



September 2022

with effy wild

Strength & Community

I don't know about you, but the world as it's been over the last two years has required a lot of strength for me and most of the people I know to navigate. It has seemed for quite a while now as though just as the nerves that were rattled by one thing settle down, something up pops to rattle them again - sometimes before we even get to really enjoy that "Okay, we're going to be okay" feeling.

It's tiresome. It's challenging. It's enough already, but it's also what **is** right now, and what is right now is asking me to be strong, to hang in there, to hold on to hope.

Most of what helps me conjure my strength and hope happens in my art journal, but my energy has been truly taxed by everything that's been going on, so my usual way of doing things - hours spent on large spreads - wasn't working for me anymore. It felt too much like "pushing through" or "work".

I needed something simple, easy, doable in less time than usual. I needed something that felt less like work and more like self-soothing. I also know myself well enough to know that one of the things that helps me feel strong is to be of service in some way that increases my sense of being **useful** - not because I feel like I'm useless but because doing something that's useful, that others might benefit from, makes me feel empowered and capable.

In response to knowing what I need right now, I dusted off my YouTube channel and [I've been going live there every Monday](#).

This may feel counter-intuitive to you because yes, this does mean "more work". It means I have to be ready to start my day earlier than usual so I can show my face to the world by 10:30 a.m. It

means I have to have Journal52 ready earlier than usual so I can share it with y'all ahead of the live. It means I've had to master new tech. It means I have extra things on the the list when the list was already feeling pretty omg-doomy and my bandwidth was already pretty heckin' low.

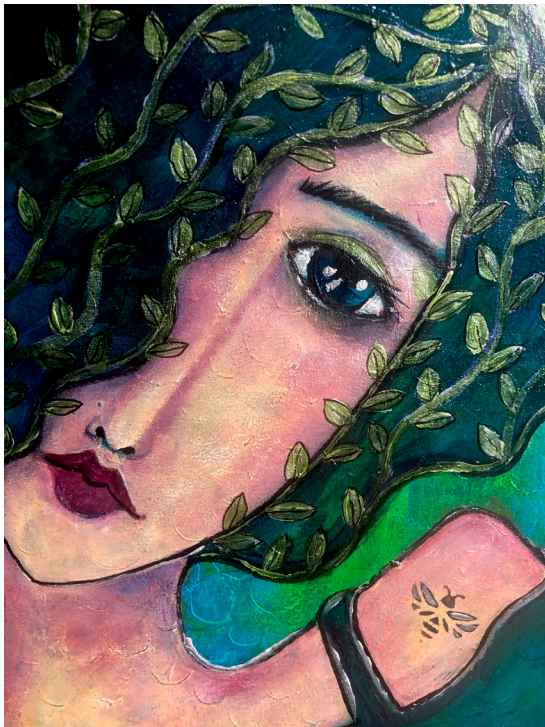
But...

Because of the limitations I've put on the thing - we meet for an hour to an hour and a half at most - I'm getting to do little bits of easy art that feel self-soothing. It's also brought me into community where I can share some of the things I know are useful to me as I navigate the world as it is - centering and grounding, journaling, some deep breaths. It also brings me out of isolation and into community where I am being met with kindness, tenderness, and even gratitude.

This is a bit of uncharted territory for me because my default is to isolate and "go dark" when things are difficult. I have some pretty mean voices in my head about being "needy" or "seeking attention" so if I'm in a bad place, I struggle with letting people know where I'm at, but not this time. This time I reached out in a major way, and I did everything I could to make space for myself AND for you so we could hang out in the realm of the real without judgement. And you know what? I feel stronger. I feel lighter. I feel useful and connected. I feel like maybe, just maybe, I'm going to be okay.

Thank you for your role in that.

xo Effy



Suggested Activities & Resources

[Here's the speed painting](#) of this month's offering in [Book Of Days](#) so you can see how I conjured up my own strength. Feel free to paint along!

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

Jams are back! YAHOO! I've shifted the when and where, though, so here's what you need to know.

Once a month in lieu of my usual "Prayers To The Moon" program, I'll be doing a Jam on my [YouTube Channel](#), which you can find here. We *will* be doing some centering and grounding before we jam. Replays will stay up! Yahoooooo! Notifications go out via my newsletter, so make sure [you're signed up here](#).



Join me out on Patreon!

I have a lot of mixed media art stuff that [goes up over there](#) including replays of Prayers To The Moon, 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 September 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. :)

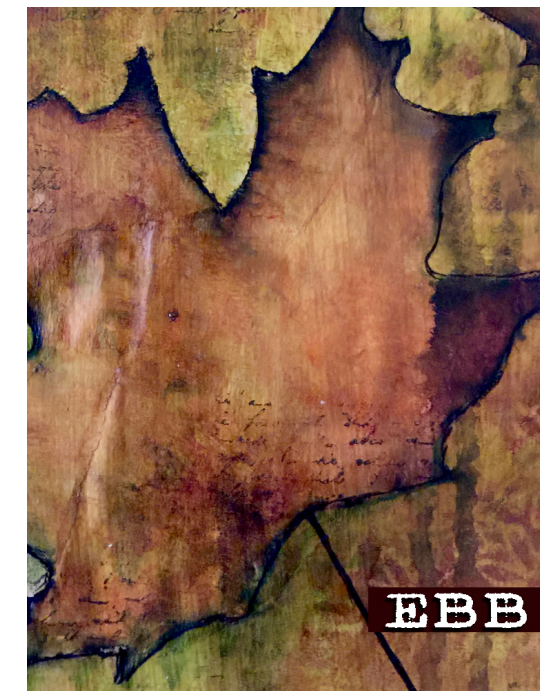
Journaling Prompts

September 1 - How was last month for you? What were the highlights?

September 2 - What are you hoping for this month? What are you anticipating?

September 3 - Where is your attention lately? What are you noticing?

September 4 - What happenings feel like signs to you? What meaning are you assigning to them?



September 5 - What symbols keep coming up in your art practice? What do they mean to you?

September 6 - How is your creative practice lately? Are you blooming? Stuck?

September 7 - When you feel stuck, how can you "unstick" yourself?

September 8 - How are you showing up for yourself lately?

September 9 - How much space are you giving yourself to feel what you feel?

September 10 - What's happening outside your window?

September 11 - What is inspiring you lately?

September 12 - What is your "input vs output" like? What are you taking in? How is it fueling what you're creating?

September 13 - Who do you need? Who needs you?

September 14 - What are you craving?

September 15 - What do you want to pursue right now? What is attractive to you? What's pulling you?

September 16 - Are you getting enough rest? What's the quality of your rest?

September 17 - What's your relationship with time right now? Is there a sense of enough? Too little? What can you do to tweak your days so there's a more expansive sense of time?

September 18 - What do you wish you could stop doing?

September 19 - What do you wish you could do more of?

September 20 - What colours are calling to you lately? What do they represent for you?

September 21 - What's on your heart. Drop in to it. Really listen.

September 22 - Are you thinking about 2022 already? Me, too. What are your wishes?

September 23 - What moves you lately? What songs/poems/shows/artists make you feel things?

September 24 - Do you consider yourself self-loyal? Are you putting your needs at the top of your list of priorities?

September 25 - What are you really loving right now?

September 26 - Do you do an autumnal/spring (if you're in the Southern Hemisphere) cleaning? How does it feel if you do? How might you feel if you did?

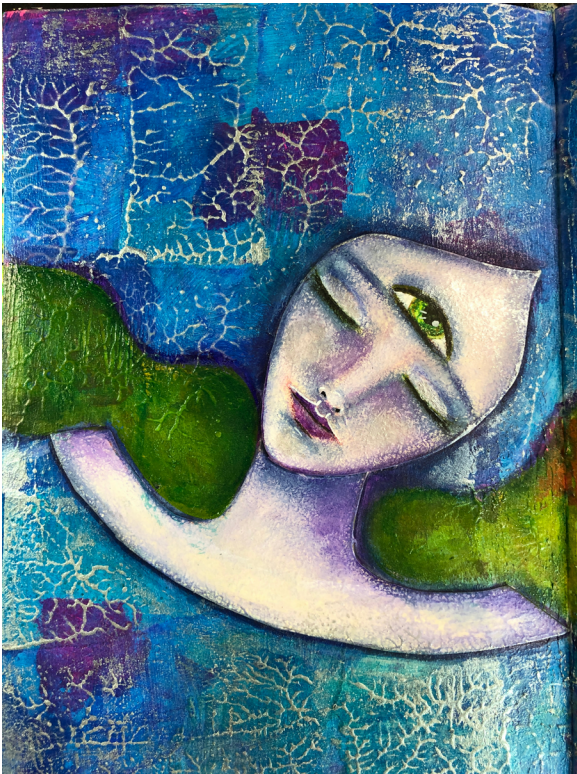
September 27 - What do you need that you're not getting? How can you get it?

September 28 - Is there something new you want to try?

September 29 - How was your summer/winter? What do you really want to remember about it?

September 30 - Make a "ta da" list of the things you are proud of. Share it with a friend if you're up to it!





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>







September 2022

SUN	MON	TUES	WED	THURS	FRI	SAT
28	29	30	31	1	2	3
4	5 Labour Day	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23 Autumnal equinox	24
25	26 Rosh Hashanah	27	28	29	30	1





Week 36

MON		TO DO	
		29	
TUES			
WED		NOTES	
		31	
THURS			
FRI			
SAT		INTENTIONS	
		3	1.
SUN			





Week 37

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





Week 38

MON	12	TO DO
		
TUES	13	 
		
WED	14	NOTES
THURS	15	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
FRI	16	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
SAT	17	INTENTIONS
SUN	18	<i>1.</i> <i>2.</i> <i>3.</i>

Week 39

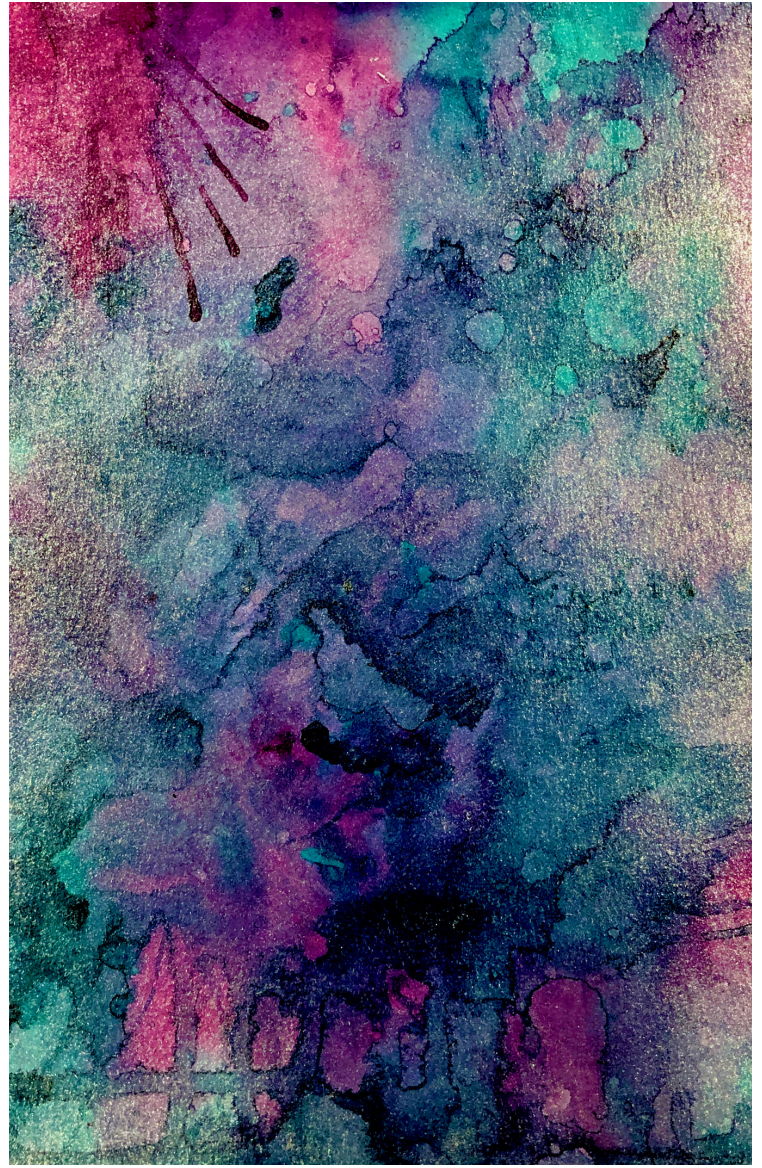
MON		TO DO	
		19	
TUES		20	 
		21	
WED		NOTES	
THURS		22	_____
		23	_____
SAT		INTENTIONS	
		24	1.
SUN		25	2.
			3.

Week 40

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

FRI	30	_____

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



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