



# JUNE

Frolic



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

Your PDF for May included the poem "The Summer Day" by Mary Oliver, which ends with the words "Tell me, what is it you plan to do with your one wild and precious life?".

This month, I want to hone in the 'wild, preciousness' of this one life. What are we doing with it? How much wildness are we fostering? How much like a precious thing do we treat our lives? Do we need a little 're-wilding', a little 're-enchantment'? Do we need a reminder that this is the one life we get to have in this body, with this specific set of variables, with this personality, with this consciousness? How seriously are we taking that? How reverently? How much mirth do we allow for, given that mirth is equal to reverence in importance? How intimate are we with ourselves?

We are in the mid point of the year, which can be viewed as a 'hinge' time. Unlike the hinge of Beltaine and Samhain (the two 'fire festivals' we discussed in a supplement in May), which are both very much about beginnings and endings, the mid point of the year can be a hinge about BEING PRESENT, about being in your life. This hinge can be a good 'mindfulness' hinge, as well as a 'planning' hinge.

We might ask ourselves questions like 'How much am I actually 'in' this one wild and precious life? How much room is there for my wild self to frolic? How much actual life (as opposed to mere subsistence)

am I packing into my life?'

This can feel heavy, but it doesn't have to be. If we set our sights on getting as much actual life in our one wild, precious life, this can herald good times.

It can also be a hinge about BALANCE. Work and play, striving and resting - how well are we balancing these things on our own scales of time? How caught up are we in one or the other? Which gets our attention? Which do we neglect?

You can also ask yourself how much of what you're packing your one wild, precious life with is stuff you actually *\*want\**. Your idea of a rich, beautiful life may not resemble anyone else's. Yours may require more or less solitude, more or less family time, more or less work, more or less temple space, etc. We can very easily get caught up in the idea that our life must conform to some 'beauty standard' set by social media, magazines, or other modes of comparison, but our lives our *\*ours\** to shape and define as we see fit, and they don't have to look like someone else's curated Instagram feed. Your idea of wild may not look like my idea of wild. What is precious to you might not be precious to me. How you 'do life' doesn't have to resemble the way anyone else 'does life'.

You are your own authority. You do not need to be good, to ask permission, or to conform. Being wild means being in touch with your instinctive nature, yes, but it also means being *\*free\**.

In doing 'you' wherever possible, you are deeply honouring your one wild and precious life. Sometimes the most subversive and powerful thing we can do is to ***opt out of what is trending in order to tend what is calling us*** -

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whether inward or outward - into a more authentic existence.

Tweaks may be required as you begin to ask yourself these questions. You may want to ruthlessly discard whatever is taking up space that shouldn't be (to the best of your ability), much like you might while weeding a garden. Yes to this. No to that. More space for this. Less space for that. You might spend a little bit of time assessing where you are in comparison to where you began (the mid-point of any year is good for that!), and then making course corrections so that you end up where you want to end up as you enter the latter half of the year. For me, this is a 're-dedication' time. A time for vow renewals, and for planning the latter half of the year, but that doesn't take up the entire month (or season). It's just a bit of prep work before I can put away the planners and pens and go have some fun.

## Energetics

Here in the Northern Hemisphere, summer calls us out into community, and out to play. We garden. We vacation. We beach day. We patio, BBQ, camp, fest, or, in some cases, 'stay-cation' with the AC running full blast if we live in especially hot climates. Work of any kind might get done begrudgingly, with a bit of a side-eye. Fun is on the menu, if we allow such things, or if such things are allowed - we are still experiencing the consequences of the pandemic and not all of us are ready to emerge (I see you my immunocompromised witches!), so I'm sensitive to that, but under normal circumstances, we'd be moving into the high frolic of the year with Summer Solstice approaching. There is usually an emphasis on getting all the living in that you can, as in 'let's make hay while the sun shines!'. The energetics of this time on the wheel of the year calls for communal gatherings, weddings, honeymoons, celebrations of abundance, and merry making. It calls for frolicking children and dogs on the lawn, gardening & garden parties, trips to the park, picnics, weekend road trips with the windows open and the music pouring out of the speakers. If we are able. If we are into that. If our mobility is limited, or we are introverted (like yours truly), it may call for less of all of that and more reading a book in the hammock under the trees, or slow solo walks with the camera or a sketchbook, or gazing out a window with our eyes trained on the glory unfolding outside.

In the Southern Hemisphere, rather than turning 'outward' toward the summer sun, folks might be turning inward. Winter Solstice is approaching. Gardens will soon be put to bed. Cooler weather may allow for more outdoor frolic, but the internal energetics of this time on the wheel of the year (Samhain followed by Yule/Winter Solstice) can call for introspection, inner work, even shadow work. Southern Hemisphere folks might find that there's a bit of a clash between what the energetics of the commonly celebrated seasonal wheel are calling for (the majority of us pagans and witches are celebrating the 'bright' side of the year, while y'all are in the 'dark' side of the year) and what the secular world is calling for. Be mindful of that if you can, and try and strike a balance.

## Renewal

Why do we, as humans, need to frolic? Because it renews us. All work and no play makes us dull. If we don't make room for fun, we can stagnate, become bored, find ourselves in a rut. We are experiencing a huge up-tick in the idea of 'planning' these days, I think because we live in uncertain times. While I am a huge fan of having \*some kind\* of plan, I think it's super important to plan for fun, and also for blank time - time where there is nothing planned, room for spontaneity or unexpected surprises.

Renewal, refreshment, rejuvenation. This is why we frolic, or at least, make room for frolic. We can wear ourselves very thin without this essential human experience. Play & pleasure are necessary to our general sense of well-being, but in times of stress - personal or otherwise - it can be hard to justify.

Imagine, though, that you are a renewable resource (because you are), and treat yourself as such. Yes, plan against hard times. Yes, save against lean times. Yes, do the work required of you in accordance with your values and financial requirements. But remember, like the farmer's field, you need fallow time. You need time for wild flowers to spring up and dance in the breeze. If you keep drawing from yourself without putting anything back in, you will end up depleted, withered, joyless...

*So, don't forget to frolic.*

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## Self-Dedication

So many of our monthly themes include our touching, however briefly, upon boundaries. Power and boundaries, wildness and boundaries, pleasure and boundaries. Boundaries are what allow us to sort 'this from that' in terms of what really matters to us. They allow us to assert ourselves when confronted with someone else's ideas about how we should be spending our one wild and precious life. Boundaries let us say "No" when we need to and "Yes" when we need to. At the root of good boundaries is a dedication to self.

June is a good time for a marriage of sorts between yourself and yourself.

We are already dedicated to our work, to our children (if we have them), to our creative projects, to our partnerships, to our friendships, to our activism. Dedication to ourselves is a necessary 'hinge' to our dedication to others. This means making time for yourself. Scheduling it if necessary (think 'artist's dates'). This means making sure you are on your list of priorities. This means ensuring that when you intend, you are intending with your own highest good in mind, even when you are 'working' or 'intending' for others. Marrying yourself to yourself means you never leave yourself out of the equation. It means making vows that you will love, honour, and cherish \*yourself\*.

At this hinge of our year, at this mid-point, I want to recall our very first statement of intention:

"It all begins with me..."

Circle back to that this month. Remember it. Renew your dedication to that simple, single declaration.

## Honeymooning

June is known as the Mead Moon, and mead is, essentially, honey wine. Honey comes into its 'ripest' or most sweet around Summer Solstice. There is lore around newly wedded couples being given a 'moon's' supply of mead, which if drunk faithfully throughout the moon, would ensure a fertile union (which kind of reads like 'let's get drunk and make love for a month'. Sounds like fun to me!).

Honeymooning is generally understood to be for newlyweds. It is time in the early part of the union for getting deeply acquainted with one another. It used to be about traveling to see distant family members who could not attend the nuptials - which sounds like a good litmus test for how well a couple will do under duress, if you ask me. Travel? Relatives? Ugh! But, in contemporary times (blessedly) it has become about a get away where the couple can become deeply acquainted away from the fray of every day life, and the bustle of the community.

I've never had a honeymoon, but I'd like to. I like the idea of setting aside some time for myself to frolic with myself away from the fray of every day life, and the bustle of the community. I like the idea of a 'mead moon' in which I ensure the fertility of my union with myself by attending to it mindfully. What might that look like? A time of solo frolic - a time of solitude and intimacy with myself. "Me time". Like an extended artist's date. ***A retreat wherein my one wild and precious life gets my full attention.***

I like to imagine that some of what happens during honeymoons includes talking things over. Pillow talk. I like to imagine that during that sequestered time of tenderness and pleasure, people also hone in on what their shared mission will be, on what compromises will be made in order to ensure that each partner gets their needs met. This is also something I can do solo - journaling, arting it out, weighing the weight of what matters to me, planning, setting intentions, taking action, and doing a cha cha between frolicking and forward thinking, because even while we frolic, even while the trees are heavy with fruit, and the honey is in the hive, the future is being formed by our intentions and actions.

There Is No Homework This Month!

If you are really chomping at the bit for 'exercises' please revisit the ones given you in May, as they are relevant. Otherwise, try spending some time in the present moment as much as possible. Frolic in whatever ways most appeal to you. Check out the suggested reading and activities in the primer for June. Rededicate yourself to your own process, to being in your one wild, precious life. Stay-cay, vacay, wander, honeymoon. Be with yourself as though you are your own beloved. You will be getting your art lesson as usual, but let yourself take the lead on how much 'doing' you will do vs. how much 'being' you will do.

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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

Mead Moon, Honey Moon, Strawberry Moon, Green Corn 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. 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 June? Why? What does June '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 June.

## 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.

## Hawthorn

May 13 - June 9

Good for workings associated with sex and fertility, masculine (go get it, active) energy, conception, and contact with faeries/the fey.

**Journal prompt:** How creative are you? Is your imagination fertile? What do you want to \*go get\* or do this month? What do you want to begin?

**Art prompt:** Create art that represents yourself as a 'go getter'. Use imagery and symbols for the things you want to 'go get' or 'begin'.

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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.

### Correspondences

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

Colours: Red, orange, gold, yellow.

Herbs/Plants: Yarrow, fennel, St. John's Wort.

Flowers: Dog roses, daisies, orchids.

Scent: Honeysuckle, rose, lavender.

Stones: Alexandrite, pearl, moonstone.

Animals: Bees, butterflies, cicadas, squirrels, goldfinches, house martins.

Nature spirits: Fire spirits, water nymphs.

Season: Spring/Summer (Autumn/Winter in the Southern Hemisphere)

Tree: Hawthorn/Oak

Element: Air/Fire

Astrology: Gemini - May 21 - June 20 and Cancer - June 21 - July 22.

Workings: Prosperity, community, abundance, creative power and prowess

Celebrations: Summer Solstice/Litha (Winter Solstice/Yule in the Southern Hemisphere)

Symbols: Bee hives, bees, butterflies, birds, flowers, acorns, the first things coming up in the garden, the sun, sun bursts, father sky/masculine imagery, feathers and other air symbols (summer/air) and any symbols associated with summer/fire.

As usual, if a correspondence feels particularly resonant for you (example: 'bees'), 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 rose absolut in your paint water? What if you researched the psychological or magical associations of the oak?.

As always, remember to gut check all of these associations, and add your own. June 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 June altar with symbols from the correspondences above including flowers, images of the sun at its height, father imagery, bee imagery, offerings of honey, coins and other symbols of abundance, feathers and other 'gifts of nature' that might be sourced as you wander around your neighborhood, hawthorn or oak twigs, leaves, etc, depending on the date, red, gold, and yellow candles, paintings (originals or prints) that you've created in the spirit of this month's energetics, and any items that represent your self-dedication.

### Plien Air Painting/Sketching

Get out into the world (safely) with your art journal/sketchbook, and make art inspired by your surroundings. This is a beautiful way to connect with the natural world around you (remember - we are natural, and our habitats are also natural. "Nature" is not limited to out of the way, uninhabited places!). If the heat is too much for you, try setting yourself up in front of a window or in an air conditioned cafe where you can people watch and play to your cool heart's content.

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## Natural Dyes and Pigments

The earth is exploding with abundance here in the Northern Hemisphere, and it is a fantastic time to explore getting some 'wild colour' in your art through naturally sourced pigments. Making your own pigments and dyes using natural ingredients can be an exercise in sympathetic magic, too. Research the ingredients, and assign your paints/dyes with magical powers associated with those ingredients. Need to invite more love in your life? Pick a paint that's made with ingredients that are associated with love. [Here is a resource you might like.](#)

### Explore Collage

Collage feels like a deeply abundant activity to me. All that gathering, picking and choosing, and then creating something new feels rich and enlivened to me. It's also a great 'porch' activity, since you can just grab some magazines, scissors, a glue stick, and your journal and head outside to get some sun. Collage is also a wonderful way to connect with your innards, where your true wisdom lies, since picking images intuitively can tell you things about what's going on with you that you might not otherwise have access too. Pick images you like without thinking too much about why. Put them together in a way that pleases you. Put the collage away for at least a day or two, and then revisit it. See what you've revealed to yourself about yourself. What symbols appear? What does your collage appear to 'mean'? Check out [SoulCollage](#) for more.



### Become A Collector

When you're out and about, whenever possible, keep your eyes peeled for 'gifts from the Universe'. These can be anything from fallen leaves, shells, feathers, wild flowers, coins you find on the sidewalk - whatever catches your eye. Collect these things and consider all the ways you might use them in your creative practice. For example, glue feathers into a spread, paint leaves and use them as stamps, press flowers between your journal pages, or use them as masks by laying them down on your spread and spraying around them with ink sprays. Let your imagination soar! This can be considered 'prosperity' magic as you are letting the universe shower you in gifts you might never have even noticed were there before.

### Activities and Ponderings for June

Investigate prosperity spells, and adapt them so that you are inviting in prosperity and abundance in whatever form you wish.

Ask yourself what colours or mixed media art techniques make you think of frolicking, abundance, prosperity, or summer.

Paint or collage your 'best, most wild, precious life'.

Journal about what a successful or 'rich' life looks and feels like to you.

Try creating naturally sourced dyes and pigments.

Get out into the world with your camera or sketchbook to collect journal fodder.

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.

June 21st is Summer Solstice (Winter Solstice in the Southern Hemisphere). Do some research and ask yourself if this festival is one you'd like to include in your own spiritual practice.

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

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June Recommended Reading

[SoulCollage: An Intuitive Collage Process For Individuals and Groups](#) by Seena B. Frost

[The Green Witch](#) by Arin Murphy-Hiscock

[Celebrate The Earth](#) by Laurie Cabot, Karen Bagnard, and Jean Mills

[Big Magic: Creative Living Beyond Fear](#) by Elizabeth Gilbert

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

## Quotes and Wisdom Sayings

We don't even know how strong we are until we are forced to bring that hidden strength forward. In times of tragedy, of war, of necessity, people do amazing things. The human capacity for survival and renewal is awesome.

**-Isabel Allende**

A good half of the art of living  
is resilience.

**-Alain de Botton**

The strongest oak in the forest is not the one that is protected from the storm and hidden from the sun. It's the one that stands in the open where it is compelled to struggle for its existence against the winds and rains and the scorching sun.

**-Napoleon Hill**

That which does not destroy, strengthens.

**-Friedrich Nietzsche**

They tried to bury us.  
They didn't know we were seeds.

**-Mexican Proverb**

We are the granddaughters of the witches you couldn't burn.

**-Tish Thawer**

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# June Art Witchery

With Effy Wild

This is a "light" month in Moonshine, so there is no official "art witchery" article, but in each month's documentation, there are many suggested activities sprinkled throughout. See if there are any you haven't tried yet that you might try!

It's also a good time for a quarterly review! Engage these questions in your journal and make whatever tweaks you need to make in order to get the most out of this program.

## June 2024 Review

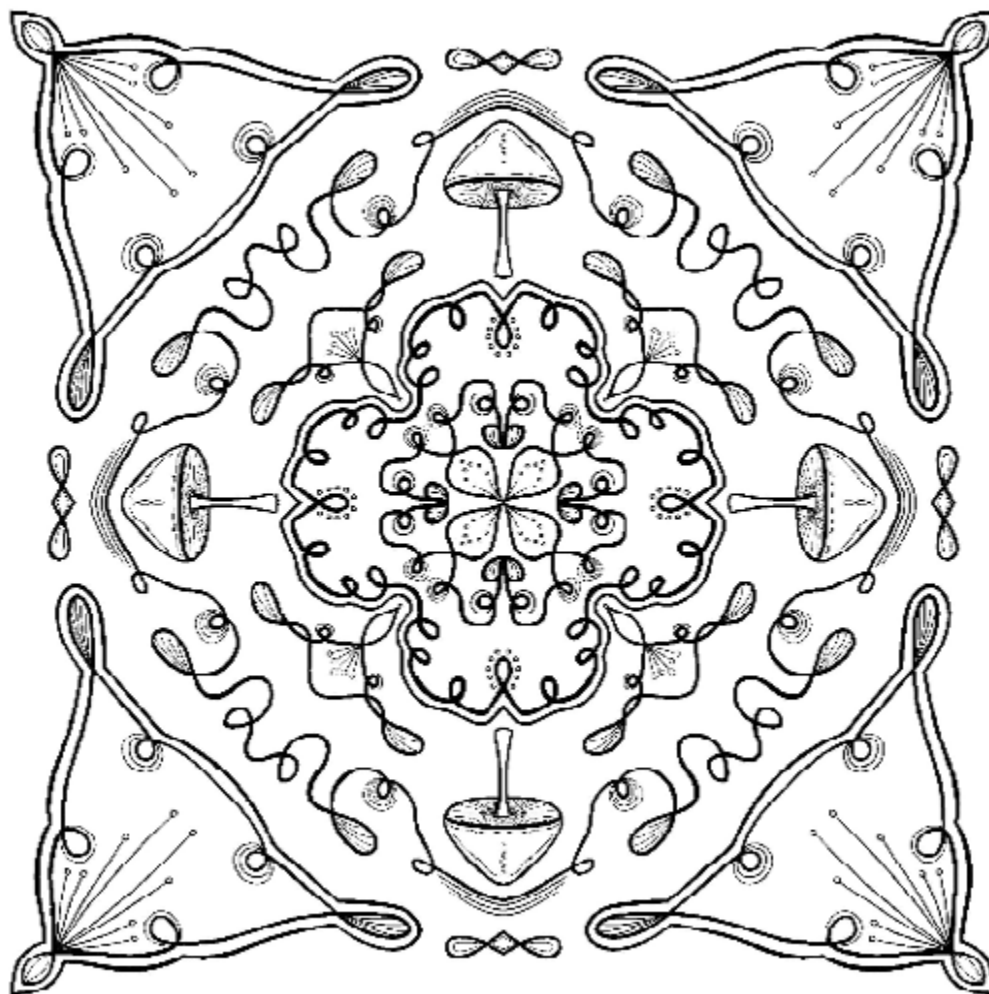
- 1) Am I reading the content? Am I engaging in the exercises? Am I skimming or deep diving?
- 2) Am I considering my wants? Am I honing in on the desires beneath my desires? Am I cycling with those desires?
- 3) What is my way of raising energy toward the attainment of my desires? Am I making art? Using some other repetitive action in an 'effort as offering' manner? (Some of these "artes" might include walking, writing, making music, knitting, beading, etc.)
- 4) Am I giving as much as I take in the group? Am I invested in my coven mates? What is the nature of my posts?
- 5) Am I using my Googlefu when I have questions about specific practices? Am I availing myself of the magic of algorithms?
- 6) Am I meeting my own needs or am I trying to have them be met outside of myself? A healthy combination of both? Am I feeling empowered or dependent on outside sources? How true does "I am my own authority" feel to me at this time?
- 7) Am I doing the work? If not, why not? Do I need a break? Do I need to dig in?
- 8) Why am I here? What do I want to gain from this experience? What am I willing to receive?
- 9) What rabbit holes (obsessions or areas of interest) are calling to me? What do I want to learn more about?
- 10) Where am I experiencing shifts and manifestations? Where am I feeling stuck? What wants to be dropped for now? What wants to be picked up? Where am I feeling 'sound'? Where am I feeling 'wobbly'?
- 11) What can I definitely say is working? What isn't? What am I doing about it?

This list goes up once every so often as a way for us to tighten up and realign with the purpose of the course. Be super gentle with yourself in answering these questions. No bashing yourself over any of it. Gentle, loving nudges only. Celebrate what's worthy of celebrating. Course corrections where necessary.

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Mandalas By Tina Stanley

June 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



Ginger is a warming and powerful essential oil, as just a whiff of it will tell you. Potent. It increases circulation, warms the heart and opens up feelings. Its stimulating; as food (not the essential oil) in tea and shaved into food for nausea and digestive discomfort, but smelling the essential oil will have similar effects. As a warming oil, it will help with chills and coldness, either physically or emotionally. Be prepared to feel the feels.

A warning with ginger as a hot oil is this; never put just ginger in a bath and be aware of your body's responses if you do, as its warming qualities can cause overheating very quickly. Mixing with cold oils and heavily diluting is the best way to appreciate this golden root.

## Recipes

New Moon in Gemini: Expression

2 drops grapefruit  
1 drop star anise (or aniseed)  
1 drop ginger (add a little more to "up" the spice factor)  
1 drop bergamot  
2 drops neroli

This blend is bright and harmonizes thoughts and feelings. With a hint of spice among the citrus, this blend encourages expression and change. This would be great diffused in the air or in a roller bottle

Other oils you can use: mint, lavender, orange, jasmine, spearmint, lemon, basil.

Full Moon in Capricorn: Trust

1 drop clove  
3 drops vetiver  
1 drop coriander  
1 drop cedar  
2 drops ginger

This blend is strong and earthy, perfect for drawing strength and courage to trust, to find balance. This blend would be great for soaking in the tub (20 minutes – be careful not to soak for too long, and to keep watch on how your body feels), though I would recommend diffusing it in the air around you while you soak instead.

It would also work wonderfully in a roller bottle, or a spray to spritz in the air around you.

Other oils you can use: turmeric, marjoram, nutmeg, cinnamon, eucalyptus.

**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](#)

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# Herb Of The Month

with Airmid Wylde

## Honeysuckle

Welcome to June, lovelies!

This month, we're working with honeysuckles! Honeysuckles are one of my favorite flowers. I live in the southern US, and they grow wild around here like blackberries or kudzu. However, you can find honeysuckle worldwide and it is often used in Asian cultures for both food, decor, and traditional medicine.

Honeysuckle is a cooling herb, which can be used to calm inflammation and chronic diseases. The honeysuckle functions as a diuretic, anti-inflammatory, an antioxidant booster, an immunomodulatory agent, an astringent, and has antibacterial properties. The uses for honeysuckle are as varied as its gorgeous scent throughout blooming. It's good for the digestive system, and can help nausea, constipation, bloating, etc. Because of its astringent and antibacterial properties, it's often used in natural mouthwashes. It can be used to regulate blood sugar, lessen pain from arthritis, immunity boosting and as an antiviral.

Honeysuckle uses for you to try:

\* in a small saucepan, combine the 1 C. sugar, 1 C. water, and around 50 honeysuckle flowers. Heat to boiling, reduce to simmer for 3-4 minutes. \*

Strain into jar and voila! Honeysuckle syrup. I love adding other things to this, like lavender.

\* steep 1 cup of honeysuckle flowers and 1 cup of water overnight for a honeysuckle tea - you can drink this heated or iced. I love it iced with honey!

[Here's an awesome recipe for honeysuckle jelly](#), which I love on toast and biscuits.

Honeysuckle can also be made into: tinctures, body butters, salves, cocktails, lemonade, wine, and so much more! The possibilities for incorporating honeysuckle into your magickal and medicinal practices is nearly endless. Here in the south, it's blossoming everywhere and the perfect time to start experimenting.

Let me know in the group how you decide to work with honeysuckle this month!

Love you humans, Airy Wylde

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# June Tea

## Porch Swing Tea

3p Raspberry leaf  
2p Hibiscus  
1p Rose Petals

## Light and Airy

3p Elderflowers  
2p Lemon Balm

June has a tendency to be overwhelming and full - full of life, heat, work, humidity if you're in the south. These two teas are both very light, refreshing teas to help take the weight off, energetically speaking. They're nourishing, cooling, and help get our waters and energy flowing light and free again.

## 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

## Selenite

Vibrates at a very high frequency and helps you connect to your angels, guides or higher self. Soothes upset emotions and enhances your intuition. Selenite can strengthen the connection you have with your guides. Helps cleanse your body, your space, your cards or other crystals. Selenite is a great purifier and higher frequency booster.

## 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.



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# 06

# JUNE 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <a href="#">Live Activation</a> 1 p.m. EDT
2	3	4	5	6 <a href="#">New Moon in Gemini</a> <a href="#">Paint &amp; Sip</a> 7 p.m. EDT	7 <a href="#">Sweet Trash Grimoire</a> 6 p.m. EDT	8 <a href="#">Sweet Trash Grimoire</a> 1 p.m. EDT
9 <a href="#">Sweet Trash Grimoire</a> 1 p.m. EDT	10	11 Effy is away	12 Effy is away	13 Effy is away	14 Effy is away	15 Effy is away
16 Effy is away	17 Effy is away	18	19	20	21 <a href="#">Solstice Full Moon</a> <a href="#">Shenanigans!</a> 7 p.m. EDT	22
23	24	25	26	27	28	29
30						

TO DO

NOTE

# WEEKLY PLAN

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

MON TUE WED THU FRI SAT SUN  
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TODAY'S FOCUS  
 \_\_\_\_\_

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

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

- TO-DO LIST
- 
- \_\_\_\_\_
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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: \_\_\_\_\_  
\_\_\_\_\_  
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Personal Associations: \_\_\_\_\_  
\_\_\_\_\_  
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New Moon: \_\_\_\_\_  
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Results: \_\_\_\_\_  
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Paste an image of your working here.  
(journal spread, altar layout, oracle reading, etc.)

# WISDOM SAYINGS

# NOTES

# 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: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_

Oracle Cards for this month: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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# TREE CALENDAR

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

Personal Associations: \_\_\_\_\_  
\_\_\_\_\_  
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New Moon: \_\_\_\_\_  
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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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