



## Resilience



*Please note that I use feminine pronouns throughout, but I am addressing you, whatever your gender.*

Your PDF for June ended with the words “We are the granddaughters of the witches you couldn’t burn.”, a quote by Tish Thawer who writes paranormal romance. These words stir something very powerful in me, something not quite definable, but it’s definitely fiery, definitely made of ash and bone and hot, holy truth.

July in the Northern Hemisphere, for me, is a good time to explore this fiery power source. The days are bright, and hot, and mirror our own inner fires. The earth is exploding with abundance, and though we are focusing on the moon in this class, this one month, for me, is intensely solar powered. Basking in the light of the summer sun (despite my tendency to burn to a crisp) is a huge part of what makes life worth living. It always feels a little like I’m recharging my batteries, storing up strength and power, whenever I take this force in through my skin. July is also the beginning of the second half of the year, and it can feel motivating to pass that marker on the calendar.

The sun, for me, is a symbol of resilience. The way it sets every evening and rises every morning, the way we can count on it, the way we can literally set our clock by it, the way it nourishes our planet with light that becomes food that fuels our bodies. This celestial cycle playing out every day, day after day, season after season, year after year, right there in our sky feels like a promise. We are never stuck. Not really. Things are constantly in motion. We are hurtling through space. Cycles happen. We move in and out, like the sun.

After the night, the morning comes. This knowledge, for me, helps to build and bolster resilience.

You might experience resilience as something more earthy, like the rootedness of trees, or watery, like the perseverance of tides that carve cliffs, or airy, like the breeze that carries messages that keep you going, but for me, resilience is a fire that burns, and sometimes it burns hotter than others. Like fire, it needs tending. It needs to be fed, and it also needs to be guarded, since it can, if we let it, go out or burn out of control.

However resilience feels to you, it’s there, inside you. It can be exercised, like a muscle, and if you want more of it, if you find yourself needing it, you can build it.

I know this like I know the back of my hand.

We live in challenging times. I, personally, am feeling very challenged by what’s happening both on a personal level and on a global scale. We are in the trenches right now with what appears to be a painful peeling back of the veil that kept the shadow of racism, classicism, sexism, and all the other isms under cover. It’s all lit up right now, even more so than when we first began this program back in 2018. The sun is shining full bore upon it, and there is no denying its existence. It is, for some of us, especially those with any level of empathic ability, a painful awakening. There is no way to remain in denial anymore. It’s in our faces. We’ve got no choice but to grapple with it.

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Many of my contemporaries are struggling to deal with being on line at all, let alone marketing and promoting their programs. People are opting out of social media, opting to take news fasts, looking for different ways to connect, since the ways we've become accustomed to (maybe even addicted to) have become battle grounds, fraught with emotional violence, minefields of unconscious content. You can't go anywhere without tripping over something tragic and triggering. I could be speaking only for myself here, but I don't think I am. The temptation to check out of it all is pretty powerful right now, and for some of us, that's detrimental to our livelihoods and to our sense of connection. We must find ways to both engage and disengage, because our resilience is being taxed by all that's going on.

So how do we do this? How can we stay connected in ways that serve us (and our communities) while maintaining our own reserves, while tending our own inner fires?

That's a really potent question for me right now, and I think I've figured it out. I think we need to dance - in and out, engage and disengage, tend community, and tend ourselves, do a cha-cha, refuse to belittle ourselves for needing rest, or breaks, or news fasts. I think we need to honour how much times like these take out of us, and ensure that we're putting needful stuff *\*back in\** so we don't burn out.

What does 'needful stuff' look like? For me, it's face time with loved ones, drives in the country, bare feet on grass, time spent under a tree in the dappled sun of a summer afternoon. It's feeding people and watching them take my love into their bodies in the form of something delicious I've created just for them. It's *\*not\** bootstrapping it until I am in a full blown crisis, but calling when the brain gremlins start to ramp up and saying "I need you". It's having people I know I *\*can\** call, and yes, actually calling them. It's putting limits on the things that drain me (because boundaries) and naming things that deplete me. It's putting my inner fire, and the tending of it high on my list of priorities.

I'm going to be honest with you. Being on line right now is not doing anything for my inner fire, at least, not the one I want to stoke. It might be feeding my righteous rage, but I've got enough of that to last for a lifetime, so I don't need that stoked. What I need to fuel can't be fueled by anything but time in meatspace with fleshly people. That *\*doesn't mean\** there's no value in virtual connections. You all know how much I love my people, and how important my connection with all of you is to me. But it does mean that I have to balance in person, flesh and blood, messy real life with on line engagement, and that seems like a perfect project for the height of summer when life itself offers up a million other things to do if we go looking. Even if it's just a walk. Even if it's just a nap in a hammock chair. Something, anything unplugged.

I think (I hope) this can help tend to and build up my depleted resilience. Enter the fray. Do the work. Acknowledge, with clear eyes, what is true right now, but refuse to believe that this is all there is. Duck out as needed. Seek joy. Create meaning and beauty. Do whatever it takes to refresh my spirits and renew my faith in humanity. Being happy, finding happiness despite it all is a kind of witchcraft. It's a rebellion. It subverts the way corrupt power wants to keep us (me!) in fear. It creates in us (me!) an unshakable sovereignty. [We become like Aradia](#), that avatar sent to earth to teach Diana's children how to stand up for themselves in the face of oppression or tyranny. This is what I've been working on for a couple of years now in my own personal corner of Moonshine. It is why I've been so quiet, and it is why people are finding less of me and my writing on line. The balance must be struck, because in the face of all that's been going on in the world, I have found myself utterly depleted.

I need to recharge, and so July is for recharging. July brings days steeped in sunshine and beauty (even in the Southern Hemisphere, where from what I understand, the sun is ebbing into something a little less harsh and tyrannical and becoming a bit of a softer, more welcoming thing). We can let it fill us. We can draw upon it as though it is a source of power, and the truth is that any time a witch spends any kind of time in whatever kind of nature she can find, she is absolutely sourcing power.

The sun stands for me as a symbol of resilience. It comes with a promise. The sun always rises. Day always follows night. Summer always follows winter. The seed will always take root. The earth will always explode in abundance. Like the moon with its cycles, the sun's cycles can teach us secrets. Nothing lasts forever. This too shall pass. It isn't over until it's over. What is right now will not necessarily be tomorrow. Just as the year ebbs and flows in the light and dark, so do our lives.

Knowing this, trusting it, can build in us an eternal summer, a bright point of certainty and peace. There are things we can count on being true, no matter what. It's not so much 'faith' as it is absolute knowing, like we know the back of our own hand. Things change. They always change. If things are hard now, they will improve. If things are wonderful now, we will come up against challenges again. And on it goes. Resilience, and its tending, helps us engage it all without letting it grind us down.

This brings this quote from *The Stand* to mind.

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“The wheel keeps turning. The struggle continues. The command remains the same. Be True. Stand.”

It also brings this quote from Euphoria to mind:

“Trouble don’t last always.”

Thank the gods and pass the wine. :)

Resilience is a Witch’s super power.

Those of us who attune to the cycles of the moon and the earth learn get to \*know things in our bones\*. Death is not the end of anything. The cycle always cycles round again. What is happening now will not always be happening. Those of us who take it a step further and engage creative practice as part of our Craft know that trying is winning. We know that there is nothing we can’t learn how to do. We learn that the messy, ugly stages in our work (which are inevitable, and a necessary part of the process) are what lead us to mastery. Fallow periods where we feel uninspired will pass. Everything is worth being with on the page. We also know that life is complicated. It’s never just that one thing that’s going on. We can find ways to enchant the ordinary. We have ways of being in the world that improve it just by virtue of our presence. We are never alone. The dark night of the soul need not last forever.

After the night, the morning comes.

It always comes.

Let that be a promise you can count on, and let that lend itself to your sense of resilience.

Exercise: Right here, Right now

Right here, right now, what is going on? Name it, and describe it in as much detail as you can. Name the things that are going right and the things that are going wrong. Ask yourself what you have power with, and what you don’t. What can you build on, foster, tend, nurture? What can you actually change? Ask yourself how, and create a list of things you can do when you find your resilience tested. How can you stoke your inner fire? How can you be with what is without drowning in it or being overwhelmed by it? Right here, right now, where does your strength come from? How can you best use it?

**Art Prompt:** Create a spread comprised of a left hand and right hand facing page. Dedicate one side to what’s going right. Dedicate the other side to what’s going wrong. Use collage or sketches or whatever works for you. Own and document it all as a way of being with it. Being with all that is helps us build resilience.

Exercise: That Time When.

Think of a time when things could not possibly have been any worse. How did you respond? How did it end? What did you do about it? What evidence is there in your history of your own resilience? What strengths arise in you when the proverbial shit hits the fan? When has your resilience served you, and what did that look like?

**Art Prompt:** Paint an expressive self portrait of your strongest, most resilient self. What tools does she have at hand? What symbols represent her strengths? What colours come to mind?

Exercise: Counting Your blessings.

When I am feeling overwhelmed by the internal litany of things that aren’t working or things that are hard, shifting focus to what is going right, what is good in my life, in the world can feel like a kind of potion or tonic. It can break me out of the self-pity groove. When things are hard, or when you aren’t feeling up to the challenges life presents, try making lists of your blessings. Be specific. When you are hurt by or overwhelmed by how crappy things are, go looking for good news, both personal and global.

**Art Prompt:** Create a ‘blessings’ spread in your journal. Use a variety of lettering techniques to record them or repre-

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sent them as symbols. Include both personal blessings and more global blessings.

### Exercise: Petition The Powers

As witches, art or otherwise, we have allies. The gods, our ancestors, the elements, The Powers, however we understand them. Connecting with these allies is something we've done throughout this program through the creation of art. But sometimes, we don't have art in us for the moment. We're tired. We're depleted. We need to fill up before we can create, so that brings us to the subject of prayer.

Prayer isn't something we've talked a lot about in this class, but when the chips are down, when you're feeling burned out or over-whelmed or like you just can't go on, try praying. This can be done quietly to whatever powers you hold most dear, or it can be done ritually or actively. Look up or write spells for inner strength, or courage, or whatever you need right now to get you through. Create art that invites these powers to attend you in your time of need. It may feel weird or awkward at first if this is not something you are used to doing, but you will grow accustomed to it over time. This is powerful for me because it reminds me that I'm never alone. I might call upon the help of an ancestor whose story resonates with where I presently find myself. I might call upon the element of Air to lend me clarity or insight or the power of the sun to light up whatever is lurking in the shadows. You can do this using candle magick or herbal magick or ritual magick or art magick. Work with these forms of prayer until you find ways that work for you. And when you feel like you've got what it takes, come back to the art. Come back to creation. An integral part of witchery is making, since we weave worlds that way, so come back to it as soon as you are able.

Some of our allies are flesh and blood people, too, and they can be petitioned as well. If you're struggling, reach out to your people. Say what's happening. Ask for what you need. Make a list of those you can count on, and \*call them when you need them\*. Ignoring your needs and 'pulling up your bootstraps' will deplete your resilience faster than anything else I know of, so don't wait until you're in crisis. Fill up as often as you can, however you can, by engaging all the powers, including your earth angels.

**Art Prompt:** Create a journal specifically for 'prayer spreads' and use it whenever you need to be with the powers that be for whatever reason. "Pray" through the use of written journaling, or effort as offering, or by creating visual representations of what it is you want to happen in your life or the world. Create a spread that features your earth angels. Share it with them if you like.

### A note about cycling when you don't feel like it.

I wanted to pop in with a reminder that you are your own authority. That means that if you're not feeling cycling right now, if you're too busy with other things, or if you just need a break, that's perfectly fine. You can opt out of cycling all together. No one is keeping score. That being said, sometimes we resist doing the things that would be most useful or helpful to us, so be mindful of that. If you are finding the new moon to new moon cycle too difficult to keep up with for whatever reason, you can tweak the process to your own liking. Some examples of this might be:

- Do only the new moon vow as art, and simply journal your full moon gratitudes.
- Do only the full moon as art, and simply journal your new moon intentions/vows.
- Stick with journaling only to stay in cycle without pressuring yourself to create.
- Create 'off cycle' as the spirit moves you without worrying about where we are at with the moon.
- Ignore the energies that are present if they are too much for you right now, and connect with a divine mother or healer or wise one instead.
- Pause. Rest. Do nothing. Simply be.
- Hang out in the coven and lend your energies to those who are cycling.

I have to cycle as the holder of this space. You \*don't\*. You can take a break and nothing will fall apart. :)

Remember, though, that your resistance is fertile. If you can nudge yourself in the direction of doing \*something\*, especially when you're feeling stuck, I believe that you will find yourself well-served by that.

After the night, the morning comes.  
Know it. Own it. live it.

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# Art Witch Primer

This is a collection of lore, practices, books, quotes, dates, ideas, prompts, and correspondences that you may use as you see fit. Remember that while we have specific group practices on New Moon and Full Moon (to be discovered as we go), you are encouraged to do whatever you want on your own in the 'between times'. Suggested activities and art prompts are meant to be enjoyed 'buffet style'. Remember the power in picking at least one thing that really resonates, and another that makes you feel rebellious or resistant. Resistance and resonance are equally fertile. There is an 'art witch primer' worksheet below this document in your classroom meant to be engaged on your own. For best results, combine your own resonances with any of mine that feel 'right' for you.

## The Names Of The Moon

Hay Moon, Moon of Claiming, Thunder Moon, Buck Moon, Summer Moon

**Suggested Activity:** As we do with every moon, sit with these names and contemplate what they might mean for you. Compare and contrast these names with what's happening in your environment. Use your powers of seeking (GoogleFu!) to research the names and lore associated with this month of the year. Note anything that resonates with you. Journal Prompt: What name would you give a full moon in July? Why? What does July 'feel like' to you? What does it remind you of? What memories or traditions do you associate with this month? Which of these would you like to discard? Which would you like to keep? What spiritual significance do they or could they have?

**Art Prompt:** Create a spread or painting that incorporates the feelings or images that arise for you when you sit with any of the traditional moon names. Alternatively, create something inspired by what you would name the full moon in July.

## Tree Calendar

Check the listings for new moon and full moon (found in the INTRODUCTION or in your own moon phases app or planner) to see where they fall in the tree calendar this month and next month. Note that there will always be overlapping signs in each calendar month.

Workings can include art journal spreads that explore the energies associated with these trees, finding these trees (if you can) in your neighborhood and sketching them, looking up what they look like in all their life phases, working with the symbols associated with these trees in your art journal or in meditation, searching for quotes about them, or poems or stories that include them, etc.

### Oak June 10 - July 7

Good for workings associated with strength, protection, health, 'rootedness' or grounding, prosperity/money, success, and luck/good fortune.

**Journal prompt:** How rooted are you in your present moment? How 'in your life' are you? Define abundance/prosperity/wealth in your own terms.

**Art prompt:** Create art that invites abundance/wealth/prosperity into your life.

### Holly July 8 - August 4

Good for workings associated with balance, luck, protection, direction, and emotional healing.

**Journal prompt:** What's on your heart? Where do you need balance? What direction are you heading in and how clear is that for you?

**Art prompt:** Create art that invites emotional healing, balance, or a renewed sense of direction.

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## Correspondences

Sourced from a variety of references, this list is a great jumping off point for your own explorations.

**Colours:** Silver, blue gray, deep violet, green.

**Herbs/Plants:** Agrimony, lemon balm, hyssop, feverfew, St. John's Wort, mint, marjoram.

**Flowers:** Honesuckle, lotus, water lily, jasmine, meadowsweet.

**Scent:** Orris, Frankincense.

**Stones:** Pearl, moonstone, white agate, ruby, carnelian.

**Animals:** Crab, turtle, dolphin, whale, deer, mice.

**Nature spirits:** Earth-based fae, goblins.

**Season:** Summer (Winter in the Southern Hemisphere)

**Tree:** Oak/Holly

**Element:** Fire

**Astrology:** Cancer, June 21 - July 20; Leo, July 21 - August 20

**Workings:** Success, prosperity, solar spells, money, emotional healing, joy, balance.

**Celebrations:** Independence Day (July 4th, USA), Canada Day (July 1), Procession of the Witches (Belgium).

**Symbols:** Anything coming up in the garden, fields, oak leaves, acorns, 'sun in splendor', deer/stag, holly branches, anything that represents abundance/prosperity, and any symbols associated with summer/fire.

As usual, if a correspondence feels particularly resonant for you (example: 'deer'), makes sure and research it as well so you can deepen your understanding and insight. As always, remember to gut check all of these associations, and add your own. July may come with a particular scent, sound, colour, or taste for you. Include those correspondences in your personal lists.

Other references may include lists of deities to work with. If you are compelled to work with specific deities, lore, or stories, do that, but please avoid 'plugging in' to deities you have no prior relationship with. It is polite to develop a connection with a particular archetype or being before you ask them to assist you in your work or lend energy to your desired outcome.

### This Month's Altar

Adorn your July altar with all the fruits of summer, especially those that are local to you, flowers as they are coming up in gardens or fields, fire symbols, symbols of the sun, petition art for emotional healing, balance, or a renewed sense of direction, vision boards, incense - especially frankincense, antlers, offerings to summer deities, anything left over from last month that still feels relevant.

### Plein Air Painting Sketching

As with last month, I'm recommending Plein Air activities for this month, since it will get you out in the world where so much inspiration and beauty is exploding around us. If you are in winter where you are, see what you can see outside your window unless the weather is conducive to getting out into the world.

### Walking In This World

Go for unplugged walks. By 'unplugged', I mean, leave your phone at home or on silent. Take in the world around you. Remember to look both up, down, and sideways as you walk. See what you can see.

### Petition Art

Try your hand at petition painting. Use writing or any other method of self-expression to get your spread started, and paint your requests/prayers.

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## Gratitude Shrine

This month really highlights abundance. Consider creating a gratitude shrine (paper or otherwise) where you can make offerings (effort, or actual things, like milk, honey, incense, coins, etc.) for the blessings you can count in your life. A gratitude journal is also a kind of shrine. Consider documenting every good thing that comes your way.

### Activities and Ponderings for July

Investigate emotional healing spells, strength spells, or balance spells, and adapt them so that you are inviting whatever you most need at this time. Ask yourself what colours or mixed media art techniques make you think of strength, healing, or balance.

Paint or collage your most resilient self, or a heroine or deity that represents resilience for you.

Journal about your strengths, virtues, or values.

Assess your home base. How is it feeling? Do you need to do a mid-year declutter? Is your space working for you? How can it be improved?

Try plein air sketching or painting.

Create meals that include locally sourced or wildcrafted produce.

Get out into the world (safely!) with your camera or sketchbook to collect journal fodder. Do this all the time, regardless of climate, if you are able!

Moon bathe, even if only through an open window. Sit in silence and bask in moonlight, whatever phases the moon is in. See how it feels. Make notes. Art it out after if you feel so inspired.

What holidays have observances in July? Do you feel a resonance with them? Which ones would you like to adopt?

### July Recommended Reading

[Walking in This World](#) by Julia Cameron

[This list of books](#) by Thoughtco.Com that will help you find books according to your specific interests.

[This article on Aradia.](#)

[Witchcraft + Weeds: Healing + Magickal Practices For Summer.](#)  
[Honouring The Pagan Masculine](#) from Thoughtco.Com

[Drawing Down The Sun](#) by Stephanie Woodward

[Circle Round](#) by Ann Hill, Starhawk, and Diane Baker

[Earth Power](#) by Scott Cunningham

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# Quotes & Wisdom Sayings

Appreciation is the highest form of prayer, for it acknowledges the presence of good wherever you shine the light of your thankful thoughts.

**Alan Cohen**

I leave you my portrait so that you will have my presence all the days and nights that I am away from you.

**Frida Kahlo**

A sense of the universe, a sense of the all, the nostalgia which seizes us when confronted by nature, beauty, music - these seem to be an expectation and awareness of a Great Presence.

**Pierre Teilhard de Chardin**

Witchcraft is a way of looking at the physical and spiritual as a collaborative source of manifestation.

**Dacha Avelin**

When you wash your hands, when you make a cup of coffee, when you're waiting for the elevator - instead of indulging in thinking, these are all opportunities for being there as a still, alert presence.

**Eckhart Tolle**

Every moment is auspicious. There is always some magic in it.

**Amit Ray**

Be Here Now

**Ram Dass**

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Mandalas By Tina Stanley  
July 2024



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More About Tina:

Artist, photographer and creative tinkerer.  
Finder of inner truths and seeker of things unknown.  
Mom of 3, Nani of 7... and a full time student at 51 years young.

Guess what? I've only just begun... there is so much more out there that I want to sample.

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# Essential Oil Of The Month

With Kimi Bois



Ylang Ylang is a wonderful essential oil for those struggling. Any kind of struggling often has some ease or release with ylang ylang, as it helps support mental and emotional anguish, stress, anxiety or uncertainty. Ylang Ylang fosters feelings of love, security and serenity. It also helps to encourage a positive outlook and awakens an appreciation of self and others. Ylang Ylang helps to inspire creativity, intuition and understanding. It is both relaxing and calming with a beautiful warm floral scent.

## Recipes

New Moon in Moonchild: Stay the Course

1 drop each of  
Ylang Ylang  
Lavender  
Vanilla

German Chamomile (though any chamomile will work)  
Warm and soothing, this blend encourages us to check in with ourselves. Great for the bath or as a spray to use on you or your environment. I plan to add this to my paint water as well.

Other oils (or scents) you can use: eucalyptus, myrrh, frankincense, rose, lemon balm, orange, almond, grapefruit, gardenia, coconut, melon

Full Moon in Aquarius: Usher in

1 drop each  
Ylang Ylang  
Lemon verbena  
Patchouli  
lavender

This sign has a strong need for freedom, for clear thinking and for change/progress. This blend soothes and also strengthens, so we can usher in what we need, and let go of what we don't.

It would also work wonderfully in a roller bottle, or a spray to spritz in the air around you. I'm definitely putting this in my moon water (never ingest essential oils, decant into a container that you won't drink from if you add essential oils to your moon water—clearly label)

Other oils you can use: mace, mint, benzoin, lime, frankincense, orange, neroli, almond, amber, lemon

**Never ingest essential oils.**

More about Kimi:

My name is Kimi Bois. I am a practicing aromatherapist. I studied at the West Coast Institute of Aromatherapy and have been researching and experimenting with essential oils, herbs and other ingredients for 20 years. I am a practicing pagan, making magic everywhere I go. I am fascinated by symbols, associations and magical connections and where scent can really help us focus on what our intentions are.

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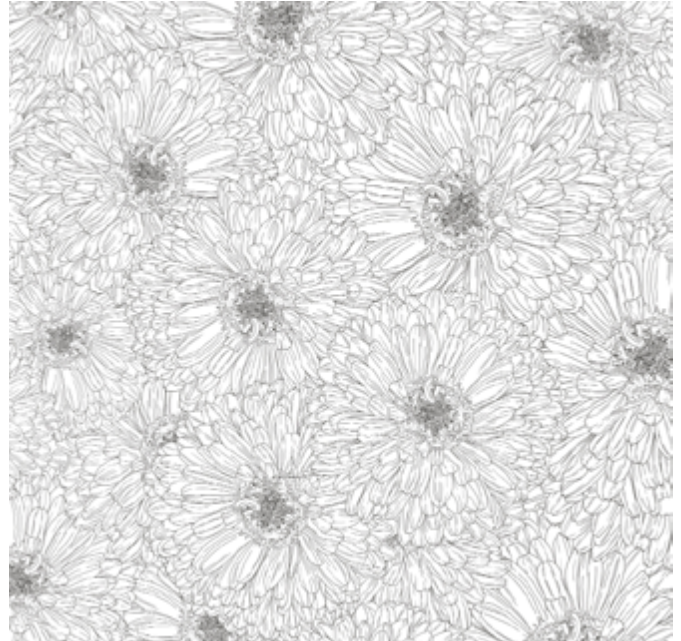
# Herb Of The Month

with Airmid Wylde

## Hibiscus

Hibiscus is one of my favorites and I drink it nearly all summer long, whether in a hot tea with other herbs or as a cooled sun tea with marshmallow or lemon balm. Enjoy!

Hibiscus is absolutely packed with goodness! It has vitamin c, iron, calcium, magnesium, aluminum, potassium, polysaccharides, antioxidants, and more. It's a part of the mallow family, and is considered both a cooling herb as well as an astringent, which means it works well for cooling the body and taming inflammation. It helps move mucus throughout the body, so it's often used for coughs and colds. Because of the high Vitamin C and antioxidant content, it's also often used as an immunostimulant. It is widely used in the herbal community as a diuretic and a supporter of cardiovascular health. If you already struggle with low blood sugar, be sure to keep an eye on how much hibiscus you drink! Hibiscus also helps to balance your hormones - it's astringent properties also lend a hand in regulating the menstrual cycle and excessive bleeding while its antispasmodic properties help with cramps. Hibiscus and red raspberry leaf are the two herbs I always reach for during my cycle. And, finally, hibiscus has antibiotic properties and, combined with its diuretic properties, makes a great ally for the urinary system. Hibiscus is such a wonderful, well-rounded herb that you can find many ways and reasons to integrate it into your life!



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### Ways To Use Hibiscus:

**Tea!** I often make hibiscus and lemon balm, hibiscus and marshmallow (especially for coughs, but delicious any time), hibiscus and ginger is great for nausea or tummy troubles.

**Astringent** - 1 oz alcohol free witch hazel, 6oz hibiscus tea, 1/2 tsp vitamin c powder.

**Hair or Face Oil** - Steep 20-30 hibiscus petals in almond or coconut oil for a fantastic face or hair oil.

**Hibiscus donuts** - not medicinal, but delicious nonetheless. You can also infuse milk/cream with hibiscus and then use it to make other baked goods. We made hibiscus and lavender cake with lemon glaze last week and it was delicious! [Here's a great link for hibiscus donuts!](#)

I would love to see how you enjoy hibiscus this month! Please share your creations and exploration in the group. <3 Love you humans!!

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# July Tea

## Cooling Heart Summer Tea

3p Hawthorne berries  
2p Hibiscus  
Optional:  
1p Cinnamon  
1p Ginger  
1p Orange Peel  
1p Mint

In this midsummer tea, hawthorn and hibiscus bring us nourishment and cooling, with the option to add a bit of spice.

## Cool and Calm

3p Hibiscus  
2p Chamomile  
1p Rose Hips  
1p Cinnamon Chips

This tea reminds me of hiking under a waterfall - it's refreshing

## More About Airmid

Airmid is part hippie, part geek, part rocker chick with some serious Dolly Parton sass. She blends self-love + herbism + art + spiritual musings with kickass empowerment + a hell-yeah attitude. She has a fierce passion for helping womxn discover their unique beauty + strength + truth...especially through plants and creativity. Find her on [Instagram](#), and in her Facebook Group, [Wildness Unleashed](#).



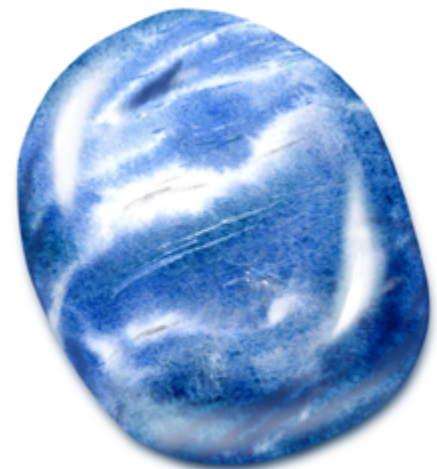
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## Stone Of The Month

with Rachael Caringella

### Sodalite

Activates and connects the third eye chakra and throat chakra to help you know your truth, and speak it. This stone enhances mental capacities and focus. Has a cooling effect on the mind and the body. Brings emotional balance by calming the mind and emotions. Helps you know your truth and speak it. Brings wisdom and promotes truth. Sodalite is a powerful voice amplifier



## More About Rachael

Rachael is a multi media artist, creatrix and mystic explorer. Currently located in the magical valley of Taos, she spends her days in her plant covered art studio painting portals to new dimensions, opening gateways to

hidden realms and crafting mystic creatures from the ethers. Having been a tarot reader for 10 years and an artist for as long as she can remember, it is her goal to bridge the gap between the mystic and the mundane.

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07

JULY  
2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5 <a href="#">New Moon in Cancer Paint and Sip - 6:30 p.m. EDT</a>	6 <a href="#">Live activation gathering 1 p.m. EDT.</a>
7	8	9	10	11	12	13
14	15	16	17	18	19	20 <a href="#">Full Moon In Capricorn Paint and Sip 1 p.m. EDT</a>
21	22	23	24	25	26	27
28	29	30	31			

TO DO

NOTE

# WEEKLY PLAN

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

MON TUE WED THU FRI SAT SUN  
 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

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TODAY'S FOCUS  
 \_\_\_\_\_

- TOP PRIORITIES
- 
1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_

- SELF-CARE
- 
- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

- TO-DO LIST
- 
- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

NOTES, IDEAS & INSPIRATION

# MONTHLY RESEARCH WORKSHEET

for the month of \_\_\_\_\_

## THE NAMES OF THE FULL MOON

\_\_\_\_\_

Full Moon is on: \_\_\_\_\_ in the tree sign of \_\_\_\_\_  
in the zodiac sign of \_\_\_\_\_.

Good for workings related to: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

New Moon in on: \_\_\_\_\_ in the tree sign of \_\_\_\_\_  
\_\_\_\_\_ in the zodiac sign of \_\_\_\_\_.

Good for workings related to: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other Dates Of Significance (eclipses, blue moons, celebrations, holy days, etc.): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Intentions, goals, wishes, and dreams: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Oracle Cards for this month: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# TREE CALENDAR

Check the listings for new moon and full moon (found in the INTRODUCTION or in your own moon phases app or planner) to see where they fall in the tree calendar this month and next month. Note that there will always be overlapping signs in each month.

Tree Name: \_\_\_\_\_ Active from: \_\_\_\_\_ to: \_\_\_\_\_

Good for workings related to: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Tree Name: \_\_\_\_\_ Active from: \_\_\_\_\_ to: \_\_\_\_\_

Good for workings related to: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## MONTHLY CORRESPONDENCES

Colors: \_\_\_\_\_  
Herbs/Plants: \_\_\_\_\_  
Flowers: \_\_\_\_\_  
Scents: \_\_\_\_\_  
Stones: \_\_\_\_\_  
Animals: \_\_\_\_\_  
Nature spirits: \_\_\_\_\_  
Season(s): \_\_\_\_\_  
Element(s): \_\_\_\_\_  
Celebrations: \_\_\_\_\_  
Symbols: \_\_\_\_\_  
Birthdays/Anniversaries: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Personal Associations: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



New Moon: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Results: \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Paste an image of your working here.  
(journal spread, altar layout, oracle reading, etc.)

# WISDOM SAYINGS

# NOTES



## ABOUT EFFY WILD

Hello, and welcome to my corner of this portal of light we call the Internet. My name is Effy 'Bird' Wild, (she/her, INFJ, Libra with Libra rising and a Cap moon, soul number 9, in case you were curious) and I am an artist, writer, and teacher who plays around in the realms of mixed media art, book binding, art journaling, and creativity as a spiritual portal. 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 what best serves your soul. Find me at [effywild.com](http://effywild.com) for art classes, musings and more.



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