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SEPTEMBER



Gathering

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

Your PDF for August ended with the words “Everything comes to us that belongs to us if we create the capacity to receive it.” This month, we are going to explore what I like to refer to as ‘gathering’. Gathering encompasses collecting, harvesting, reaping, receiving, as well as coming together, communing, and celebrating.

Gathering Is A Witch’s Way

When I think of witches, I always think of them in the act of gathering - herbs for the spell or dye bath, gathering stones, gathering up the tools of her trade, poring over her books and gathering knowledge, gathering power, gathering with her people.

I don’t think that’s surprising given that witches are often represented this way. If you do a search for images of witches, you’ll find them surrounded by things - plants, animals, natural objects, objects meant to process natural objects, like a mortar and pestle, a knife, a pot. It’s also true that I’ve never met a witch who wasn’t also a collector of things - feathers, stones, fallen leaves, pressed flowers, dried herbs, ritual objects, like statuary, offering bowls, chalices, jewelery, journals filled with notes, books and books and books.

As art witches, we collect these things, too, to use in our magic, but also in our creative practice, as reference images, perhaps, or as things we embed in our work either representationally or literally. Because we’ve spent time in cycling together, we may have gathered up a new perspective on ordinary objects - our paint brushes, our paints - and we may have begun to set certain ones apart as sacred.

We’ve been gathering and assigning meaning along the way, too, learning new things about the world we live in that were always there for us to discover, but which could only be discovered as we gathered our witchy wits about us - the eyes to see, the ears to hear. We’ve gathered our power to attain our desires through applied will and effort as offering.

We’ve gathered together and forged relationships with one another that transcend the limitations of our virtual world.

My favourite thing about being a witch, and about witches in general is this: Witches believe in our right to want things, and we are willing to gather and receive them.

It’s always been my intention that you would come to know and experience yourself this way, that you’d come to know your power to gather and receive. The whole program was set up in order to foster in you a willingness to truly want things, and a willingness to either go out and get them, or make space for them to arrive. I wanted you to see yourself as I see you - as capable, as powerful, as surrounded by the things you’ve gathered, as truly benefiting from them.

It’s harvest time in the northern hemisphere. September brings the fruit of the vine, apples, corn, and grain. We are awash in abundance, in the fruits of our labours. I hope it’s a harvest time in your own life, too.

Harvesting your creative and spiritual practice.

All this attention paid to your desires, and all the effort you’ve extended as offering, all the ways you cycle with and

co-create with the powers that be, all the skills building, all the link hopping and research, all the notes you've taken, all the art you've made, has, no doubt, resulted in something new arising - what I consider to be your personal harvest.

What that looks like will differ from art witch to art witch. For some, it may be as simple as a body of work that wouldn't have existed if not for this program. For others, new skills have been acquired and mastered. For yet others, a newly found confidence in your right to want things at all might have arisen. For that witch, the knowledge that she is powerful. For this one, compassion for the self that has felt powerless. Binders full of notes, sketch books full of sketches, new ways of understanding and using colour, a new or renewed relationship with nature, or the phases of the moon, or the wild one within us, or with the divine as we understand it, or all of the above.

Different fruits, for certain, but they are all ripening on the same vine - the vine of creative and spiritual practice, diligently pursued and undertaken, to the best of our ability.

Count The Ways

Harvest, personal or otherwise, requires an accounting of what we've gained, and this practice of noticing what has come through creates in us the capacity to truly receive it. It is easy to just keep on keeping on, doing all the things without stopping to notice what you've gained so far. It's easy to keep striving without taking a moment to acknowledge what you've already gained. But this practice of being forever striving can set up in us a kind of poverty consciousness.

If we're always on to the next thing, we aren't taking time to enjoy *this* thing. If you aren't noticing what cycling is bringing to you, you won't be able to put it to use.

Noticing what you have and putting it to good use is the very best way to fully receive it.

This month, I want us to count the ways our creative and spiritual practice has grown us or changed us. I want us to notice what is new in our lives, what is here that wasn't here before. I want us to gather up our awareness of the gains we've made. I want us to make an accounting of what we are 'getting out of this'.

Gathering Requires Letting Go

As we bring in our personal harvest, it will be equally important to notice what we are not 'getting out of this'. We will notice that some of the things we hoped to gain as we began this program - some desires, some practices, some techniques - didn't arise for us. These must be examined and either tweaked or let go.

This is where you get to totally overhaul and personalize this program to suit you. Sift and weigh what we do here, and decide for yourself which parts are really working for you and which parts aren't. Separate the wheat from the chaff. Trust yourself to know your-self. Embrace your own authority.

Not feeling arting with the moon? Stop. What would you rather do as part of your cycle? Do that. Not into new moon vows? Don't make them. Really love focusing on gratitude at the Full Moon? Do that.

Focus on pleasure, on delight. You work hard, but do you also play hard? Focus on maintaining a balance between striving and rest. Assess, examine, keep, tweak, and release.

Receiving What Is Ours To Receive

Receiving is a power no one talks very much about. Gathering is easier to wrap our heads around. Most of us, for example, have gathered quite a collection of art supplies in the course of this or other mixed media art focused programs. We have the stuff! All the glorious stuff!

Gathering feels good. It's very 'oh shiny'! And there's nothing wrong with that. I love the 'oh shiny' part of my life as a collector of all the things. Gathering is a part of the work we do towards the attainment of our desires, and it feels good. But being open to receive what might come through is also required, and in order to receive, we must use what we've gathered. That means we must take what's been given. We must take it in.

In other words, if we don't eat what we've harvested, it just sits there and rots, so this is a good time to ask yourself if you are really receiving what you've gathered through your hard work. Are you enjoying the fruits of your labour? Are you taking in what's being offered? Is there a change that wants to happen there? What might that be? How much

pleasure do you allow yourself to enjoy? How many offers of help do you accept? What is your relationship with *actually enjoying the life you are making?

Expected and Unexpected Harvests

Because this program has been designed to respect your sovereignty, there is room for the unexpected. There is an open hearted, open handedness built in to the exercises and suggested activities that means that I can't even begin to predict what you might gather or receive. I can only ask you to become and continue to be open to whatever wants to come through.

In some of you, a resistance to receiving may have been identified and rooted out, especially as we worked with our wants, digging down deeper and deeper into what we truly desire. Perhaps this resistance to desire, and to receiving your desires has been lifted, or at least eased. Perhaps you are going about the business of your life a little more attuned to what is coming in, what is coming through. Perhaps you are receiving something you never even dreamed of receiving - like a book that's now being written, a healing of some kind, a relationship that miraculously improved, or a new source of income.

We may be tempted to deny our own involvement in these things coming into being. We may reject the notion that we have created the space for these things - especially the unexpected things - to come through. We may not even be able to connect the dots between what we've done and what we've gained, but however much of the work you've done, you've done, and your work, all of it, whatever that looked like has primed you, has fostered in you a capacity to gather and receive.

Exercise: Willingness To Receive

Sit with your journal and reexamine your wants list from the earlier part of this program. Which desires have morphed or shifted? Which have been attained. What do you want more of? Sit with this list and see if you can feel a willingness to receive. Where are you blocked from receiving? Are you grappling with issues around gathering but not doing? Are there issues around 'worth' or 'work ethic'? What do you want that you're afraid to want? How can you get more of what you want?

Art Prompt: Create a cornucopia of desires in your art journaling using collage or sketched representational images of the things you truly want, be they tangible objects or gains in emotional, spiritual, or intellectual growth. Imbue this spread with the energy of your willingness to receive.

Exercise: Willingness to let Go

On the flip side of the coin, examine what you are hanging on to that might actually be an obstacle to your receiving what you desire. What are you afraid to let go of? What is wanting to be released? Sit with this list and see if you can feel a willingness to release it.

Art Prompt: Create a spread in which you, via written journaling or sketching, represent what it is you wish to release. Imbue the spread with the energy of your willingness to release it. You may want to express gratitude for the role it's played in your life thus far as a way to honour it. For a truly magical act, cover it, first with a void of very dark paint, and then with images that represent what you are ready to receive.

Exercise: Count The Ways

Make a list of what you've gained so far as a result of the work you've done in this program. What have you harvested as a result of your creative and spiritual practice? Congratulate yourself. Celebrate yourself.

Art Prompt: Create a gratitude spread in which you acknowledge the gifts you've given yourself through working your work. You have the powers that be to thank, yes, but be sure to remember that you are one of those powers.

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

Harvest Moon, Barley Moon, Corn Moon, Wine 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 (Google-Fu!) to research the names and lore associated with this month of the year. Note anything that resonates with you.

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

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.

Vine

September 2 - September 29

Good for workings associated with reaping what you've sown, re-gaining balance, and bringing happiness into your life.

Journal prompt: What have you brought into your life this year so far by virtue of your own hard work? What has seemingly just arrived? What is your work/life balance like?

Art prompt: Create art explores contrast between light and dark, work and play.

Ivy

September 30 - October 27

Good for workings associated with the cycle of death and rebirth, release, and letting go of what no longer serves you.

Journal prompt: What is coming into being? What is or wants to be released? What is serving your life right now, and what isn't?

Art prompt: Create art that explores the death and rebirth cycle, or use your art journal to release what is no longer serving you.

Correspondences

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

Colours: Orange, deep red, brown, yellow-green, yellow

Herbs/Plants: Chamomile, oregano

Flowers: Marigold, dahlias, and loosestrife

Scent: Cinnamon, sage

Stones: Sapphire, lapis lazuli, peridot, citrine, chrysolite

Animals: Birds of prey, dogs, corn snakes, jackal

Nature spirits: trooping faeries, gnomes

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

Tree: Hazel/Vine/Ivy

Element: Fire/Water

Astrology: Virgo, August 21 - September 20, Libra September 21 - October 20

Workings: Harvesting, gathering, acknowledging what we have, anything to do with balance, emotional release and healing, and offer-ing/sacrifice magic.

Celebrations: Autumnal Equinox in the Northern Hemisphere, Spring Equinox in the Southern Hemisphere.

Symbols: Anything relating to fire or water (fire until September 21, water thereafter), the 'Stag King' or other sacrificial agricultural gods, grain or corn goddesses, grains, corn, vines and their fruits, bread and other grain based nourishment, sickles, scythes, and other harvest related blades.

As usual, if a correspondence feels particularly resonant for you (example: 'coin'), make sure and research it as well so you can deepen your understanding and insight. As always, remember to gut check all of these associations, and add your own. September 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 September altar with items you've harvested from nature (or the grocery store) - especially those that are local to you, Grains, corn, apples, squash are appropriate, as are berries, and other vine growing things like grapes. Wine is especially potent on the altar this month. You can also include gratitude offerings, harvest symbols of any kind, including sickles, scythes, etc., coins, Autumnal deities, especially those that embody sacrificial energies, and anything left over from last month that still feels relevant.

Autumnal De-cluttering

Go through your supplies with an eye toward keeping only what you use. Bin, store, or donate the rest. Donating is a powerful way to make room for something new to arrive. This can also be done with your wardrobe, your collections of things, your entire home and though it looks like a 'chore', it is actually powerful magic.

Refresh Your Shrines and Altars, Including Your Studio Space

With all the work we've been doing, our altars, shrines, and painty spaces can get cluttered. Give everything a good scrub, dust, and polish. Think of this as preparing for the darker months, when you will spend more time in doors in search of respite from the cold! (Or the hotter months, when you will spend more time indoors in search of respite from the heat!).

Start A Gratitude/Noticing Practice

This was also assigned in August, but just in case you missed it - this is a good time to create a gratitude/noticing journal and count your blessings either through simple gratitude list making, or art journal spreads dedicated to gratitude.

Start (Or Continue) Researching Your Ancestry

We're going to spend some time with our ancestors in the coming months. This is a good time to start discovering their names if you can. If you can't, study the history of your people instead - where did they come from? What customs or practices were indigenous to them?

If there are no close ancestors you wish to work with due to family dysfunction, reach back further for someone you admire. If you are adopted or have no idea where to begin with this research, make wild guesses as to your origin and follow the threads that delight you.

While you're at it, research your spiritual ancestors - those being the teachers that came before you upon whose work you lean. Writers, poets, mystics, prophets all fit in this category. Research your artistic ancestors. Who are the artists that came before you that inspire you or inform your work?

Activities and Ponderings for September

Investigate what harvest festivals are taking place near you. Think about what is being harvested. What's in season?

What colours are prominent. Ask yourself what colours or mixed media art techniques make you think of harvest or abundance.

Paint something that celebrates all you have gained so far this year.

Practicing receiving wherever possible. Say yes to things people offer you, or 'thank you' to compliments. When opportunities for play or leisure arise, try saying 'yes' to those, too.

Journal about what you've wanted that has come to pass, and what you've wanted that hasn't. Notice where you might be feeling stuck, and tweak that.

Continue using a presence trigger as you take in the glory that is Autumn (or Spring in the Southern Hemisphere).

Take stock of what you have, and investigate what you are actually using. Remember that truly receiving a thing requires that we take it in - into our practice, into our bodies, into our experiences. What are you hoarding?

Explore and celebrate something you collect by giving it an area to live in (like a shrine or altar) or if you already have an area like this set up for one of your collections, freshen it up with a good cleaning/dusting.

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

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

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

September Recommended Reading

[Grimoire for The Green Witch](#) by Ann Moura
[The Hero With A Thousand Faces](#) by Joseph Campbell
[The Book Of English Magic](#) by Phillip Carr Gomm

Quotes & Wisdom Sayings

We're all ghosts. We all carry,
inside us, people who came before us.

— Liam Callanan

You are the fairy tale
told by your ancestors.

— Toba Beta

We're all immortal,
as long as our stories are told.

— Elizabeth Hunter

Oh Child
Look within
Find your ForeMothers
Find them

Find them

— Malebo Sephodi

But we are never alone. We bring with us the spirits of our ancestors.
We are haunted by their demons and protected by their deities.

— William Ritter

Suddenly all my ancestors are behind me.
Be still, they say. Watch and listen.
You are the result of the love of thousands.

— Linda Hogan

September Art Witchery

With Effy Wild

Our theme this month is 'gathering', which I've approached a few ways - gathering things, gathering wisdom, gathering an intimate understanding of our own processes, gathering with loved ones. All harvests of a kind when it comes right down to it.

As art witches, we gather supplies, yes? Lots and lots of supplies, and supplies can create clutter AND the tyranny of too many things to choose from.

This month, I'd like to suggest that you *gasp* cull your supplies. You don't have to get rid of them - I am not Marie Kondo! But what if you pared down what is readily at hand so that you were less likely to freeze? What if you separated the wheat from the chaff by going through what you have, and storing what doesn't get used or doesn't 'spark joy'? Again, you don't have to get rid of it unless you really want to (and if you do, may I suggest donating them to a women's shelter or correctional facility?)

Gardener's know that the trick to a good harvest is thinning out the seedlings, and while we are not in that time of year, it is an apt metaphor for what I'm suggesting. When we are experimenting with new ways to make art, we can buy *all the things* and then those things may lay unused - dormant - in our drawers or bins, taking up space, making the things we really want to use that much harder to find.

So, thin it out a bit. Keep what you reach for over and over again. Think of it as a bit of an autumnal cleaning. Make room for what wants to come through.

I would also like to suggest that you consider 'charging' your tools at this time of year. Touch them lovingly - your brushes, your journal, your bottles of paint and ink, your pouches of pens and pencils - and send your own energy into them as a blessing to your use. This is a way to ensure that every stroke you make, everything you create is imbued with your energy.

I do this every time I open my journal by blasting it with my own energy through my hands. You've seen me do it a million times, I'm sure, but did you know that's what I was doing? It is a kind of silent prayer that ensures that the journal is a portal through which my work may come.

There are super sexy parts of art witchery that we all love. The making of things. The gathering up of things. In order to maintain a sense of balance, though, there must be the other side of that coin - the letting go of things.

We start the year with several suggestions around clearings and cleansings as way to prepare ourselves and our space. It is suggested that this be a thing you do every cycle in cahoots with the moon (dark or full as you prefer). September is also a beautiful time to do something more thorough. Think of it as a way to make space for all your wonderings about the year to come. Assessment, review, release. Wheat from chaff. Be as ruthless as you can. See how it feels to trust that you will have what you need.

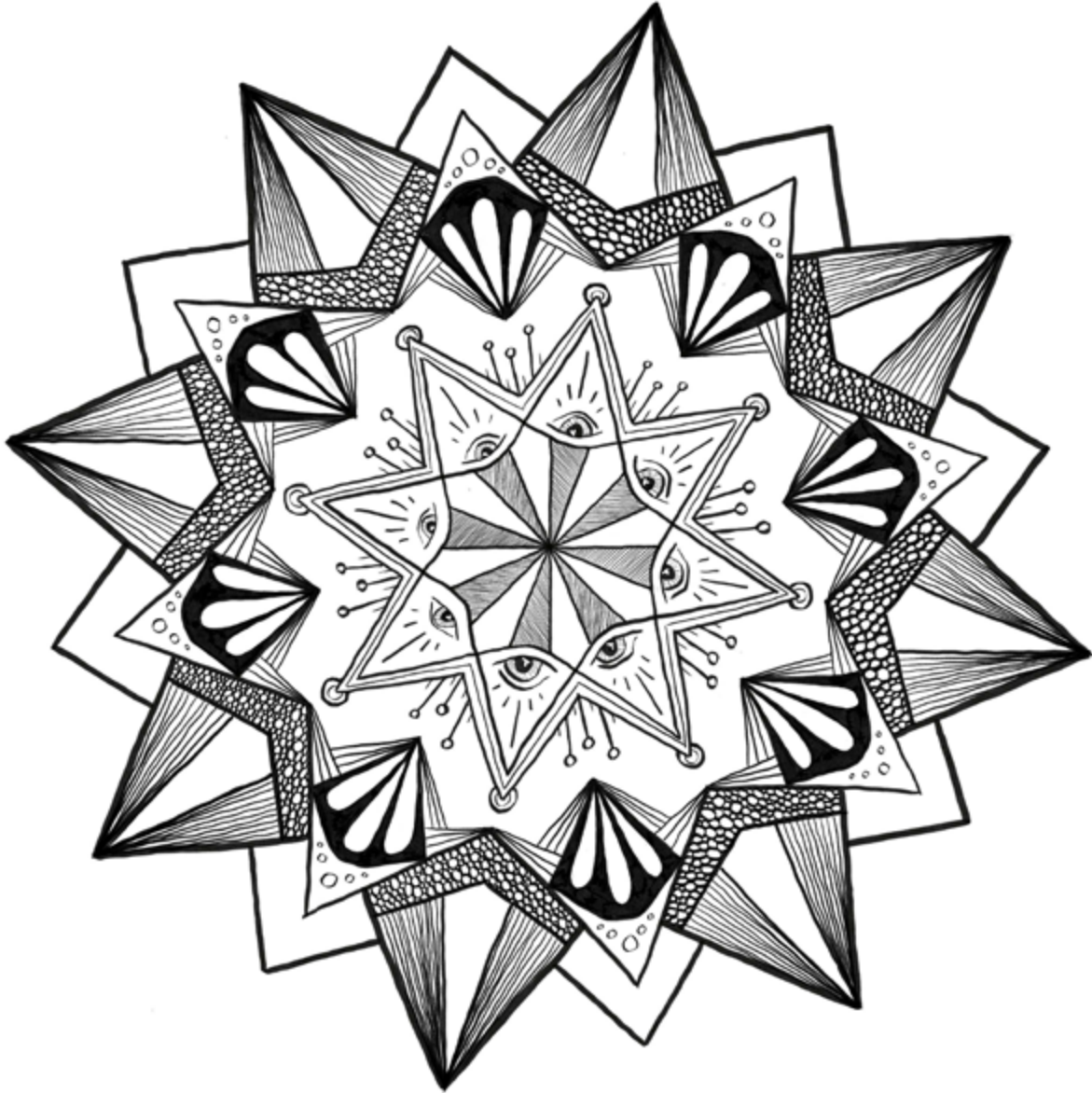
Our praxis this month is to metaphorically and literally destash. Declutter your desires - which ones no longer have a charge to them anymore? Let them go. Declutter your supplies. Bless what you keep. Recommit.

This will make your preparations for next year's round of cycles that much easier, and if you're anything like me at all, you could use a little ease.

xo
Effy

Mandalas By Tina Stanley

September 2024



[CLICK HERE TO DOWNLOAD](#)

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.

Essential Oil Of The Month

With Kimi Bois



Remember the smell of licorice candy? It gets its scent and flavour from anise. There are 2 different kinds that are commonly used for both medicinal as well as for its scent and flavour:

1) Star Anise (*Illicium verum*) which bears fruit in a star shaped pod and is native to east China, Vietnam, India and Japan. Japanese star anise is highly poisonous and isn't used. Star anise is primarily used for stimulating the digestive system and for respiratory disorders like bronchitis and unproductive coughs.

2) Aniseed (*Pimpinella anisum*) which is native to Greece and Egypt and is primarily used for dry irritable coughs, bronchitis, and whooping cough. The seed is often found in smoking mixtures to help with this (alongside mullein and other helpful herbs) It also has the added benefit of helping with gas, colic and painful periods, as well as to promote breastmilk. This anise is much preferred. It is often used alongside fennel for the pains of overeating and other stomach upsets.

Both have a warm, spicy sweet licorice like scent. It blends well with florals and it great as a masking agent for other smells. Either can be used for just the scent (the toxicity of Japanese star anise is in the ingestion of the seed pod). This scent is strong; which means using small amounts to prevent it from overpowering other more delicate scents.

CAUTION: both types can cause dermatitis in sensitive individuals-avoid if you have allergic or inflammatory skin conditions. It can be a narcotic in large doses, slowing down circulation and can potentially lead to cerebral disorders. Use in Moderation.

Recipes

New Moon in Virgo: Tolerance

1 drop anise
1 drop eucalyptus
1 drop cypress
4 drops patchouli (if you like the sharp medicinal of the other oils, you can go lesser on the patchouli)

Warm and spicy with a hint of soothing medicinal, this blend promotes tolerance in what's working and what's not, so you can work on it while supporting yourself in the process.

Other oils (or scents) you can use: mimosa, vervain, vetiver, jasmine, bergamot, rosemary, mace, fir, spruce, frankincense, comfrey, lavender, chamomile, lemon balm

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

Corn Silk

This month, we're going to talk about corn silk! This isn't a commonly talked about plant - most people see corn silk as something to be thrown away when shucking corn. It turns out, the silks within corn husks are actually quite useful!

When using corn silks, keep in mind that the best corn silk is harvested before the corn is fully grown - this means growing fresh corn is superior in nutritional and medicinal value to store bought organic corn. The latter still works, though! Just not as well.

Corn silk contains corn easily assimilated nutrients - nutrients that are easy for the body to absorb. This is super helpful for those with digestive or other issues that cause the body to not properly process and absorb food. The nutrients include amino acids, calcium, potassium, magnesium, sodium, and flavonoids, all of which make corn silk a great additive to a nutritional tonic.

One of the most common uses of corn silk focuses on it's properties as a diuretic, demulcent, and astringent, which are super helpful in dealing with urinary infections. Some even use it to strengthen the bladder where incontinence is an issue, whether postpartum, due to age, or for children who haven't regulated their bladders yet.

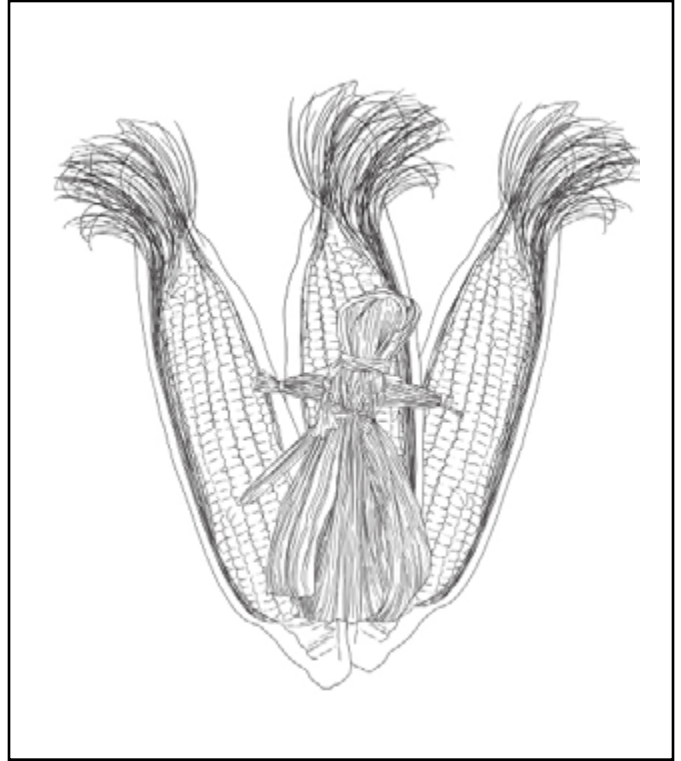
Corn silk does, however, reduce blood pressure, so keep this in mind when you're using it. It's not dangerous, generally, but something that you should keep an eye on.

There's not a lot of recipes including corn silk, as there are with many other herbs I cover. This one is best added to other tonic or tea recipes to allow it to join forces with the other goodness. You can also, if you don't mind the bland flavor, drink it as a tea with 2tsp of herbs per 8 oz of water (3x a day if you're dealing with urinary issues), or even as a tincture.

I hope you enjoy exploring corn silk this month, and let me know if you decide to add any to your teas!

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Rooted, Grounded, Centered

3p Ashwaganda or Tulsi
1p Cinnamon chips
2p Marshmallow Root
2p Licorice Root
1p Reishi Mushroom
1p Ginger
1p Cardamom
1p Clove
To taste: Peppercorn, Allspice

September, for me, is all about grounding, and this tea is built to nourish your body with a Ashwaganda or Tulsi base, while allowing you to deeply root yourself with marshmallow, licorice, reishi, and spices. This tea tastes like a root chakra meditation feels: solid, earthy, strong, and centered.



[Download and 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

Amethyst

Amethyst is a powerful stone with many uses. It is derived from the Greek word ametusthos, meaning "not intoxicated" it is said the crystal helps protect against over intoxication and protects from mystical intoxication as well. Helps keep your mind's eye clear on what is meant for you. Provides a connection to the divine and expands mental awareness. Enhances creativity and strengthens the imagination.



Refines the thinking, creative process, and helps you put thought to action. Helps clear negative energies and can help those who are trying to avoid alcohol or drugs.

Helps one think clearly and be in tune with their mind, body and soul. Called the "all-healer" it is one of the most powerful and effective healers. Excellent for stimulating the third eye, crown and Soul Star Chakra. Boosts the production of hormones and stimulates the sympathetic nervous system and endocrine system. Can help relieve symptoms of tinnitus or other hearing disorder

More About Rachael

Rachael is a multi media artist, creatrix and mystic explorer. Currently located in the magical valley of Taos, she spends her days in her plant covered art studio painting portals to new dimensions, opening gateways to hidden realms and crafting mystic creatures from the ethers. Having been a tarot reader for 10 years and an artist for as long as she can remember, it is her goal to bridge the gap between the mystic and the mundane.

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

Notes

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SEPTEMBER 2024

Live Activation will be on August 31st, 2024 at 1 p.m. EDT. [Here's the link.](#)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 New Moon In Virgo	3	4	5	6	7 Waxing moon in Scorpio 1 p.m. EDT
8	9	10	11	12	13	14
15	16	17 Full Moon in Pisces Paint & Sip	18	19	20	21
22 Fall Equinox	23	24	25	26	27	28
29	30 Effy's Birthday. :)					

TO DO

NOTE

WEEKLY PLAN

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

MON TUE WED THU FRI SAT SUN
 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

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TODAY'S FOCUS

TOP PRIORITIES

1.

2.

3.

SELF-CARE

-
- -
 -

TO-DO LIST

-
- -
 -
 -

NOTES, IDEAS & INSPIRATION

MONTHLY RESEARCH WORKSHEET

for the month of _____

THE NAMES OF THE FULL MOON

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

Good for workings related to: _____

New Moon in on: _____ in the tree sign of _____
_____ in the zodiac sign of _____.

Good for workings related to: _____

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

Intentions, goals, wishes, and dreams: _____

Oracle Cards for this month: _____

TREE CALENDAR

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

Tree Name: _____ Active from: _____ to: _____

Good for workings related to: _____

Tree Name: _____ Active from: _____ to: _____

Good for workings related to: _____

MONTHLY CORRESPONDENCES

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

Personal Associations: _____

New Moon: _____

Results: _____

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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