



May 2022

with effy wild

Two For Joy

Hello there, wild one! How are you doing over there? What's happening in your world?

I am emerging. That's the best word I've got for what I experience! It's not a super charged whirlwind of emerging, but I'm definitely dipping my toe back in the waters of being out in the world, and it's exhilarating!

May is one of my favourite months. Frost warnings will cease to be issued very shortly, the world will soon glow verdant and explode with flowers. The wind will turn from winter's sting to a caress. It's a beautiful season, and I'm feeling it.

The painting you see to the left here is one I did for Book Of Days and it is what I consider "devotional". As I worked, I really took my time and let the painting express what it wanted. It took *hours*, my loves. HOURS of tending to all the minute details, but it was absolutely worth it because during the time I spent tending, I came to understand that what this painting was really about was the joy I felt - the aliveness I felt - when I feel connected to other humans.

There's this lovely old nursery for counting crows or magpies as signs or omens that goes like this:

*One for sorrow, two for joy,
Three for a girl, four for a boy,
Five for silver, six for gold,
Seven for a secret never to be told,
Eight for a wish, nine for a kiss,
Ten for a time of joyous bliss.*

The fact that this poem sprang into my mind while I was working was a prime example of how these kinds of paintings work for me. When I take the time to be with whatever wants to come through during my creative practice, I get "downloads" or inner nudgings that inform and delight me.

This poem is a secret message that speaks to me about how the risks I'm currently taking in this period of emerging - meeting new people, going out in the world - will increase my sense of joy and maybe even, if I'm lucky, bliss. This is such an optimistic message for me as I come out of this long, long period of restrictions and lockdowns. I'm taking it super personally. :)

I am loving my life right now, even as I approach all things cautiously. I have a touch of anxiety about how things will go for all of us given what is happening in the world, but I am also poignantly aware that Leonard the Squirrel is back, which brings me joy, and the maple outside my window is coming into leaf, and the hibiscus bush that lives outside my front door is soon going to explode with glorious, ethereal blooms, and the river awaits my visits, and the sun that I crave is on offer, and fest season is coming.

I'm holding space for all of it as best I can.



Last week's Journal52 was about how my creative practice has taught me how to really listen, and how that's changed my life. One of the ways it's changed my life is that I am able to *dream* more readily, plan with less of a sense of doom, and experience more optimism when my nervous system was wired early to catastrophize.

I'm doing less of that these days, or when I do, I catch myself early and shift focus. If there's one crow, I'll look for two so I can redirect my attention to what I hope instead of what I fear.

It's helping.

So, one for sorrow, two for joy.

I'll count you and I as two. *Links Pinkies*

Suggested Activities & Resources

Devotional Painting

Try creating a painting that expresses your devotion to a state of being or feeling, like hope, optimism, love, grace. etc. [Check out this speed painting from BOD this month](#) for an example of what that might look like.

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

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

May 2 - How was your creative practice last month?

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

May 4 - What 'sprouts' are coming up in your life?

May 5 - What's happening outside your window?

May 6 - What is the thing you wonder most about?

May 7 - Do you wander? Write about wandering.

May 8 - How can you make more room for wonder in your life?

May 9 - What specific experiences bring you a sense of wonder?

May 10 - Where do you feel wonder in your body?

May 11 - Do you tend to wonder with your eyes open or shut? Why?

May 12 - What's difficult right now?

May 13 - What does this time of year always remind you of?

May 14 - What should you be letting go of right now?

May 15 - What is your sex life like? How's your libido? Is this an uncomfortable topic for you? Why or why not?

May 16 - How can wonder improve your life?

May 17 - Is there anything coming up for you that you wish *wouldn't* come up? Can you befriend it? How?

May 18 - When was the last time you walked for no reason other than just to experience the world outside? How was it?

May 19 - What are you looking forward to right now?

May 20 - What dreams want your attention?

May 21 - Do you garden? If so, write about it. If not, do you wish you did? Can you?

May 22 - What would happen if you engaged all your senses for five minutes a day in silence?

May 23 - How is the sun treating you?

May 24 - How can you nourish yourself today?

May 25 - Describe your inner landscape right now.

May 26 - When was the last time you sat in the sun? Moon bathed?

May 27 - Do you ever feel broody? Do you indulge it or suppress it?

May 28 - How is your sleep? Does a change in the seasons impact it?

May 29 - If you're keeping a record of your oracle pulls, what card (s) have come up for you more than once. Wonder about it.

May 30 - As the month wraps up, can you make a 'ta da' list of all you accomplished? Make sure to include all the ways you engaged wonder.

May 31 - What are your hopes for June?



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>







May 2022

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|----------------------|-----------------------|------|-----|-------|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 Mother's Day | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 Memorial Day | 31 | 1 | 2 | 3 | 4 |





Week 18

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|-------|-----------|---|
| MON | 26 | TO DO |
| | |  |
| TUES | 27 |  |
| | |  |
| | |  |
| WED | 28 | NOTES |
| THURS | 29 | _____ |
| | | _____ |
| FRI | 30 | _____ |
| | | _____ |
| | | _____ |
| SAT | 1 | INTENTIONS |
| SUN | | 2 |
| | <i>2.</i> | |
| | | <i>3.</i> |





Week 19

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|-------|--|-------|---|
| MON | | TO DO | |
| | | 3 |  |
| TUES | | 4 |    |
| | | | NOTES |
| THURS | | 6 | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| | | | INTENTIONS |
| SUN | | 9 | <ol style="list-style-type: none"> 1. 2. 3. |





Week 20

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| TUES | | 11 |    |
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| THURS | | 13 | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| FRI | | 14 | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| SAT | | INTENTIONS | |
| | | 15 | <i>1.</i> |
| SUN | | 16 | <i>2.</i> <i>3.</i> |





Week 21

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|-------|----|--|
| MON | 17 | TO DO |
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| TUES | 18 |   |
| | |  |
| WED | 19 | NOTES |
| THURS | 20 | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| FRI | 21 | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| SAT | 22 | INTENTIONS |
| SUN | 23 | <i>1.</i> <i>2.</i> <i>3.</i> |

Week 22

| | | |
|-------|----|--|
| MON | 24 | TO DO |
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| TUES | 25 |   |
| | |  |
| WED | 26 | NOTES |
| THURS | 27 | <hr/> <hr/> <hr/> <hr/> |
| FRI | 28 | <hr/> <hr/> <hr/> <hr/> |
| SAT | 29 | INTENTIONS |
| SUN | 30 | <i>1.</i> <i>2.</i> <i>3.</i> |

Week 23

| | | | |
|-------|--|------------|---|
| MON | | TO DO | |
| | | 31 |  |
| TUES | | 1 |    |
| | | 2 | NOTES |
| THURS | | 3 | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| FRI | | 4 | |
| SAT | | INTENTIONS | |
| | | 5 | <i>1.</i> |
| SUN | | 6 | <i>2.</i> <i>3.</i> |

