



July 2022

with effy wild

Rewilding

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

I am happy to report that June was **fabulous** for me, thanks to the forethought I had to get a bunch of stuff done before taking off for five days to a camping festival. Y'all, it was a much needed break from what's been going on since late 2019. I spent five glorious days doing workshops, attending rituals, giving and receiving hugs, reveling at bonfires on the beach, devouring gorgeous meals served in the dining hall that I did not have to plan, cook, or clean up after, wandering the site in my PJs or dressing up in festive robes, drumming (I DRUMMED!), dancing (I DANCED!), participating in a Druid-led tree planting ceremony that helped me release the old site and all of my experiences there, which felt like closing one book and opening a new one.

It was intense, but wonderful, and everything I needed it to be. I came home sunburned, covered in bug bites, reeking of campfire and sunscreen, and with a broken toe, but I got my soul crushed back into my body by loved ones and I feel ready for anything.

In fact, I feel re-wilded. I feel re-enchanted. I feel re-energized. I feel like I've returned to myself after a long absence.



I had some interesting experiences while I was away that allowed me to integrate an understanding of the full value of what it is I have to offer. I wrote about that [in this edition of Journal52](#), but to sum up, throughout my week away, I was called upon to be of service in ways that come very easily and naturally to me, and my service was not just noticed, but appreciated. I was lavished with affection and validation. The empty well I went in with was overflowing by the time I got home. I have grappled with devaluing what it is I have to offer for a very long time. It's a thing I've been working on in therapy and through my interactions with beloved students (especially in Moonshine, where I get told off in the most loving way on a regular basis), but something settled into place over the course of this festival that had never quite settled into place before.

My gifts are hard won. The work I do behind the scenes has enormous value. **I* have enormous value.* And when I feed myself with experiences like the ones I had at fest, that value increases because I am **full enough to flow**.

I'd forgotten, to be honest. In my attempts to survive what we've all been surviving over the course of the last few years, I got tight and tiny in terms of what I was willing to acknowledge that I needed. I didn't let myself need much. The furbabes. My nest. The occasional outing with a friend. I shrank my desires down to a dull roar so that I wouldn't live in a state of deprivation, but here's the truth. I was deprived. I was depleted. I was running on empty and I didn't even know until I got to Sparrow Lake, put on something festive, let someone paint my face with glitter, and let myself be thoroughly, completely, and utterly rewilded.

I come to you with an awareness that this kind of thing isn't possible or accessible for everyone, but I feel an urgent need to suggest that you find a way to get something like this in your life if you can. My

re-wilding requires fire and water and moonrise and sunrise, but yours might require a bed and breakfast alone with a journal. It might require a weekend road trip to see a friend you haven't seen in years. It might require nothing more than a good book in a hammock in the backyard or a soak in scented water and silence with candles lit and fluffy towels awaiting your emergence. Whatever it looks like for you, though, I want you to go get it. Especially if you feel depleted. Especially if you've forgotten what it's like to indulge yourself in the things that bring you back into your own body. Especially if you are bone weary of the world as it is in this timeline.

Rewilding isn't something I think about very often because it has been my life's goal to get and stay wild. When I say "wild", I mean undomesticated. I mean unphased by what the overculture might expect of me. I mean nonconformist in safe and sane ways that allow me to be fully and complete alive. I mean in touch with my creature nature as much as I am my human nature.

The pandemic and all that came with it made it unsafe for me to prioritize that wild self. It was responsible and wise of me to put her on a tether and I honour the instinct that led to my doing that *butandalso* I had almost forgotten that self. I had forgotten what it was to revel. I had forgotten how much the soft animal of my body needs moonrise and sunrise, needs dragonflies and pre-dawn birdsong, needs the way the dew smells in the grass as I make my early morning way, barefoot, of course, to the dining hall for coffee.

But I remember now. And I hope with all my heart that if you've forgotten, you will read these words and untie the tether and get your wild self out there to have a little fun.

Suggested Activities & Resources

Create a portrait of your wild self.

[Check out this speed painting from Moonshine](#) 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!

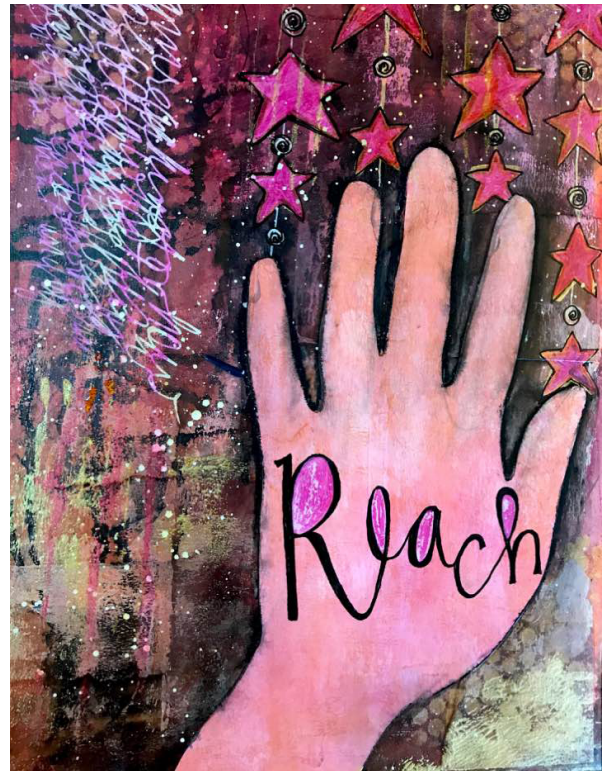
As Always, Engage The Prompts

Below, you will find a prompt for each day in July 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

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

July 2 - How am I feeling in my own skin?



July 3 - What does being embodied mean to me?

July 4 - How embodied do I feel? How can I feel more embodied?

July 5 - What experiences am I craving? How can I fulfill that craving?

July 6 - How is my self-care?

July 7 - How am I feeling about the first half of the year?

July 8 - What 'first fruits' are ripening as a result of my creative practice?

July 9 - What goals am I fulfilling? What goals am I letting go of?

July 10 - How's my sleep lately?

July 11 - What's happening outside my window?

July 12 - How much 'life' do I have in my life? How can I have more?

July 13 - What kind of movement am I including in my daily life? Am I getting enough?

July 14 - What do I need to let go of right now? What needs to be culled?

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

July 16 - What's firing you up?

July 17 - What's light and full of ease?

July 18 - What are my favourite foods at this time of year? What comes into season?

July 19 - What does a summer night feel like in my body? What about a summer day?

July 20 - What does play feel like for me? Do I get enough 'playtime'?

July 21 - If you could use one word to describe your physical being, what would it be? Please be kind.

July 22 - How full are my relationships feeling?

July 23 - How does my creative practice support my desires?

July 24 - How many of my desires am I fulfilling? Suppressing?

July 25 - I would I describe my inner landscape right now?

July 26 - What am I craving today? How can I give myself more of that?

July 27 - What does the second half of my year look like?

July 28 - How am I feeling, really? No one's reading. Tell the truth.

July 29 - What do I want to bring in from outside? More light? More colour?

July 30 - How 'in touch' am I feeling with my body? How can I feel more in touch?

July 31 - What are my hopes for August?



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>







July 2022

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





Week 27

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





Week 28

MON	4	TO DO
		
TUES	5	  
		NOTES
WED	6	
THURS	7	<hr/> <hr/> <hr/> <hr/> <hr/>
FRI	8	
SAT	9	INTENTIONS
SUN	10	<ol style="list-style-type: none"> 1. 2. 3.





Week 29

MON	11	TO DO
		
TUES	12	
		
		
WED	13	NOTES
THURS	14	<hr/> <hr/> <hr/>
FRI	15	<hr/> <hr/> <hr/>
SAT	16	INTENTIONS
		<ol style="list-style-type: none"> 1. 2. 3.
SUN	17	

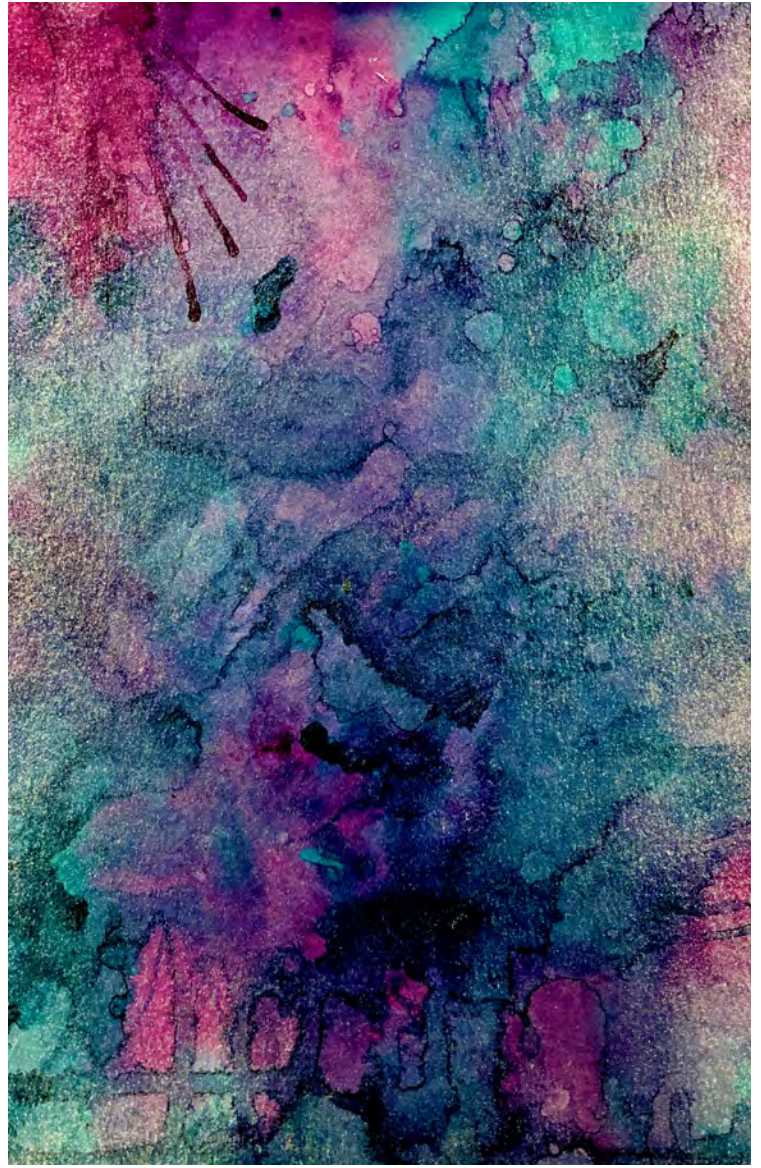
Week 30

MON		TO DO		
		18		
TUES		19		
				
WED		20		
			NOTES	
THURS		21	<hr/>	
			<hr/>	
FRI		22	<hr/>	
			<hr/>	
SAT		23	INTENTIONS	
			<i>1.</i>	
SUN		24	<i>2.</i>	
			<i>3.</i>	

Week 31

MON	25	TO DO
		
TUES	26	
		
		
WED	27	NOTES
THURS	28	_____
FRI	29	_____

SAT	30	INTENTIONS
SUN	31	<i>1.</i>
		<i>2.</i>
		<i>3.</i>



About Effy Wild

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