



# November 2022

with effy wild

## Turn, Turn, Turn

Hello there, lovely human! It's November! How did this happen? Where has this year gone? What is even happening? \*Giggles\* How are you over there? How's your heart?

I'm over here in a turn, turn, turn moment, and let me tell you, it's kind of exhilarating. Let me explain.



Over the last three months or so, I have been grappling with my signature offering, Book Of Days, and whether or not I want to continue offering it. There were many reasons for my grappling - many, many reasons why moving forward with it felt like the right thing to do, many reasons why retiring it felt like the right thing to do - so it was not an easy decision to make, but in the end, all of my grappling led me to this awareness. After ten years of Book Of Days, it's time to let it go. I'm also taking a break from Journal52, and these monthly workbooks will be going bye bye at the end of December.

Whoa.

My stomach did a flip flop when I wrote that, y'all, and I've already been in touch with my guest artists and posted about it on the socials, but still. Writing the words. Flip flop. Hold me. :)

Book Of Days has been such a fantastic experience for me. It's been a way to hone my creative practice. It's been a way to offer space to emerging artists so they can get eyes on their work. It's helped to hone my content creation skills, my writing

skills, and it has sustained me financially for a decade now. Letting it go is a bit like taking a flying leap off of a cliff and hoping a net will appear. It's terrifying, and the temptation to maintain the status quo has been *\*very powerful\**.

But, I need more time than I currently have to explore and settle into some other things that are taking priority for me. Therapy has ramped up because we're getting to the root of things which means I am pretty raw most of the time and raw = exhausted. Running a collaborative e-course with many moving parts requires more emotional regulation than I'm capable of at the moment. [Moonshine](#), which is my other year long program, has grown into something that requires a lot more time and energy (because it is very deep work) and I am finding myself wanting to sink into that even more deeply. Live weekend workshops on Zoom have become a thing I deeply enjoy doing because of the amount of intimacy and connection they forge for me and my participants. [Prayers To The Moon over on YouTube](#) has become an absolute touchstone for me and those who chose to join me most Mondays at 1 p.m. I do a *\*lot\**, y'all. Too much, really, so something has to give.

As I did all of my weighing of pros and cons, I came to know that Book Of Days had to go. Working on a massive year long collaborative e-course is just not right for me right now. I need to work smaller. Slower. I need to work *\*less\**. The last lesson for BOD will go live on December 1st, 2022 and that will be it. BOD will be no more.

*\*Pauses to let the tummy stop doing the flip floppy thing\**

As scary as it is, this decision feels deeply self-loyal and expansive. It feels like a choice that respects my limits - limits I have been pushing hard against for years. It honours what's happening with my nervous system while I learn to regulate it. It makes space for those days when I need to disconnect from everything in order to be in my present moment with zero input OR output so I can let whatever is going on within me \*go on\* without shoving it out of the way so I can get to work.

This feels lush. Really lush.

So. What now? Who am I without my signature offering? What will arise in this space that I'm making and \*gulp\* will it sustain me? I'm not sure yet, but I know for sure that I'm looking for a softer place to land, so that's what I'm calling in. I need to be quieter, more alone and "at home" in myself, so that's what I'm making space for. I need to call in all of the little tendrils of inquiry around my worth, usefulness, value, etc. and \*stop overdelivering\* in order to earn my space in the world. I still have a lot to offer, but it doesn't need to be over the top to be of service. I don't need to burn myself out to be of value. I am worthy just as I am.

## Where You're Going To Find Me in 2023

[Moonshine is a go.](#) We start on January 1st, but there's already introductory content up in the classroom including how to prepare for the class, journal binding instructions, and more. Please use coupon code ALUMNILOVE to get \$90 off with my blessings. If you need the payment plan, use ALUMNIP.

[Patreon.](#) I'm not sure exactly what else I'll be doing over there in 2023, but I know for sure that there will be a tier that includes archived replays of Prayers To The Moon, and a tier that includes the Moonshine Monthly Painting. As I know more, [I'll let you know via my newsletter.](#)

[Prayers To The Moon](#) - Live on YouTube most Mondays at 1 p.m. EASTERN, we will gather to take a few deep breaths, talk about whatever is alive in me at the moment, do some journaling, and make some art. These stay up for at least 24 hours before moving to [Patreon.](#)

And, who knows what else. Who knows. Not me, not yet, but as soon as I do, [I'll let you know.](#)

Holy Hannah. That's a lot of turn, turn, turn. But you know what they say, right? To everything, there is a season.

*Note that there are no journaling prompts this month except for the ones offered under "Suggested Activities and Resources"*

xo Effy

## Suggested Activities & Resources

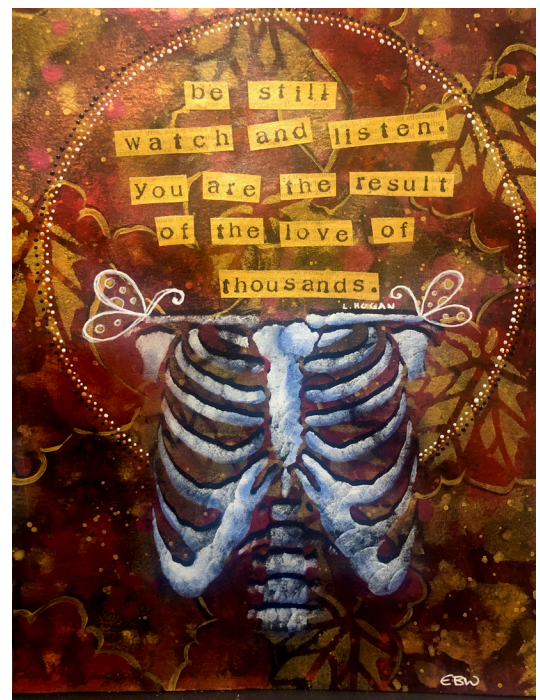
Is there something you're ready to let go of? Consider letting it go. Do you need some cocoon time, like I do? How can you make that happen for yourself? [Check out this speed painting of something I did for Moonshine around the theme of Cocooning.](#)

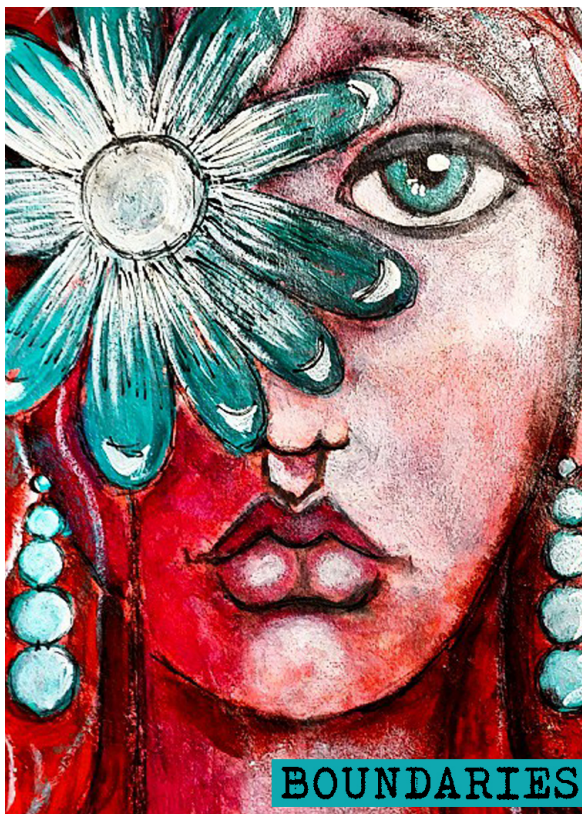
### As Always, Gather & Commune

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.

### 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, and Moonshine Lite. There's something for everyone, and there are yearly subscriptions available at a 10% discount!





## 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://effybirdwild.podia.com>







# November 2022





SUN	MON	TUES	WED	THURS	FRI	SAT
30	31 Halloween	1	2	3	4	5
6 Daylight Saving (End)	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3







# October 31 - November 6

MON	31	TO DO
		
TUES	1	
		
		
WED	2	NOTES
THURS	3	_____
		_____
FRI	4	_____
		_____
SAT	5	INTENTIONS
		1.
SUN	6	2.
		3.





# November 7 - 13

MON	7	TO DO
		
TUES	8	
		
		
WED	9	NOTES
THURS	10	<hr/> <hr/> <hr/>
FRI	11	<hr/> <hr/> <hr/>
SAT	12	INTENTIONS
SUN	13	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>





# November 14 - 20

MON	14	TO DO
		
TUES	15	
		
WED	16	
		NOTES
THURS	17	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
FRI	18	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
SAT	19	INTENTIONS
		<i>1.</i>
SUN	20	<i>2.</i>
		<i>3.</i>

# November 21 - 27

MON	21	TO DO
		
TUES	22	
		
		
WED	23	NOTES
THURS	24	_____
FRI	25	_____
		_____
		_____
SAT	26	INTENTIONS
SUN	27	1.
		2.
		3.

# November 28 - December 4

MON	28	TO DO
		
TUES	29	
		
		
WED	30	NOTES
THURS	1	<hr/> <hr/> <hr/>
FRI	2	<hr/> <hr/> <hr/>
SAT	3	INTENTIONS
SUN	4	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>

