



FEBRUARY



Stay Wild, Moon Child

The Art Witch Primer that you received in January ended with the words 'Stay Wild, Moon Child'. This saying has deep meaning for me, and it invokes in me two things: a sense of devotion, and an urge to protect.

This month we will be looking at both devotion and protection, and how they are connected. But first...

In January of 2024, we explored our wants & made wants lists. I want to circle back to that for a moment because we only touched very lightly upon that subject. That was intentional. I wanted you to get a taste of wanting without overwhelming you.

In my world, allowing myself to want things is a form of self-loyalty and devotion. When we want things and declare our wantings, we begin to come into alignment with ourselves, and we can begin to establish boundaries around the situations/people/energies that are obstacles in the way of our wanting, which is a form of protection. Wanting things is a portal through which magic may come because

wanting things will lead to "getting things" and that **is** what magic is about at its core.

Wanting things, and admitting we want them, can be challenging. It can bring up a lot of feelings about our worthiness or our "right" to want things. Wanting is so integral to our humanity that the overculture has appropriated it via advertising and other manipulative tactics, so it can feel fraught to examine and unravel our wants. We are encouraged to want whatever will make us acceptable or pleasing to someone else's gaze. We are encouraged to want whatever will make us an object of someone else's desire. We are encouraged to present ourselves in a way that will illicit wanting and/or envy. We are not encouraged to want things that are completely centered in the Self for the Self's sake.

Before you dive into this month's content, I want to invite you to examine your wants list (please make your list now if you haven't already) and ask yourself which of them are absolutely **yours** and which feel like they might come from elsewhere. Be ruthless about this. Don't judge yourself if some of your wants are knee jerk responses to the overculture. Extend grace to yourself, since we all have these sneaky wants that have nothing to do with us. Scratch those wants off your list or tweak them so they are better expressions of what you **really** want. Revise your list accordingly.

As we come together each New Moon, these wants lists are our guide to what we wish to work towards through our intention setting, magic and the actions we take to change our consciousness in accordance with our will.

Each new moon, we'll grab that list and look it over and see which of our wants would benefit from the energies that are present at the time. Which wants correspond to the sign the moon is in? Which ones feel like they'd get a boost from the Celtic Tree Sign? Or the traditional moon names?

You can also just work with whatever want is most alive in you in the moment and trust that the powers that are available to you in the moment will bless that wanting, but I find it most effective to work with wants that feel aligned with the sign the moon is in.

The tidying up and revision of your wants list is something that you can engage over and over again throughout the course of the program, so I'll be offering reminders to do so here and there.

Now, let's get on with this month's content, shall we?

Everything I'm about to share with you presupposes that you are in a relatively good place in your life. If you have untreated, unresolved trauma, if you're living in extreme poverty, if you have to be extremely regimented just to get by, you must tend that first before you start working in the way I'm about to describe. That means you have to have time/space wherein you are/feel safe. You are fed. You are clothed. You are adequately housed. You have a handle on whatever illness (mental, physical, or emotional) that you might be contending with. This isn't an ask for 'perfect wellness', because there is no such thing, but rather an awareness of general okayness OR a willingness to work very carefully, lightly, and with the awareness that *this class is not therapy and our group is not a place to process trauma or extreme emotional distress.*

If any of the above is NOT true for you right now, please do some work (with a professional if necessary & possible) if you can to get there. While it is certainly true that this work can be therapeutic, it is not a substitute for work with a qualified professional, and if that's what you need to attain some measure of "soundness", make that your priority if you can.

Be alert, and take excellent care of yourself while you work. That includes knowing it's not a good time for you to work with what I'm offering, and putting a pin in it for now. You can stay in the program, absolutely, but plan to work super lightly, gently, and with your own healing as your first priority. Remember that this program spirals in and back out again and you have the content forever. *Also remember that whatever you do for fun or pleasure is also magicks, especially in times like these.*

Let's begin by digging deeper with this phrase, our key greeting, and one that you'll see me use often in this program.

"Stay Wild, Moon Child."

What do I mean?

Wild

"Wild" is the word I use to describe that part of ourselves that has never been entirely domesticated.

She wants without shame or fear. She is the one who points you in the direction of what is soulful, soul food, truly good for you. She marvels at the beautiful sunset, the beautiful painting. She has to close her eyes when she hears the first piercing, poignant strains of a soul stirring piece of music. She may want you dancing naked under the moon. She may want you to take belly dance lessons, or Karate. She may want you to stand up tall, breasts thrust forward, in the full glory of your sensual and sexual flesh. She may want you to bend gender, or explore where you are on that spectrum if that feels playful and good. She may want that deep red lipstick, or to tromp about like a tomboy, or to go full on swamp witch.

She wants to fling paint with abandon. She wants to rave. Sometimes, she raises her middle finger up in a big 'fuck you' to conformity, to domestication, to being quiet, nice, or tame, and sometimes, when there's too much of all of that required, she goes either quiet or feral, depending on the circumstances. She is innocent, the way the wilderness and all it contains is "innocent". Notice here that innocence doesn't mean the same thing as 'not dangerous'.

Anything Wild Is Also Dangerous.

Most people who are drawn to witchery already have some sense of this wild self. You may have noticed a voice or a feeling arising within you that **doesn't quite feel like you** that has some pretty wild suggestions and desires. You may already be adept at accommodating those suggestions and desires, or you may just be beginning to hear them.

You may also be slightly (or utterly) afraid of what will happen if you start heeding those suggestions and desires, and if you have this quiver of fear within you, you are very, very wise, because heeding those suggestions and desires **will change your life**, sometimes in unexpected ways, and while that is a desired outcome of this (and any other

spiritual program), that is also *scary*. Uncharted territory is scary. Uncertainty is scary.

It's also exciting, though, and that's the direction we're going to try to lean as we journey with our inner Wild One.

When I say "Stay Wild, Moon Child" I am issuing an invitation to this part of self to come out to play.

So, Who She?

For the purposes of this program, I define this wild self (a part I call "Fetch") as a child of the universal parent, as represented in this class by the moon, but I also want you to start thinking of her (if you can) as *your* child. In the context of this class, you will be co-parenting her in cahoots with the divine as you understand it.

In some traditions, she is known as "Fetch" (this is my favourite term for this part), or "Inner Child", or "The Animal Self", and is believed to be the only truly effective conduit between your persona, or "Talker" and the divine, or "Paraclete", "Holy Dove", or "God Self". Why? Because she speaks the language of the divine, whereas the persona can only speak 'human'.

We engage this part of self in order to build a bridge between our persona and our divine self.

See Starhawk's 'Spiral Dance', or T. Thorn Coyle's 'Evolutionary Witchcraft' for more on these selves. You may also find *Betwixt and Between* by Storm Faerywolf as well as his writing on Triple Soul Alignment helpful in understanding these selves as well. There is also a wonderful [triple soul alignment available on YouTube here](#).

In my experience, she is the drive to create, and the desire to be free. She wants what she wants, and like the wild, she can be beautiful AND powerful AND dangerous in her efforts to get it. If you've read "Women Who Run With The Wolves", you'll recognize her as the self who responds to story. She holds your memories, and responds to people and situations based on those memories.

If she's been ignored too long, not given enough space or room to play, her wildness can verge on or tip right over into feral, which will show up as addictive or destructive behaviours (what I call "Feral Fetch"). She can have tantrums. She can, very definitely, run or ruin your life.

How she shows up for you depends entirely on how you show up for her, and when you show up for her, you are simultaneously showing up for the divine.

That brings us to our first theme of the month: **Devotion**.

Devotion To Your Wild Self

Any class or book about witchery is going to touch upon devotion, but very few touch upon devotion to self. Most of the books on the market today encourage you to foster relationships with divine and/or natural energies, but only a very, very few encourage you to foster a relationship with the seat of your power: you. That has always bugged me, because as a witch, I understand that I am the first power I have at my disposal, and that deserves devotion.

You are as divine/natural as any other energy out there. You are a vessel through which these energies work. You are the temple. You are the hands of God. You are the microcosmic representation of the macrocosm. You are the shiznit, baby, and you are amazeballs. You may be scoffing at me now. You may read this and then grapple with worth stuff, or 'ego' stuff around not wanting to be too big for your britches, but you are also, one assumes, an art *witch* and to that end, you are here to play with and know your own power.

So we begin with devotion to self. We begin with this statement:

I Am Worthy Of My Own Devotion.

You don't need to justify this statement in any way. You don't need to add anything on to it either. Avoid the temptation to add 'as long as I do this' or 'as long as I'm like this'. **No**. You are worthy of your own devotion because *you are*. Period. End of story.

When we talk devotion in this class, we are talking about active attention and care. We are talking about time and

attention paid to the object of our devotion. We are also talking about protection, since anything worthy of devotion is also worthy of protection, but we will get to that a little bit later.

Devotion vs. Worship

When we resonate with a particular character in myth, or a heroine or hero, or a deity or force, and we devote ourselves (actively) to it, we are also devoting ourselves to that self within us that wants to emulate that character, heroine, deity or force.

This is why we become devotees. We want to get close to the virtues we most admire so we may develop those virtues. We aspire to 'become like', so we observe closely. We listen to. We commune with. We make shrines to. You have a shelf dedicated to your favourite author? Devotion. You have a treasured friend whose company you so value that you set a feast before them in gratitude for their presence? Devotion. You love a teacher so much that you take all of their classes? Devotion. But devotion is not the same as 'worship', and in this class, **we come as devotees, not worshipers.**

There is more power in communing and devotion than there is in worship. I don't worship anything, least of all myself. I commune with the powers and forces that resonate with me. I engage the myths and stories as teachers and guides, not as whip cracking tyrants who will punish me if I fail them. Devotion does not require me to kneel. Communion does not ask me to abdicate responsibility for my own outcomes and let fate or the gods decide. Devotion asks me to **care** and be in community with the forces and powers we work with. Devotion asks me to pay attention. And the end result of devotion is personal growth. Worship feels like a demand only a narcissist would make. It feels fear based. **Devotion flows naturally through intimacy and love.**

Companions On The Journey

I would like for our primary focus of devotion in this class **for now** to be our own wild moon child or Fetch, with the moon as her/our mirror, divine parent, and guide. Our wild self is responsive to symbols, and in this class, the moon represents guidance, wisdom, and all phases of life. We work with the moon as an emblem of the cycles of life, death, and rebirth. We can relate to it as a deity or not according to our own resonance. Please circle back to January's lesson entitled Our Guide, The Moon for more on this if you need a refresher.

That doesn't mean you're not "permitted" (gross!!!) to work with or be a devotee of other forces. It just means that here, in this space, we have a specific focus which makes it easier to work together as a group. You can be a devotee of your wild self and the moon as guide, AND the entire universe as Holy Mother or God/dess, AND Brigid AND Wolves AND Jesus AND Kali Ma AND...(you get the picture) but in terms of what we're working with here in the class we're going to hone in.

We are the microcosm that reflects the microcosm. As we continue throughout the year, we will explore other aspects of the divine together as a group, but for now, it's all about this one aspect of self - Fetch - and this one guiding symbol shining down on us from the curved mirror of space - The Moon.

As you develop your powers of devotion, you will learn how to work with and engage other energies as a natural by-product.

*Note: We do not *use* these energies. We *engage* them. The powers we work with are better perceived as friends and allies and not simply batteries we plug into.*

Those of you who have been asking 'how do I develop a relationship with these forces' now have your answer. Become a devotee, but start with you, first. Start here, first. Work the cycles first. Let other forces come through as they will, -and they will, often arising as obsessions with myths or stories that inspire you and inform your work - and as you build your relationship through your devotion to the wild self, the way to relationship with other forces will be made clear over time as you practice.

Note that here in our seventh year, some of us have added other powers to our personal pantheon. You're welcome to do the same as you're ready.

Protection

In my opinion, the concept of protection is both under and overrated. In some traditions as taught by other teachers, there is a huge emphasis on protection from spiritual forces, especially 'psychic attack' (overrated) and not enough emphasis on protection from actual forces (underrated). Spiritual forces might exist, **but clearings, if we're doing them, are the best way to contend with them.** We are not working with demons or demigods in this class. We're not working with the idea of the world as a hostile place from which we need constant, ongoing protection. Do your clearings. Let your vibe attract what it will. Deal with things as they come up.

But there are forces that do stir up in me a desire for protection. They are forces we are all familiar with: the things that numb us out. The things that stress us out. The things that keep us from our work. The things that are bad for us, that drain our life force instead of empowering us. The soul sucking relationships. The distressing contents of the daily news report. In most cases, these forces are less effectively dealt with "shielding magic" or banishing, and more effectively dealt with **good boundaries.**

Protection = Boundaries.

I like to think of my boundaries as a delicious combination of holy no and holy yes. When we have good boundaries, we can feel when things are and are not good for us, and we can consent or decline. It sounds simple, but it is, in fact, the work of a lifetime.

Devotion is the key here, though. If you're paying attention, if you're offering loving care, if you're calling in powers that you have a preexisting relationship with, powers you know will work with you towards the attainment of your highest good, protection *happens*.

Simply noticing (vigilance) is the best form of protection out there.

If you develop intimacy with yourself, you will notice when your guard softens or your hackles are rising (that's your wild self alerting you to a holy yes or a holy no), and you'll be able to attend to what's seeking you or opt out of the thing that's not right for you. If you build trust with your wild self by giving her room to play, by listening to her when she starts tugging on your sleeve, by making and **keeping** intentions that are in your best interests, the two of you will develop the boundaries you need to safely operate in all the realms, seen and unseen.

Shit Happens, And That's How You Get Roses.

What I really want us to grapple with, here, now, in this class, though, is that witchcraft doesn't guarantee a perfectly peaceful, happy life. Shit happens, and through the judicious use of witchery, we learn that we *can* deal with things as they arise, so we don't need to spend all of our energy 'preventing the shit from happening'.

Dealing with all the stuff that comes up as a result of shit happening is like adding compost to the garden. It stinks, but it grows us. Spending all of your time on 'protecting yourself from or avoiding the shit' will probably just attract more shit, because remember: magic to increase things is a lot easier than magic to decrease things. Paying undue (obsessive) attention to the 'do not wants' is paying for those unwanted things with your energy.

Do clearings. [Try this water cleansing ritual](#) if it inspires you (this, along with [Triple Soul Alignment](#), is my singular most important regular devotional practice). Do your work to become responsive rather than reactive (as in: become aware of the shit you create vs. the shit that happens and limit, as much as possible, the shit you create!). Attend to the wild self (this will go a long, long way to becoming aware of what shit you create vs. what shit just happens!). Be in communion with the divine however that works for you. Know that messes (both the ones you create and the ones you step in) will happen. Clean up the messes as they arise.

That being said, using protective symbols (example: sigils, bind runes, the sign of the cross, five pointed stars, even 'the finger' raised against a negative influence) can be a powerful way to remember the importance of boundaries. Using such a symbol is also a good way program yourself to be mindful of what energy you allow 'in' to your awareness. I'll be covering a bit about that in our art witch primer for February.

For now, let's circle back to devotion, since that's where the real power lies.

Exercise: Devoted To You

What I'm about to suggest may feel way outside of your comfort zone, but I'd like you to create a shrine to your wild moon child. This should include objects that delight you, that feel like 'treats'. I like to keep a piggy bank (just a mason jar, but still) on mine so I can make offerings of spare change as a way to save up for the things that make my wild self happy (like art supplies, funky socks, dangly earrings, nag champa incense). You can include the shrine as part of your studio altar, or you can keep it separate as you see fit, but try and put it somewhere 'in your face' so that you're less likely to forget to spend some time communing with her.

Remember: this is not self-worship. This is devotion to a part of yourself that is a tremendous storehouse of creative and spiritual power.

If she reveals her name, start referring to her by that name. My wild self is really fond of the name Meraki, so that is what I call her. She used to prefer Willow, but she grew out of it, so I let her change it. I make a habit of talking to her, engaging her, especially when I'm working in my art journal. She is my creative impulse personified, so when I'm painting, and I'm listening for those impulses, those urges that arise, she is who I'm listening for. I dialogue with her regularly, especially if I'm in the grip of emotional states that feel wildly out of my control. Often, when I'm making my vows, I'm making them *to her* since she is the object of my care and devotion and shifts I make in myself towards my best self are ultimately for her benefit.

So, Yes. It's Weird.

I've taken a part of myself that resides within me, and I've made her a character that I can relate to as though she is a real person. So weird, right? But a *super powerful* way to ensure that I am practicing self-love on the regular, because I don't know about you, but when I think of specific parts of myself as 'beings' that are separate-ish from me, that *need* me, I find it easier to care for those parts. It's a bit of a workaround, it's true, but it does work. It's an intensely effective way to get out of my own head (where the voices are often all 'you are not worthy of such care') when I'm trying to shift things that need shifting. It also enforces what I call "the holy pause", because if I'm stopping to listen to the whisperings of my wild self, I'm also taking the time to check in with my intuition.



A healthy witch makes all things sound. We talked about this last month. It is so, so important that we are on that list of things to make sound, and being with ourselves, fostering a relationship with ourselves in the manner described above is one of the ways we can do that.

Art Journal Prompt: Paint a picture of your wild/Fetch self. You can paint her as energy (so keep it abstract) or create a more iconic portrait of her. Print a copy to keep on your altar. Pay attention to how it feels to look at this image. If you ever feel like it doesn't adequately represent her anymore, paint a new one.

Exercise: The World You Live In

Spend some time thinking about the world you live in. How often are you engaging with the world as though it is a terribly dangerous and hostile place? How often are you engaging in the wonder of it, the beauty of it? How can you tweak or shift your focus so that you spend more time with its wonders? What needs to change so that you are less drained, more empowered? Where is your 'happy place' and how much time do you spend there?

This is not a matter of bypassing all that is wrong. There are great injustices in the world, and they also must be attended to. Nothing changes without awareness, so yes, we must be aware of what needs changing, but it is important to also make accountings of what is good, soulful, joyful, pleasurable, happy-making, etc.

Some examples:

- Do a newsletter purge so that you're only reading things that feel inspiring or empowering.
- Unfollow the feeds that make you feel like crap, or stir up your compare-y monsters on the regular.
- Do a news fast so that you come back into center, back into your own little world where you have the most power.
- Decline that invitation to that thing that you feel obligated to go to, but find yourself really resenting as a time suck.

- Get more time out of doors, wind in your face, sun in your eyes, mask in your pocket in case you encounter other humans.
- Spend more time with the people that make you feel really good in your own skin.
- Develop mini rituals to help you detach from the things you despise having to do so you can leave them behind at the end of the day - especially good for those who work jobs they don't love.
- Put up twinkly lights. Light candles. Burn incense or use room clearing sprays (Googlefu!)
- Read for pleasure, colour, or listen to music.
- Solo-task - do one thing with your full attention.
- Spend more time at the painty table creating beauty where there was none before.

Once you've noodled around with this for a bit, make a list of the ways you can make your world more beautiful, enchanted, wonderful, and then do at least one of them. See how that makes you feel. See how your wild self responds. See if the world doesn't get just a little bit brighter. **Keep this practice up as a daily devotional practice. Think of it as "Feeding Fetch".**

Once a day, go looking for wonder, for beauty. Once a day, create the reality you wish to inhabit by choosing your focus and making it, however temporarily, your whole world.

This will build trust with yourself as surely as any other ritual action.

Art Journal Prompt: Create a spread that includes a 'happy list' or a 'wonder list' of all the things that feed your soul. Print out a copy and put it up somewhere so you can see it regularly. Refer to it whenever you need to get some happy happening.

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.

The Names Of The Moon

Storm Moon, Hunger Moon, Wild Moon, Ice Moon

Suggested Activity: As we did last 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 (Google-Fu!) to research the names and lore associated with this month of the year. Note anything that resonates with you. [Farmer's Almanac](#) is a great place to start with regards to the names of the moon, and where these names come from. I tend to work with the day before, day of, and day after as being the 'peak of the moon'. Having this window of time instead of one day gives me some peace of mind that no matter what's going on, I can fit in some moon time.

Journal Prompt: What name would you give a full moon in February? Why? What does February '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 February.

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 this calendar. 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.

Rowan

January 21 - February 17

Good for workings associated with protection. Rowan is known to ward off negativity.

Journal prompt: What do you value? What wants/needs your attention and protection?

Art prompt: Create art that focuses on the things/people/places you want to protect. Do a spread about those things you would stand up for/protect at all costs. Make sure to include yourself on the list.

Ash

February 18 - March 17

Good for workings associated with the relationship with the inner self, spiritual journeys, dream work, prophecy/psychic development, and magical tool making.

Journal prompt: How intimate are you with your self? How well do you know yourself? How well do you trust your own intuition?

Art prompt: Create art that represents yourself as being open to spiritual nudges and intuition. Work with the idea of 'parts of self' in the journal. Paint your dreams.

February Correspondences

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

Colours: White, green, silver

Herbs/Plants: Rosemary, sage

Flowers: Snowdrop, Crocus, violet, primrose

Scent: Pine, sage, violet, heliotrope

Stones: Amethyst, rose quartz, jasper

Animals: Moles, badgers, groundhog, lambs/sheep, owls, herons

Nature spirits: House spirits, plant devas

Season: Winter (Summer in the Southern Hemisphere)

Tree: rowan/ash

Workings: Purification, protection, healing, blessings, prosperity, creative endeavours

Celebrations: Imbolc/Candlemas, Valentine's Day, Lupercalia/Pan's Day

Symbols: Lambs, candles, flower bulbs, crocus, Brigid's mantle, Brigid's cross

As usual, if a correspondence feels particularly resonant for you (example: the colour 'silver'), makes sure and research it as well so you can deepen your understanding and insight. Exploring correspondences ('things like') is a great way of seeding your subconscious so you have an ever ready well of inspiration to draw upon in your workings. As you read through this list, ask yourself how it might inform or enhance your creative practice. What if you put a drop of pine essential oil in your paint water? What if you researched the psychological or magical associations of the crocus?.

As always, remember to gut check all of these associations, and add your own. February 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

Your wild moon/rowan moon altar can include leftovers from last month, like your snow globes, paper snowflakes,

etc. along with new stuff, like crocuses, images of goddesses associated with this month - Brigid (Irish), Cerridwen (Welsh), offerings of milk, images of lambs, paintings that relate to the weather where you are, a piece of rowan or rowan berries, dream boards or vision boards that focus on winter's end, and the emergence of the coming spring, and anything that feels like it belongs on your altar all year round.

NOTE: Your representations of the divine *do not have to be gendered*. Maybe a picture of a star being born represents the divine for you, or the planet as seen from outer space. Go with what feels good. Don't conform to anyone else's ideas of what the divine 'should' look like. Include any 'things like...' your intention or desire for this month. Add a print of a painting of your new moon intention. Use the correspondences above to guide you, or use your Googlefu.

Painting As Devotional Practice

Something you're going to hear me say a lot is that certain kinds of painting are 'effort as offering'. When I'm engaging in all the fiddly tending bits of a painting, I often think of it as devotional, as a way of expressing my devotion. If I'm working an iconic portrait of a force, power, or spirit that I am working with, the entire painting session can be considered a devotional practice. Any time I come to the painty table to create out of a desire to do so, that is also devotional. The difference between devotional and non-devotional practice is simply intention. If I intend that the energy I'm expending in my efforts are devotional, they are. If I connect with my desire to express devotion (love and care) for a particular part of self, force or being, then I am engaging in devotional practice.

Not all of my painting sessions are explicitly devotional, but there is always an element of devotion in what we do for fun or pleasure. There is a text written by Doreen Valiente known as "[The Charge Of The Goddess](#)" and it includes the line "All acts of love and pleasure are my rituals". This is a powerful nudge in the direction of fulfillment of desire and seeking of pleasure as an appropriate offering to the divine as we understand her. If we are indulging ourselves in our pleasures, that's devotional. If we're having fun, that's devotional. It might not be explicitly intended, but the divine seems to show up for the fun, mirthful stuff as much as for the more serious, reverential stuff.

Knowing this can really change your relationship with art and your own creative practice. It is never selfish or 'self-indulgent'. It is always a ritual act. It is always a force for good in our lives. It is always shot through with devotion. It is always an offering to our wild self, and to the divine as we understand it. It is never a waste of time. Never.

Dedicating Your Time As Sacred

If you ever need to nudge yourself in the direction of perceiving your creative practice as devotional, try using the basic ritual outline provided to you in the INITIATION document to create a series of ritual actions to set your creative time apart from ordinary reality. Light a candle or ring a bell. Declare out loud that the energy you are about to expend in the creative process is dedicated to <insert your object of devotion here>. It could be anything from your own development as an artist, the healing of a friend from an illness, the arrival of true love in your life, to world peace. Clap your hands three times to open or close. Brandish your paint brush as though it is a magic wand.

Calling The Awen: A Ritual To call forth The Spirit of Inspiration

Chant the word "Awen" (pronounced AH-OO-EN) out loud, nine times, allowing your intonation of the word to grow ever longer and more resonant. Begin your work secure in the knowledge that Awen is in attendance. This can be included as part of any ritual in which art of any kind is included. When you're finished, use a simple farewell to 'close the circuit' and return to ordinary reality. This can be as simple as whispering a quick 'thank you' and moving on with your day.

You can read more about Awen (a force associated with the Welsh goddess Cerridwen, who is another version of the Holy Mother that I work with often) [here](#).

As always, do your research. Find simple, doable ritual actions that alert you to the sacredness inherent in what you are about to do. Above all else, do what is personally resonant. Remember, when it comes to what will work for you, you are your own authority.

Paper Shrines

One of the loveliest, most artsy way to develop a sense of connection with the powers that be are paper shrines.

These are simply paintings meant to 'house' the spirit of whatever it is we are working with. If you are getting to know a particular element, create a painting that includes its associated colours, symbols, etc. If you are developing a relationship with a particular being, spiritual force, or even feeling tone, paint it with the intention of inviting it to inhabit your painting.

Sigil Magic For Art Witches

If there are particular protective (or other) symbols (use your GoogleFu) that you would like to work with, you can incorporate them into your work. Sigil magic is easily the most accessible form of magic there is, since all you need is paper and writing instrument. Please see [The Witch's Shield by Christopher Penczak](#) for more on shielding and protective magic, and [Sigil Witchery by Laura Tempest Zakroff](#).

As mentioned earlier, this is not about being 'paranoid' about 'evil spirits' or psychic attack. I am not a huge fan of these concepts, since I believe that we are incredibly powerful beings, and the idea that someone else's negative feelings or thoughts towards us amount to an 'attack' seems like something out of the dark ages. Can other people's energy impact us? Of course. Do we have to be subject to other people's energies? Of course not. That's why we take responsibility for ourselves, for protecting ourselves, by having good boundaries.

I believe that shields are an effective psychological tool. They allow us to come into awareness of our own power to discern what is good for us and what isn't. Another word for 'shielding' is 'boundaries'. I know. Boring! But crucial. Developing, and using creative, visual, energetically, and emotionally charged symbols of our excellent boundaries is just another form of art witchery that may seem woo woo on the outside, but is actually just good mind/body/spirit hygiene.

Activities and Ponderings for February

Investigate protection rituals/spells and see if any really appeal to you. (Googlefu! or your existing resources) Play with them before adding them to your repertoire. Which ones feel especially relevant to your creative practice? Which feel more appropriate for general use?

Ask yourself which of your art journaling techniques or mediums feel 'devotional' to you. Which of your creative practices feel 'devotional'? Try using them that way intentionally and see what happens for you.

Ask yourself what colours or palettes make you think of protective or shielding magic?

Paint a protective shield that includes symbols or sigils that you developed or found in your research. Make sure you understand what the sigils mean before you employ them for best results.

Try creating a sigil, and then embroidering it onto a piece of clothing you wear all the time, like a scarf or shawl, or even your handbag.

Try painting or wood burning a sigil into a piece of wood that you can carry with you or wear as a necklace.

What or who creates a feeling of protectiveness in you? How do you/can you act protectively toward them?

Consider how devotion and protection are related. How devoted are you to your own well being? How well do you protect yourself?

Who inspires your devotion? (Include people, deities, characters from novels, icons (musicians, poets, prophets, etc.)

What is your relationship with your own wild self/inner child/Fetch? Are you in touch? How might you be in better touch?

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.

February 1st is [Imbolc \(also known as Brigid's Day\)](#) in the Northern Hemisphere and [Lughnasadh](#) in the Southern Hemisphere. Do some research and decide if this is a day in the Wheel of The Year that you'd like to mark as sacred. How will you celebrate?

February 14th is [Valentine's Day](#). Do some research and decide if this is a day on the calendar that you'd like to mark as sacred. How will you celebrate?

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February 14th is [Valentine's Day](#). Do some research and decide if this is a day on the calendar that you'd like to mark as sacred. How will you celebrate?

February 15th is [Lupercalia](#). Do some research and decide if this is a day on the calendar that you'd like to mark as sacred. How will you celebrate?

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

February Recommended Reading

[The Witch's Shield by Christopher Penczak](#)

[Devoted to You by Judy Harrow](#)

[Psychic Self Defense by Dion Fortune](#)

[Women Who Run With The Wolves by Clarissa Pinkola Estes](#)

[The Spiral Dance by Starhawk](#)

[Evolutionary Witchcraft by T. Thorn Coyle](#)

[Sigil Witchery by Laura Tempest Zakroff](#)

Quotes & Wisdom Sayings

'A witch ought never to be frightened in the darkest forest,
Granny Weatherwax had once told her,
because she should be sure in her soul
that the most terrifying thing in the forest was her.'

- Terry Pratchett, Wintersmith

'close your eyes.
fall in love.
stay there.'

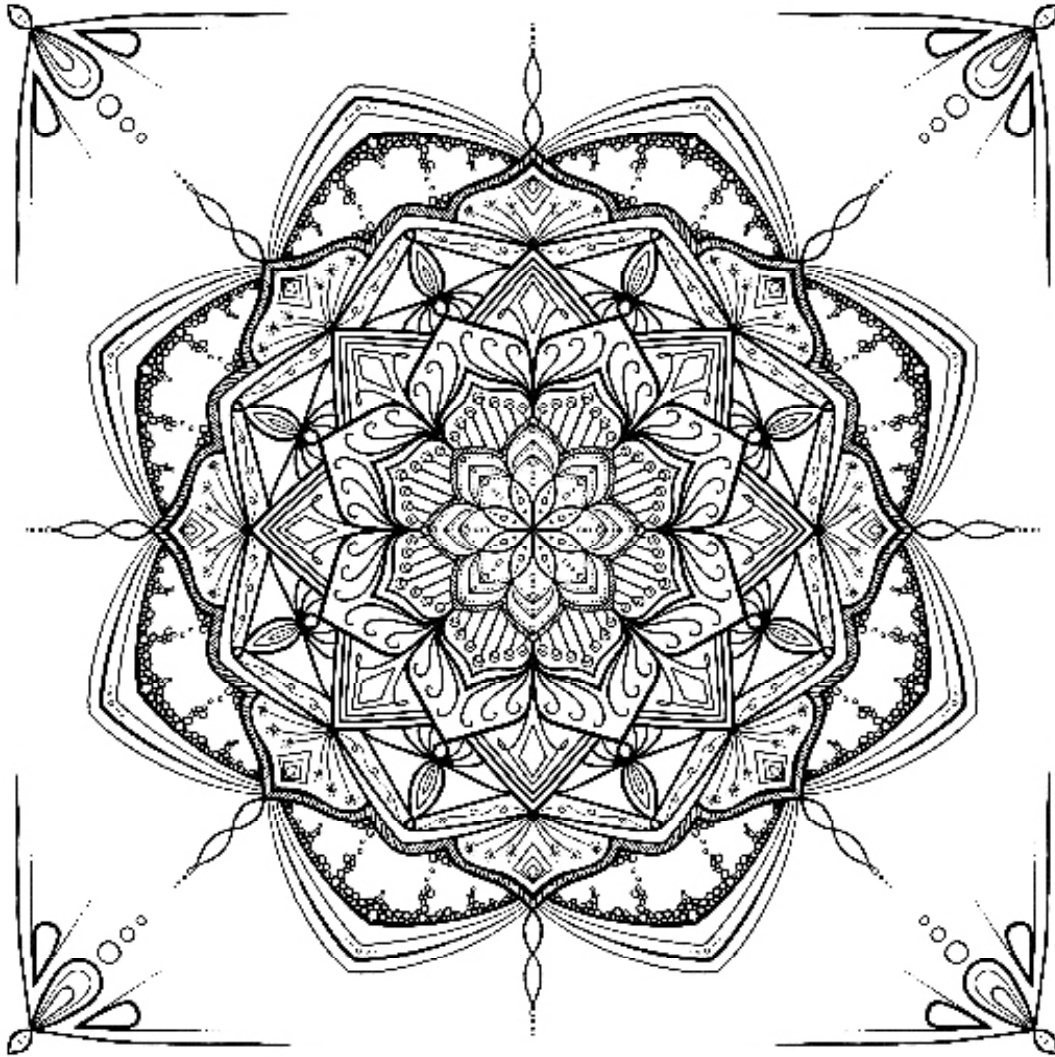
- Rumi

"Knowing yourself
is the beginning of all wisdom"

-Aristotle

Mandalas By Tina Stanley

February 2023



[DOWNLOAD TO PRINT & COLOUR](#)

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.

Art Witchery with Effy Wild

I work with "parts of self" a lot in both my spiritual and creative practice, and the part that we explored this month - The Wild One or Fetch or Inner Child - is the one that I engage with the most. Why? Because that's the part that holds all of the juicy stuff that art & ritual are made of - the symbolic lexicon, the visceral reaction, the wonder, the instinctual responses.

I'm not an expert at parts work, but I do know that one of my "best ways in" to engaging all of my parts is through interviewing them. Getting to know your parts can increase your life force because knowing them leads to engaging with them and engaging with them leads to *having access to them and the power they contain*.

This month, I interviewed Fetch as part of my creative process.

Interviewing Fetch

Read over [this article on the triple soul](#) and then check [out this triple soul alignment](#). You can also do a Google search and find one that resonates with you - search for "triple soul alignment".

Try one or all of them over a period of days and see how this practice feels to you. Whether you "believe" in the tripartite soul or soul alignment doesn't matter. Treat this as an experiment. Try it and make some notes about how it feels.

Once you've done the alignment, do whatever you need to do to create some space and time to engage with Wild Child/Fetch via free-writing. If you really want to get into it, try writing with your non-dominant hand. If typing is your preferred way of free-writing, go for it.

My parts respond to having the question jotted down and then space to answer, since this was something that was grilled into me in one of my favourite classes in high school. When you include the question in your writing process, it can help you focus, but you do you! Ask the following & any other questions that arise for you as you engage.

- 1) *What are your favourite things to smell?*
- 2) *What are your favourite things to touch?*
- 3) *What are your favourite things to taste?*
- 4) *What are your favourite things to hear?*
- 5) *What are your favourite things to see?*
- 6) *What are your favourite things to do/experience?*

Note that Fetch tends to communicate through feelings, impressions, nudges, and visuals. You're not necessarily going to get words out of her (though I have definitely heard her giggle, howl, hum, etc). Pay attention to whatever pops into your head/body as you engage. Be nonjudgmental and open. Invite Fetch to answer in anyway she prefers.

Once you've done this written interview, you might pull out your chosen oracle and ask:

- 1) *What do you want me to know about you?*
- 2) *What do you need?*
- 3) *What are you not getting enough of?*
- 4) *How can I better show up for you?*

Use the answers to these questions to formulate a list of things that will nourish this part of self. This will help you to build a relationship with the part of yourself that holds your spiritual power, which will make that power more easily accessible to you as you do your workings. You can also just ask yourself "What gives me life force?", but I find the more specific questions yield more workable answers.

Art Witch on, my Art Witches!

xo
Effy

Essential Oil Of The Month

With Kimi Bois



Most of us know about Lavender. Sweet smelling beautiful purple flowers that is included in so many products these days. Lavender is soothing and calming, relaxing and sometimes a little heady in scent. The essential oil of lavender is the only essential oil I will ever suggest is safe to use undiluted on the skin. Safe enough for babies (after the first 24-48 hours though) for its soothing and calming properties. It has a mild muscle relaxing quality that sees it added to a lot of pain rub blends.

Lavender is amazing for soothing skin irritations like rashes, burns and blisters. I reach for my lavender before the cool water when I burn myself, as it also stops the burning from continuing, while simultaneously soothing the pain of the burn, with its analgesic properties and beginning the healing process, with its antibacterial qualities it helps reduce the chances of infection.

Lavender the herb, stalk and flowers are often added with chamomile to tea, and the essential oil of lavender and chamomile blend beautifully together, as a soft and soothing blend for sensitive individuals. Lavender has a great quality in balancing. Balancing oil production on the skin and in balancing emotions as well. Its considered an essential oil that does what you need it to, and so if you need cool it will give cool, if you need warm, it will warm. Its always a great addition to many blends, and especially for this month. Never ingest essential oils, use caution if you do plan to apply directly to the skin, apply 1 drop to the inside of the wrist to see if you have any adverse reactions. Its considered the most hypoallergenic of the essential oils often used for aromatherapy, but that doesn't mean you won't have an allergy to it.

Recipes

New Moon in Aquarius: Release

2 drops patchouli
1 drop lime
1 drop ylang ylang
2 drops lavender

In bath salts; ¼ cup of salts (I like a mix of Epsom salts, Himalayan salts, dead sea salts and a ¼ tsp of carrier oil like coconut or grapeseed, jojoba or castor. I plan to burn this in my diffuser while I work on my art, and any time I need that extra oomph of releasing what I'm holding onto.

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

Full Moon in Virgo: Embrace Imperfection

2 drops lavender
2 drops cypress
2 drops bergamot
2 drops frankincense
2 drops vetiver
3 drops german chamomile

Soak in the bath, roll it onto your body or just breathe it in. Embrace the imperfection in the world as this blend soothes frazzled nerves and uncertainty. Find calm within worry, anxiousness, being critical etc.

Other oils you can use are: mimosa, vervain, jasmine, rosemary, eucalyptus, mace, fir, spruce, anise, comfrey, lemon balm, patchouli

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.

[Facebook](#)

Herb Of The Month

with Airmid Wylde



Violet

This month, we're also exploring violet - one of my favorite flowers. In this instance, we're focusing mostly on European sweet violet (*V. odorata*) and heartsease (*V. tricolor*), as those are most often used in the western world and can also be widely found.

Violet is chock full of minerals like magnesium, calcium, and potassium as well as oodles of vitamins, so it works great in long-steeped tea-like infusions and in foods. You can use both the leaves and flowers in salads, smoothies, sauteed dishes and baked goods, as they have a mild taste. Because it is a demulcent, it helps with gut related issues like chronic inflammation and IBS. It's also been studied as a nervine and has been found to have relieving effects on anxiety for some, but more studies are needed before science will agree and support this claim.

[Download, Print & Colour](#)

Ways To Use Violet:

Use the leaves and flowers in soups as a thickener packed with nutrients.

As a healthy added garnish to salads and baked goods.

Sweet violet syrup or tincture taken regularly can help with anxiety and inflammation.

As a tonic for swollen lymph nodes.

And my favorite: as a tea, when mixed with marshmallow and licorice roots, for bronchitis and cough.

Disclaimer: These statements have not been evaluated by the United States Food and Drug Administration (FDA) and are not intended to diagnose, treat, cure or prevent disease. All information provided is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional.

February's Tea

Heart Tea

- 3p Hawthorn leaf + flowers
- 2p Hawthorn Berry
- 2p Rosehips
- 2p Linden
- 2p Motherwort
- 1p Red Rose Petals

This tea is like a protective, healing hug from Mama Earth. Hawthorn is a heart herb, strengthening circulation and the heart chakra, with touches of rose, linden, and motherwort to give us a gentle squeeze of maternal care and self-love.



[Download, Print & Colour!](#)

More About Airmid

Airmid is part hippie, part geek, part rocker chick with some serious Dolly Parton sass. She blends self-love + herbalism + 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](#).

Stone Of The Month

with Rachael Caringella

Red Jasper

Sage Moon, Snow Moon, Hunger moon, Trapper's Moon

Golden Fluorite: Boosts creativity and awakens energy. This stone helps harmonize your chi while absorbing and transmuting negative energy. Boosts your creative thinking. Helps you think outside of the box. Stimulates the solar plexus and the sacral chakras. Gets dormant or stuck energy moving again. Golden Fluorite is a powerful negative energy vacuum and transmuter.

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 gate- ways 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.

[website](#) | [facebook](#) | [instagram](#)



02

FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 Live Activation Gathering 1 p.m.
4	5	6	7	8	9 New Moon in Aquarius	10 Waxing Moon in Pisces 1p.m.
11	12	13	14	15	16	17
18	19	20	21	22	23	24 Full Moon in Virgo
25	26	27	28	29		

TO DO

NOTE

WEEKLY PLAN

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

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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: _____

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 for art classes, musings and more.



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