

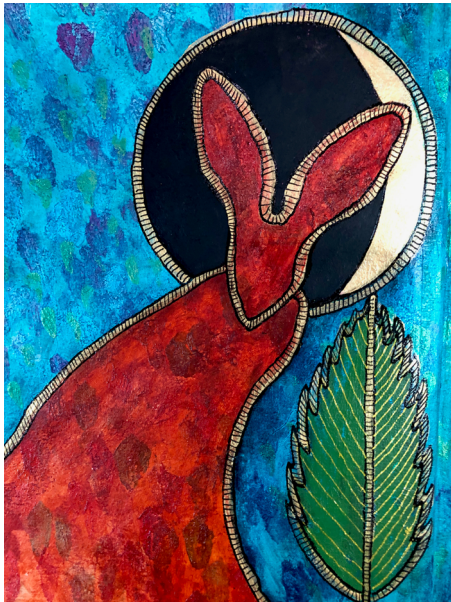


April 2022

with effy wild

Calling The Moon

Hello there, wild one! How are you doing over there? What's happening in your world? I am on hiatus from Book Of Days 2022 this month, so this writing comes to you straight of the Moonshine.



I want to preface this by saying that I hope you can read this with whoever you call when you need comfort in mind. I'm talking here about whoever fits the bill when you think "this being has my back" whether that's God or Mother Mary or some other facet of the diamond we call "the divine", or your mother or your best friend.

I hope it serves you.

I was in a class with [Christopher Penczak](#) last month and we were doing a ritual to call upon the guidance of an archangel (Uriel). I was all "Okay, whatever" because I don't work with angels, but I am deeply devoted to learning from Christopher because he rocks my spiritual poptarts.

We were calling on Uriel to give us a message - some wisdom or guidance that we needed in the moment, and I was game, so I did everything I was told to do in the course of the ritual, all the while thinking "this isn't going to work, but whatever. I enjoy this. I love

the way Christopher counts us down into a meditative state. It's so easy for me now after having practicing this way for years when I was doing level one with him. It's almost instant. So lovely. Ahhhhh. There it is. There's that feeling I remember. So good!"

We went through the rest of the ritual and as we were about to come up out of meditative state, I was thinking "Well, that was nice, but aside from remembering how good this particular way of counting down and back up is, I didn't really get a whole lot of out of it. Probably because I don't work with angels. Oh well..."

And a voice boomed into my consciousness. "You didn't get a whole lot out of it, eh?" and I felt like my forehead was going to buzz right off into outerspace & my whole body was on fire - think hot flash x a thousand, and I realized (think bolt of lightening) that the message was *about how the things we truly practice, the things we train ourselves to do wait for us, long for us, come flooding back to us, even after we've lapsed in our practice.

Boom.

I may not work with angels, but apparently some part of me does because my practice has suffered a lot since the war began, which means I have been without my usual supports. I really needed to hear someone say "Get back to practice. Go light the candles and pray the prayers. Offer the incense and paint your desired outcomes. [Go call the moon.](#)" because I wasn't doing those things. I was holding my breath. I was waiting for the next shoe to drop, and I'm 100% positive that I am not alone in that.

Unless we live under a rock, we're all impacted by what's happening in one way or another and it is so difficult to get on with the business of living when we are in the grip of times like these. It is all too easy to slip into thinking "What's the point" and descending into despair when what is more useful and helpful in times like these is the exact opposite.

I don't know if you're struggling with this over there where you are, but in case you are, hey. This is your sign to go do whatever it is that helps you feel held and supported and comforted. This is your nudge to pray the prayers in whatever way you pray them. Light the candles. Paint. Sing. Dance. Weave. Walk. Cook. Play.

Live. Live. Live. Because we are alive.

[As for me, I'm calling the moon.](#)

Suggested Activities & Resources

Calling The Moon

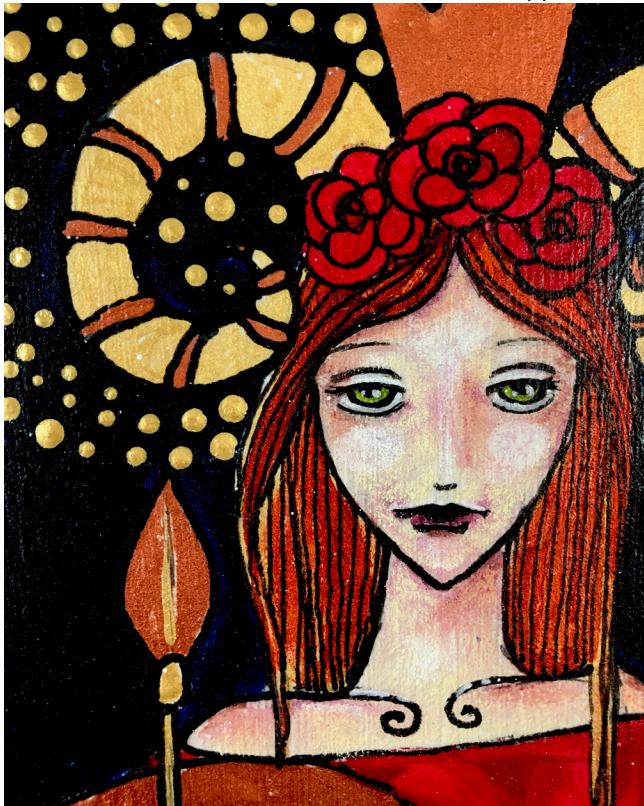
Ask yourself what practices help you connect with the divine as you understand it and create a spread that explores those practices.

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 April 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

April 1 - What worked for you in March? What didn't?

April 2 - What's your creative practice like here in the 4th month of the year?

April 3 - What will you carry over from March into April?

April 4 - What seeds want to be planted in your life? A new relationship? A new career?

April 5 - How's your energy lately? Do you feel 'spring' in your body?

April 6 - What do you want to apply your energy to right now?

April 7 - When you sit down to create, what is your favourite substrate? Canvas? Bound journal? Loose watercolour paper? Why do you love it?

April 8 - What routines have you established around your art practice? If you haven't established a routine, what might your routine look like?

April 9 - What is your relationship to the green world? Do you tend plants? Do you garden?

April 10 - What's happening in the world outside your window?

April 11 - What is happening beneath the surface?

April 12 - What feels like it's bursting forth? Ideas? Stories? Fears?

April 13 - What dreams do you wish to tend? Which do you wish to let go of?

April 14 - What are you 'holding over' in case you need it? This could be taken literally or metaphorically. A box of supplies you never use? An idea or story about yourself that is limiting but safe?

April 15 - What is your experience with power? Where do you feel empowered? Where do you feel powerless?

April 16 - Are you a visionary? Why or why not?

April 17 - How's your spiritual life?

April 18 - What do you need to make room for?

April 19 - Do you feel 'fertile' or 'fallow'? Look up those words and explore.

April 20 - Are you patient with yourself?

April 21 - If you were more patient with yourself, what would happen? How does patience serve you?

April 22 - Where do you see yourself a year from now?

April 23 - What does the air smell like where you are today? How do you wish it smelled? What is your relationship with scent?

April 24 - What childhood memories are coming up for you these days?

April 25 - How's your health? What's going on inside you?

April 26 - How anxious are you lately?

April 27 - If you were to create a nest for yourself, what would it look like?

April 28 - What are you ready for? What are you not ready for?

April 29 - What does anticipation feel like in your body? What are you anticipating?

April 30 - What are your hopes for May?



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>







April 2022

SUN	MON	TUES	WED	THURS	FRI	SAT
27	28	29	30	31	1 April's Fool Day	2
3 Ramadan's Begin	4	5	6	7	8	9
10	11	12	13	14	15	16 Passover
17 Easter	18	19	20	21	22	23
24	25	26	27 Admin Assistants Day	28	29	30





Week 14

MON	28	TO DO
		
TUES	29	 
		
WED	30	NOTES
THURS	1	<hr/> <hr/> <hr/> <hr/>
FRI	2	<hr/> <hr/> <hr/> <hr/>
SAT	3	INTENTIONS
		<i>1.</i>
SUN	4	<i>2.</i>
		<i>3.</i>

Week 15





MON		TO DO		
		5		
TUES		6		
				
WED		7		
			NOTES	
THURS		8	<hr/>	
			<hr/>	
FRI		9	<hr/>	
			<hr/>	
SAT		10	INTENTIONS	
			11	1.
SUN		11	2.	
			3.	

Week 16


MON	12	TO DO
		
TUES	13	
		
WED	14	
		NOTES
THURS	15	_____
FRI	16	_____

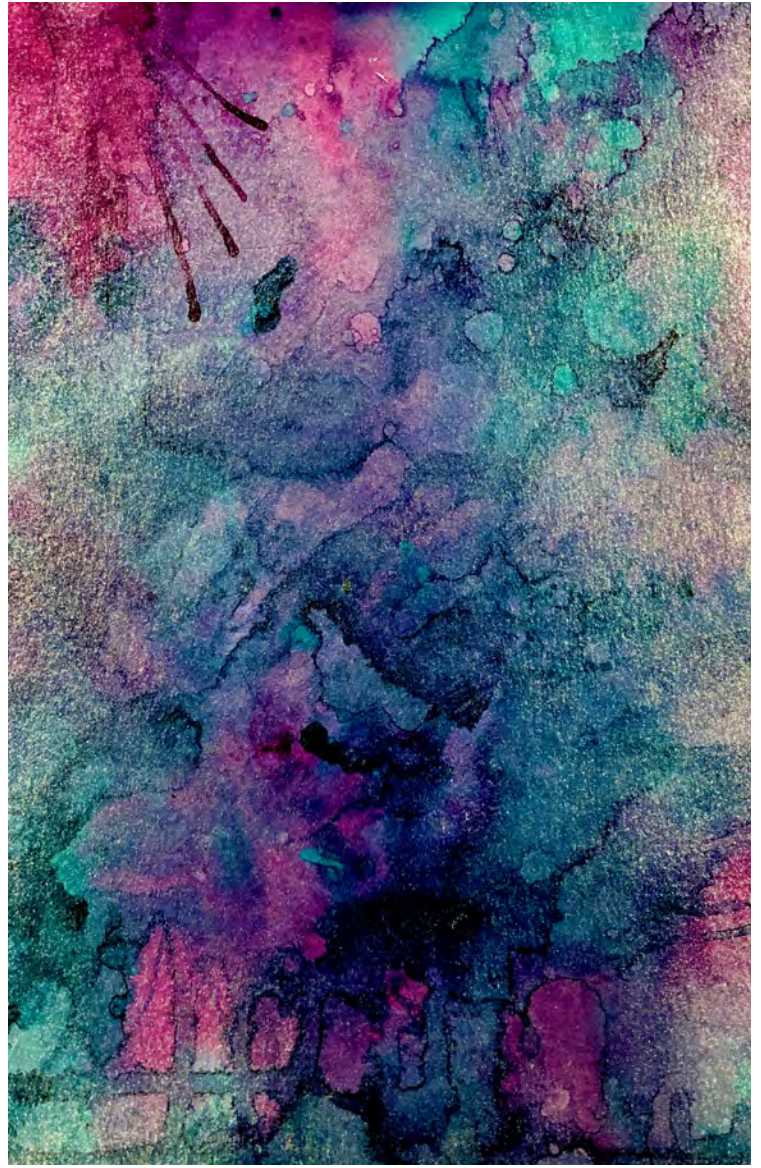
SAT	17	INTENTIONS
		<i>1.</i>
SUN	18	<i>2.</i>
		<i>3.</i>

Week 17

MON		TO DO	
		19	
TUES		20	  
		21	NOTES
THURS		22	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
FRI		23	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
SAT		INTENTIONS	
		24	<i>1.</i>
SUN		25	<i>2.</i> <i>3.</i>

Week 18

MON	26	TO DO	
		TUES	27
WED	28		
		THURS	29
FRI	30		
		SAT	1
SUN	2		



About Effy Wild

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