

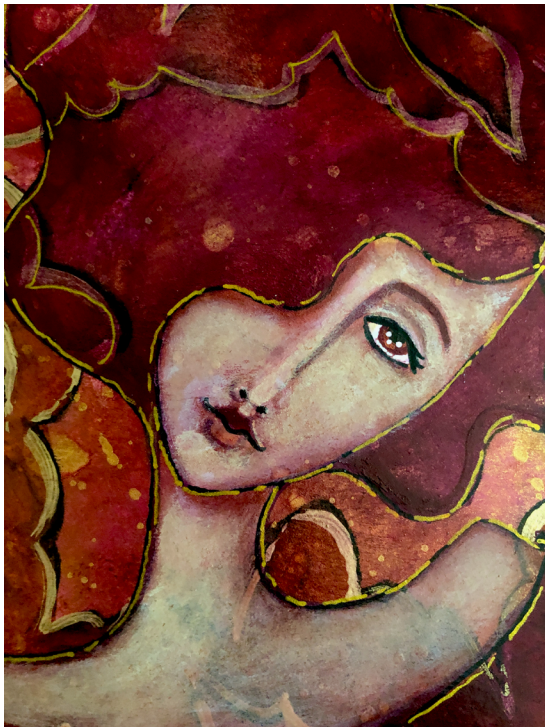


# October 2022

with effy wild

## Seasons

Hello there, lovely human! Here we are in October and it is finally feeling like fall here. It felt like Autumnal Equinox came on September 22nd, and \*boom\* - summer skedaddled, temperatures dropped, leaves started turning.



As I worked on the painting you see here, I was thinking about how hard things have been for a while now *butandalso* that even in the thick of it, I am still attuned to the seasons. I still notice the change in the quality of light coming in through my windows. I still smile when I see the first bright red fallen leaf. I am still devoted to my healing process. I'm still hopeful. I'm still alive in the world.

One of the reasons it's so important to me to attune to nature the way I do is because it teaches me through the life cycle of plants and animals, through the waxing and waning of the moon, through sunsets and sunrises that change is inevitable and even necessary. It helps me trust that, like the landscape around me, I, too, will experience growth and change. I, too, have seasons and phases. If I'm in a personal winter, I can trust that spring will follow. If I'm parched, I know that it will rain eventually. Storms run out of wind and fury. After the night, the morning comes.

I'm not saying that it's easy to rest my mind there at all times, though. I'm one of the least Zen people I know, to be honest, and mindfulness is hard for me. I'm a very anxious person. My default state is worried. If I'm in a hard time, it can be easy for

me to get stuck there for a while - stuck in thinking it's always going to be "like this". It can be hard for me to remember that I've never \*not\* gotten through a hard time. I've never \*not\* overcome the obstacles in my way. I've never \*not\* gotten through a rough patch. I always, somehow, make it through.

But I have to admit that I've reached the "it's enough, already" part of my journey. I sit down to type up something uplifting and inspiring and I find myself blanking. Even this little bit of writing I'm doing for you today feels \*grueling\* because I don't know what to say besides "Hi, I'm really struggling here but I'm doing my best, and I still notice the beauty in the world, and that gives me hope. Would you link pinkies with me?"

And maybe that's enough. Maybe showing up and saying "whoa, showing up is hard right now" will create some space for someone out there to drop their shoulders and say "Oh yeah. Me, too". And maybe we can take a deep breath together. And maybe we can link pinkies and remind each other that this is a season. Things are hard right now but they won't be hard forever. Storms run out of wind and fury. After the night, the morning comes.

It's Autumn here in the northern hemisphere. It's my favourite season. I'm in a rough patch, AND the trees are bursting into colour. Leaves are falling all around me, teaching me how to let go. We are descending into winter AND winter leads to spring. I'm alive in the world and I'm making space for all of it.

Would you like to link pinkies with me?

# Suggested Activities & Resources

[Here's the speed painting](#) of this month's offering in [Book Of Days](#) so you join me in doing some layering as a self-soothing practice. 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! Yahooooooo! 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 October 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

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

October 2 - What are my hopes for the coming month?

October 3 - What do I have to be grateful for?

October 4 - What am I super proud of?

October 5 - If I could do anything differently right now, what would it be?

October 6 - What are my plans for the last few months of the year?

October 7 - What needs releasing? What needs hanging on to?

October 8 - Who am I, really? Right now. This moment.

October 9 - If my life were a novel, what would it be called?

October 10 - If I could give myself a gold star for anything this year so far what would it be for?

October 11 - When I get quiet with myself, what voices am I hearing, and what are they telling me?

October 12 - What's on the top of my 'kudos to me' list?

October 13 - How comfortable do I feel reveling in my own awesomeness?

October 14 - Who else am I proud of right now? How can I express that?

October 15 - What is my dream life like?

October 16 - If I were to build a beautiful altar to my ancestors, who would be on it? Do I know?

October 17 - What wounds are rising up and asking for my attention? What do they need?

October 18 - How's my self care lately?

October 19 - How willing am I to cut myself some slack?

October 20 - What's my relationship with rest?

October 21 - How good am I at being good to myself?

October 22 - What one thing can I do for myself today that might make my life a little easier?

October 23 - How honest am I with myself and others about how I'm doing?

October 24 - What are my values? Am I proud of them?

October 25 - Where am I on my own list of priorities?

October 26 - How many of my needs are being met?

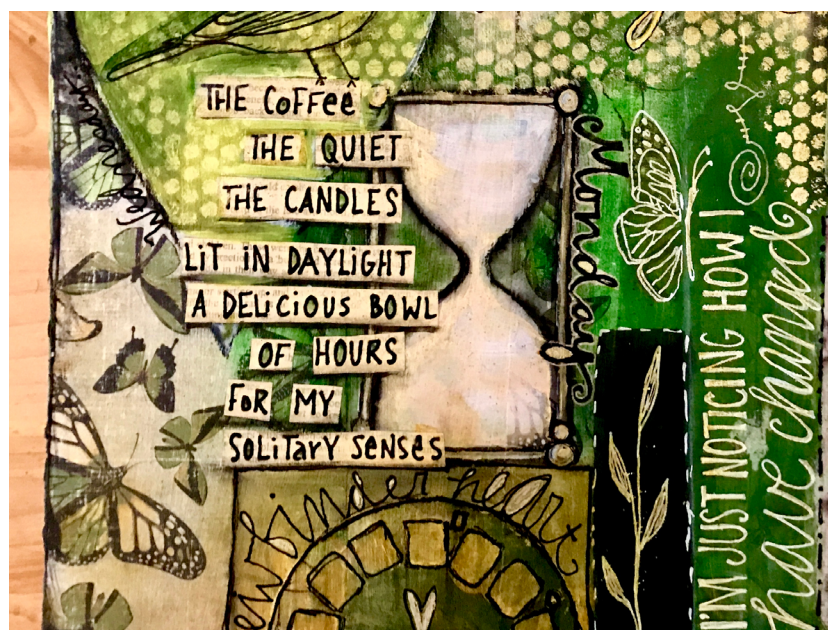
October 27 - How can I celebrate myself this month?

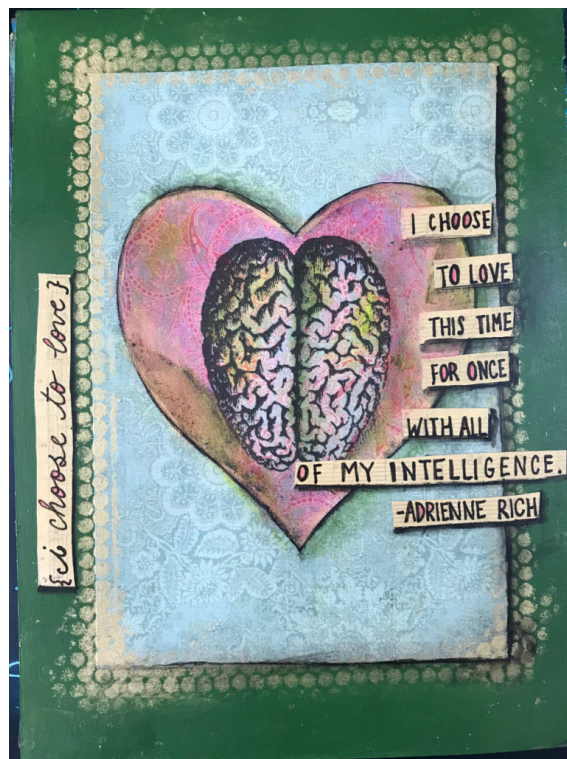
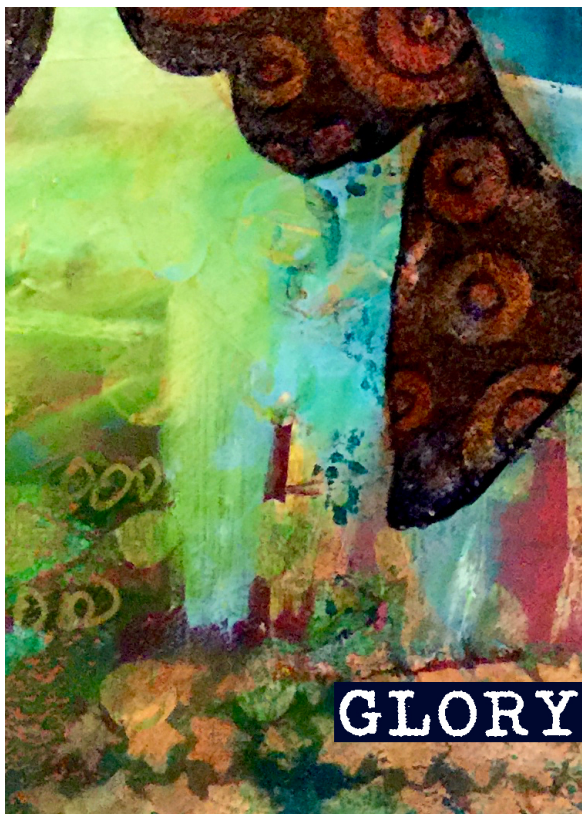
October 28 - What kind of art do I want to be making? What's stopping me?

October 29 - What needs to be grieved?

October 30 - What needs to be honoured?

October 31 - What are my hopes for November?





## 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>







# October 2022





SUN	MON	TUES	WED	THURS	FRI	SAT
25	26	27	28	29	30	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	Halloween 31					







# Week 40

MON	26	TO DO
		
TUES	27	
		
WED	28	
		NOTES
THURS	29	_____
		_____
FRI	30	_____
		_____
SAT	1	INTENTIONS
		1.
SUN	2	2.
		3.





# Week 41

MON		TO DO		
		3		
TUES		4		
				
WED		5		
			NOTES	
THURS		6	<hr/>	
			<hr/>	
FRI		7	<hr/>	
			<hr/>	
SAT		8	INTENTIONS	
			1.	
SUN		9	2.	
			3.	





# Week 42

MON	10	TO DO
		
TUES	11	
		
		
WED	12	NOTES
THURS	13	<hr/>
		<hr/>
FRI	14	<hr/>
		<hr/>
		<hr/>
SAT	15	INTENTIONS
		<i>1.</i>
SUN	16	<i>2.</i>
		<i>3.</i>





# Week 43

MON	17	TO DO
		
TUES	18	
		
		
WED	19	NOTES
THURS	20	<hr/> <hr/> <hr/>
FRI	21	<hr/> <hr/> <hr/>
SAT	22	INTENTIONS
SUN	23	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>

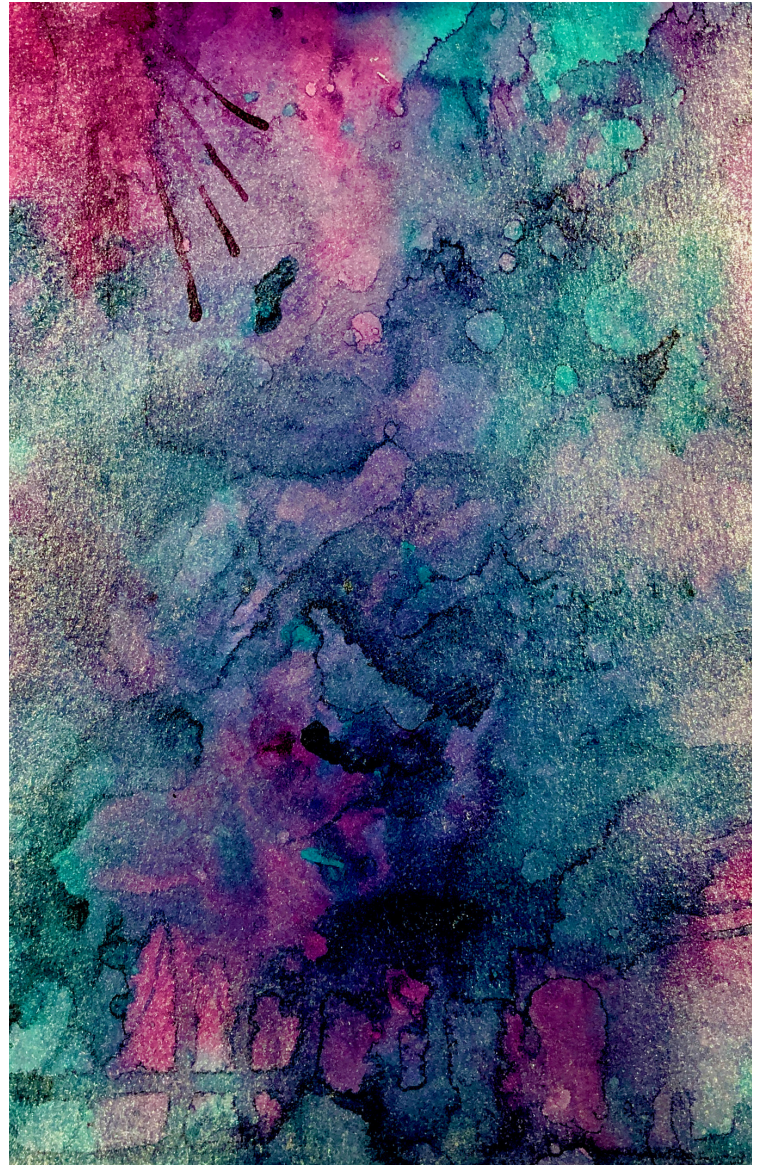
# Week 44

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

# Week 45

MON	31	TO DO
		
TUES	1	 
		
WED	2	NOTES
THURS	3	<hr/> <hr/> <hr/>
FRI	4	<hr/> <hr/> <hr/>
SAT	5	INTENTIONS
SUN	6	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>





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