttering?
- March 12 - How can I be of service? To whom?
- March 13 - What part of my life needs my attention?
- March 14 - What's on my radar? What wants to be explored? Put aside?
- March 15 - How do I differentiate between what's merely urgent, and what's actually important?
- March 16 - How are my energy levels? Where is my energy best used right now?
- March 17 - What journaling practices are really working for me? What am I feeling really invested in?
- March 18 - What new seeds do I want to plant? What are my dreams & goals?
- March 19 - What will it take to create more space for myself to grow?
- March 20 - How rooted am I feeling in my own life?
- March 21 - If I could change any thing, what would it be? How might I change it?
- March 22 - How am I feeling, really? Am I being honest with myself about that? With my beloveds?
- March 23 - Am I taking good care of myself this month?
- March 24 - What's 'coming to life' in me lately? What's stirring?
- March 25 - Am I aware of any dark places in my inner landscape that could use some attention? Fears? Insecurities?
- March 26 - Are there places in my life where I feel a deep sense of belonging? If not, how can I foster that?
- March 27 - What's happening outside of my window? What do I see, smell, experience in my neighbourhood?
- March 28 - What new skills would I like to develop? Where can I go to learn them?
- March 29 - How loved am I feeling by those I place in my 'inner circle'? Does there need to be a shift in my energy? Do I need to move some of my personal 'chess pieces' around?
- March 30 - What did I do this month that made me proud of myself? What's on my 'tada list'?
- March 31 - What did I discover in March that I'd like to explore more in April?



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>







March 2022

SUN	MON	TUES	WED	THURS	FRI	SAT
27	28	1	2 Ash Wednesday	3	4	5
6	7	8	9	10	11	12
13 Daylight Saving (Begin)	14	15	16	17 St. Patrick's Day	18	19
20 Vernal equinox	21	22	23	24	25	26
27	28	29	30	31	1	2

Week 10

MON		TO DO		
		28		
TUES		1		
				
WED		2		
			NOTES	
THURS		3	<hr/>	
			<hr/>	
FRI		4	<hr/>	
			<hr/>	
SAT		5	INTENTIONS	
			1.	
SUN		6	2.	
			3.	

Week 11





MON	7	TO DO
		
TUES	8	
		
		
WED	9	NOTES
THURS	10	_____

FRI	11	_____

SAT	12	INTENTIONS
SUN	13	1.
		2.
		3.

Week 12





“But sometimes your light attracts moths and your warmth attracts parasites. Protect your space and energy.” - Warsan Shire

MON	14	TO DO
		
TUES	15	
		
		
WED	16	NOTES
THURS	17	_____





FRI	18	_____

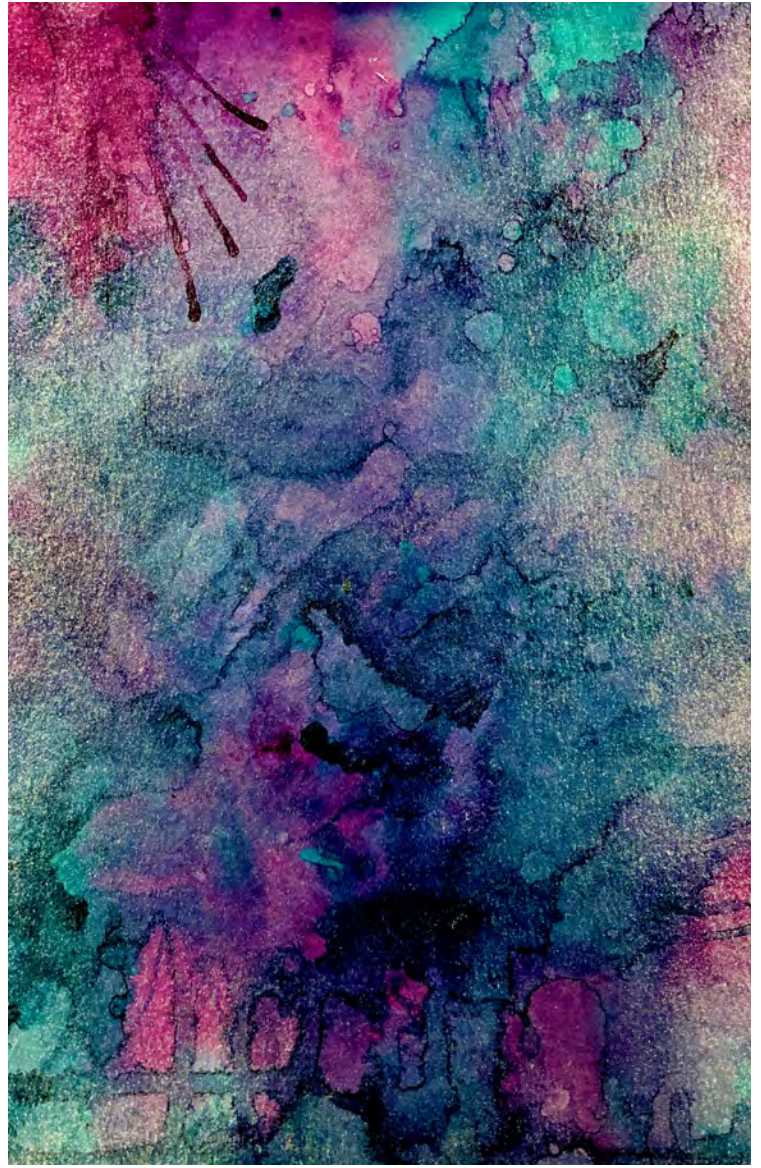
SAT	19	INTENTIONS
		1.
SUN	20	2.
		3.

Week 13

MON	21	TO DO
		
TUES	22	 
		
WED	23	NOTES
THURS	24	<hr/> <hr/> <hr/> <hr/>
FRI	25	<hr/> <hr/> <hr/> <hr/>
SAT	26	INTENTIONS
		<i>1.</i>
SUN	27	<i>2.</i>
		<i>3.</i>

Week 14

MON	28	TO DO
		
TUES	29	
		
		
WED	30	NOTES
THURS	31	<hr/> <hr/> <hr/>
FRI	1	<hr/> <hr/> <hr/>
SAT	2	INTENTIONS
SUN	3	<ol style="list-style-type: none"> 1. 2. 3.



About Effy Wild

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