

June 2022

with effy wild

Luck

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

I've been thinking about the way life can land like an anvil sometimes (think Wiley Coyote being flattened by one), which feels like "bad luck" and other times, it feels like it coasts in on a warm breeze - like a dandelion seed blown with a wish in my direction, which feels like "good luck".

Sometimes, like most of us, I feel the weight of the former too much to notice the latter and it is in those times that I need reminders because luck *definitely* plays a role in my life - in all of our lives, and if I can shift my attention away from the anvil and toward the dandelion seed blown in on a breeze, I feel better.

Another word for luck is "fortune" as in "good fortune" or "the wheel of fortune". It's the stuff that happens without our striving for it or asking for it - the stuff that happens out of the blue. Sometimes our luck is not so great, but this writing is about those times when our luck is awesome, and we are the happy benefactors of some kind of serendipity. It's the lotto ticket that pays off. It's the new project that landed in our laps when we weren't looking for one. It's bumping into a stranger who becomes a cherished friend.



In the times when life feels like it is landing like an anvil, I like to remember that there are also many experiences that are light, breezy, full of serendipity, full of what some of us might call magicks.

There is a saying I really like that goes like this:

"Fortune favours the brave."

This saying comes to us from a Latin proverb - "*Fortes Fortuna Adiuvat*". There are variations of the proverb that I like, too, like this one - "*Fortuna Eruditus Favet*" which means "Fortune favours the prepared mind." This proverb in all its iterations reminds us that luck doesn't just land in our laps. It comes to those who take risks - those who turn left when they were supposed to turn right. Those who leave enough room in their lives for the mystery, for the unexpected, but also those who are prepared. Those with awakened, sharp minds. Those who are paying attention.

Maybe luck isn't just luck after all!

My life has gotten pretty tightly scheduled over the last few years, but I've been opening up recently. Going to meet ups. Going to pottery. Taking risks in the way I run my business (lots of live teaching, which I never thought I'd do). This has taken bravery. It's also taken preparation and curiosity and discipline which has created some space for good things to come in.

So, this month I'm nerding out about luck. What brings me luck? What do I do that leaves space for fortune to arise? Can I do more of that? Can we? ***Fingers Crossed***.

Suggested Activities & Resources

Paint Lavender For Luck

[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 collectible 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 on hold for the summer. I'll see you in the fall!

[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

Below, 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

June 1 - What worked for me last month? What will I carry over into this month?

June 2 - How much attention am I paying to what I desire?

June 3 - What needs nurturing in my life today?

June 4 - What am I needing less of? More of?

June 5 - What colours are feeling fresh and new for me right now?

June 6 - How is my self-care?

June 7 - Do I have good balance in the time I spend on others and the time I spent on myself?

June 8 - What parts of my creative life need tweaking?

June 9 - What's happening outside of my window?

June 10 - Where am I now in my life when compared with where I was this time last year?

June 11 - What feels important?

June 12 - How's my mood?

June 13 - What's really 'alive' in my life right now?

June 14 - Is there anything I need to grieve or let go of?

June 15 - What rituals have I developed this year that are really working for me?

June 16 - Is there anything I want to add to the things I do for myself? Anything I want to stop doing?

June 17 - How's my inner fire? Do I feel 'fired up' about anything?

June 18 - What passions would I like to be attending to & nurturing?

June 19 - How would I describe my path of growth? Do I have one? Do I want to have one?

June 20 - Am I experiencing any stuckness? Can I make a shift there?

June 21 - What is my inner wisdom (through Tarot or otherwise) telling me lately?

June 22 - How willing am I to listen?

June 23 - What is most on my heart to express?

June 24 - What images come up for me when I consider the word 'nurture'?

June 25 - How do I feel when I wake up in the morning? When I go to bed at night?

June 26 - What do I want to be really present to? What am I feeling like I'd rather not deal with?

June 27 - Does my body feel nurtured? Can I increase its sense of being nurtured?

June 28 - If I could use one word to describe my creative practice, it would be _____.

June 29 - What are my plans? What did I do this month that made me proud of myself? What's on my 'tada list'?

June 30 - What am I looking forward to in July?





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>







June 2022

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





Week 23

MON		TO DO			
		30			
TUES		NOTES			
				31	
WED					
				1	
THURS		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>			
	2				
FRI				3	
SAT		INTENTIONS			
		4	<i>1.</i>		
SUN		<i>2.</i> <i>3.</i>			
				5	





Week 24

MON		TO DO		
		6		
TUES		7		
				
WED		8		
			NOTES	
THURS		9	<hr/>	
			<hr/>	
FRI		10	<hr/>	
			<hr/>	
SAT		11	INTENTIONS	
			1.	
SUN		12	2.	
			3.	





Week 25

MON	13	TO DO
		
TUES	14	  
		NOTES
WED	15	
THURS	16	<hr/> <hr/> <hr/> <hr/> <hr/>
FRI	17	<hr/> <hr/> <hr/> <hr/>
SAT	18	INTENTIONS
		<ol style="list-style-type: none"> 1. 2. 3.
SUN	19	

Week 26

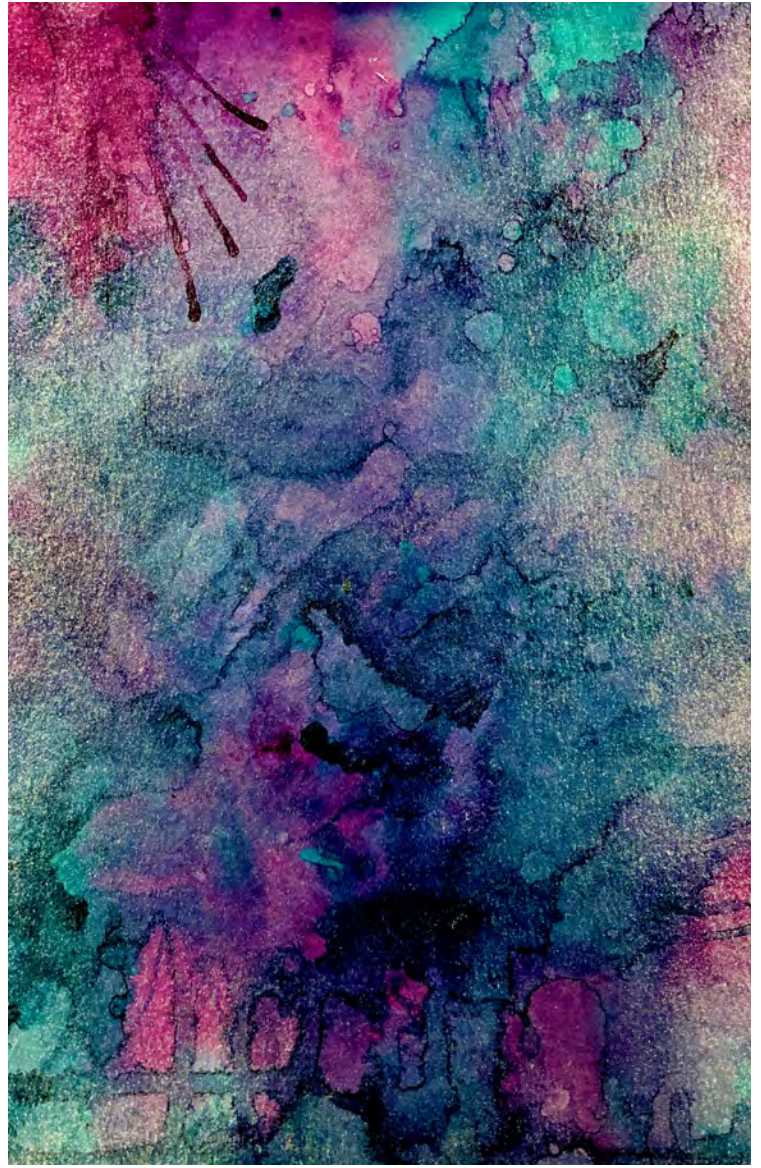
MON	20	TO DO
		
TUES	21	 
		
WED	22	NOTES
THURS	23	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
FRI	24	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
SAT	25	INTENTIONS
		<i>1.</i>
SUN	26	<i>2.</i>
		<i>3.</i>

Week 27

MON	27	TO DO
		
TUES	28	
		
		
WED	29	NOTES
THURS	30	_____

FRI	1	_____

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



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