



August 2022

with effy wild

Make Art With The Pieces

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

I'm "on hiatus" for this month in BOD which means there's no lesson from me in here until September. That doesn't mean I'm "on hiatus" from everything else, though. I'm doing a BOD exclusive Journal Jam on August 20th (the link is already up in your classroom) and also, [I'm over here on Monday, August 1st at 10:30 a.m. Eastern](#) to do our third "Prayers To The Moon" which is a new FREE weekly video podcast in which I get us centered and ready for the week ahead. It's a lovely combination of deep breaths and art journaling that I'm already coming to deeply value because it connects me with my inner landscape and my community all in one fell swoop.

If you're getting this in time to join us, I hope you do! If not, the replay will remain up for 24 hours before it gets moved on [over to Patreon where](#) the replays will live forever at the "Prayers To The Moon" tier.

The image left is what we did during our last gathering. We talked about resilience and how effective my creative practice has been in the realm of supporting and increasing my ability to keep moving forward, keep showing up, keep engaging optimism even when cynicism might feel more reasonable. This topic of resilience is a big one for me right now since global and personal happenings are making it crucial that I engage it, keep it up, and find ways to strengthen it so I can keep moving forward.



This month, I wanted to point you in the direction of a poet who's social media posts have been contributing to my sense of resilience. His name is [Jarod K Anderson](#), aka The Cryptonaturalist, and he writes and shares things that reach right into my messy brainmeats and broken heart and stir things up so that I'm reconfigured somehow - remade so that I can breathe a little deeper and hope a little harder. Find him [here](#), [here](#), and [here](#), and definitely [watch this here](#).

I find myself pausing every time he comes across my socials, taking whatever it is he's offered in, and then feeling edified, empowered, seen, a little less cynical.

I hope you love his offerings as much as I do and hey! In these times when we can all use a little edification, empowering, witnessing and optimism, I invite you to share your favourite resources with me! I'm especially interested in those who "make art with the pieces" of their broken hearts, or those who help you do that yourself. Just email me the links, and I'll be sure to check them out! I have a plan to put together a bunch of these links and resources for this year's upcoming "To See Us Through", which will come out in December.

That's it for me this month, loves. I'm on the struggle bus of late, and so I'm minding my bandwidth and resting up. I send you all my love and magicks and hope that what you find laid out for you above, below, and in the classroom will be of service on your journey.

Suggested Activities & Resources

Go back to previous lessons. See if there are any that didn't land before that feel like they might feel good to engage now.

As Always, Gather & Commune

Join me in [The Wilderhood](#), if you haven't already. This is my free artist's community, and we share all the "Effy" related stuff we're working on. I also make announcements about new stuff there.

Journal Jams

With the exception of our live BOD exclusive Jam on August 20th, 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

August 1 - What worked for you in July? What didn't?

August 2 - What will you carry over from July into August?

August 3 - What does August feel like for you?

August 4 - What 'harvest' are you enjoying at this time?

August 5 - What is bittersweet for you?

August 6 - What causes you to feel reverence - and if you have trouble connecting with reverence, try connecting to 'awe' or 'wonder' or even 'bittersweetness'?

August 7 - What are you aching for?

August 8 - What are you thinking about letting go of?

August 9 - What is night-time like where you are?

August 10 - What is ending? What beginning does this ending bring?

August 11 - What do you have an abundance of? (Think both literally and metaphorically)

August 12 - If you could do anything differently, what would it be?

August 13 - Where is pleasure found in your life at this time?

August 14 - How nourished do you feel? Think both about the soul and the body.

August 15 - If you could take one day out of your schedule to engage as you wish, what would you do with it?

August 16 - What favours have you received from the Universe lately?

August 17 - What heightens and delights your senses?

August 18 - Describe your surroundings in writing. Read it back to yourself. What would you change if you could?

August 19 - How 'at home' are you feeling? Think about your home, your life, your body.

August 20 - What feels really potent right now?

August 21 - What symbols are appearing for you over and over?

August 22 - What is your inner voice whispering to you about lately?

August 23 - Where are you feeling unbalanced? Chaotic?

August 24 - What needs tidying up?

August 25 - What needs your undivided attention?

August 26 - What astonishes you?

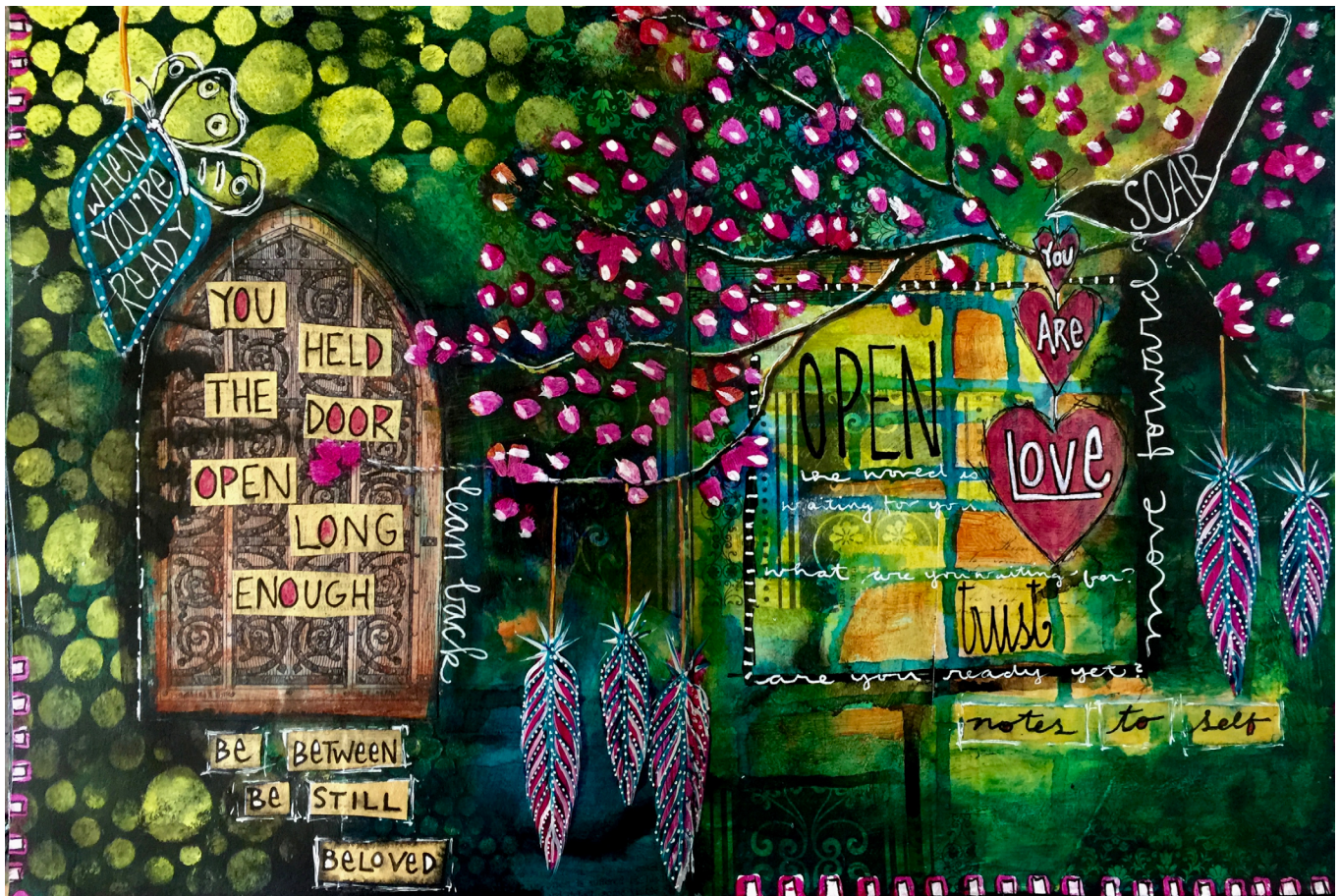
August 27 - What are you looking forward to? What's on the horizon?

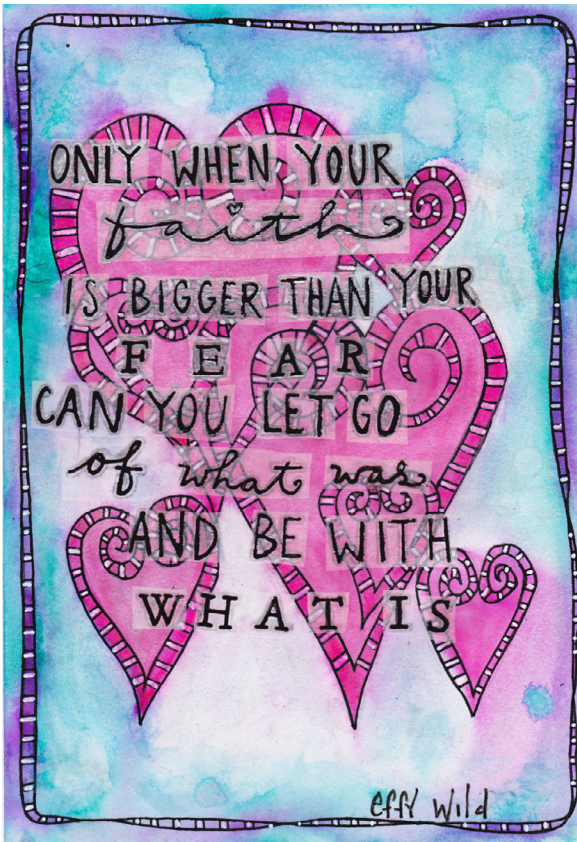
August 28 - What's brewing?

August 29 - How are you talking to yourself lately? Can you try to inject some reverence into your self talk? Can you treat yourself like a Queen? A Goddess?

August 30 - As the month wraps up, can you make a 'ta da' list of all your accomplishments? I dare you to share it with at least one friend. Write about/ art about how that was for you.

August 31 - What are your hopes for September?





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>







August 2022

SUN	MON	TUES	WED	THURS	FRI	SAT
31	1	2	3	4	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	31	1	2	3





Week 32

MON		TO DO	
		1	
TUES		2	  
		3	NOTES
		4	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
FRI		5	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
SAT		INTENTIONS	
		6	<i>1.</i>
SUN		7	<i>2.</i>
			<i>3.</i>





Week 33

MON		TO DO	
		8	
TUES		9	  
			NOTES
THURS		11	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
			INTENTIONS
SUN		14	<ol style="list-style-type: none"> 1. 2. 3.

Week 34





MON	15	TO DO
		
TUES	16	 
		
WED	17	NOTES
THURS	18	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
FRI	19	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
SAT	20	INTENTIONS
SUN	21	<i>1.</i> <i>2.</i> <i>3.</i>

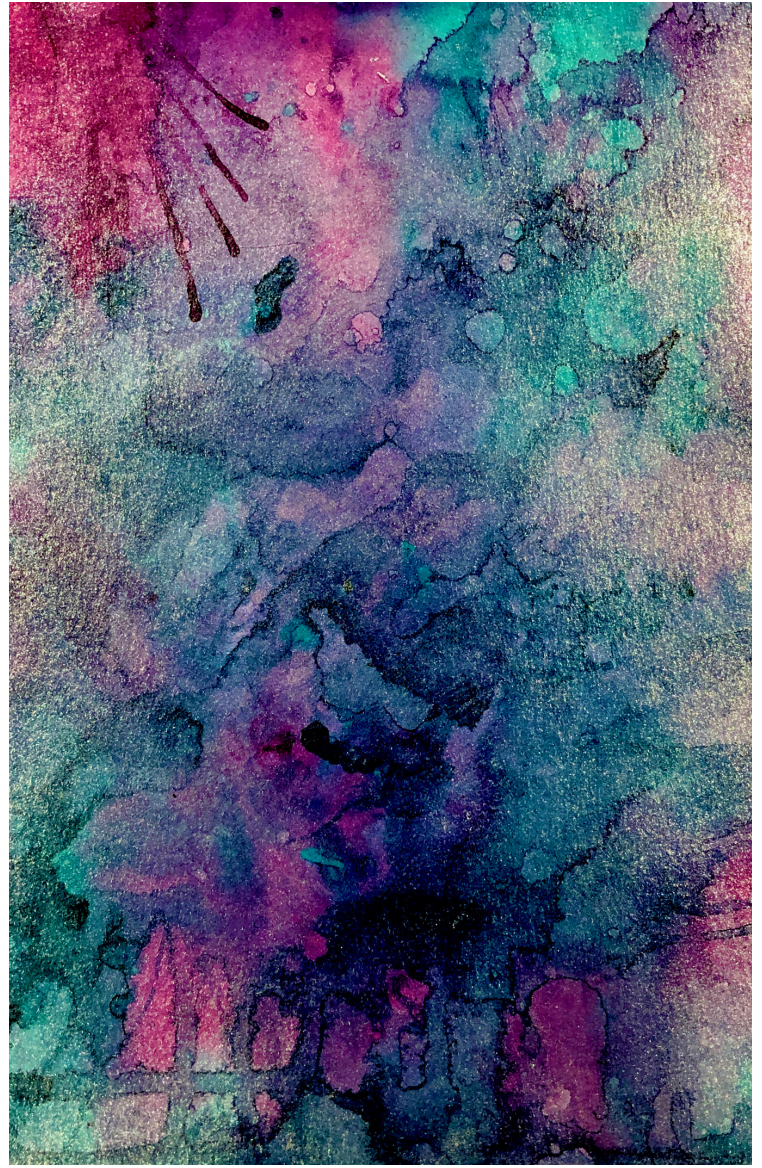
Week 35

MON	22	TO DO
		
TUES	23	
		
WED	24	
		NOTES
THURS	25	_____
FRI	26	_____

SAT	27	INTENTIONS
		1.
SUN	28	2.
		3.

Week 36

MON		TO DO			
		29			
TUES					
				30	 
31					
WED		NOTES			
THURS		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>			
				1	
FRI					
SAT					
		3	<i>1.</i>		
SUN					
				4	<i>2.</i> <i>3.</i>



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