



APRIL

You Are The Storm



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

The Art Witch Primer that you received in March ended with the words "I am the storm." This is one of my favourite quotes, and it's a fantastic piece of journal fodder. I worked with it back in 2015 when I was in the thick of grief - a grief that kept whispering to me about my powerlessness, my inability to withstand the storm. Seeing myself **as** the storm was a very potent piece of magic that helped me navigate that period in my life.

One of the things that can happen when we embark on a new spiritual course of study, is that things can get stormy. This is an important part of any new endeavour because it tests your mettle, and points the way to what needs to be cleared in order to become your best self. You will be asked to examine things. You will be asked to let go of things. You will be asked to face your shadow. You will be asked to come out of denial.

This is an initiation period during which you may be stirring your stuff up "from the bottom of the cauldron". It can be uncomfortable, but it is truly what separates the priestess from the lay person. If you're not willing to do your work, you will get stuck. You may even cause harm, or be harmed in the process. Best case scenario, the work doesn't work for you, and you spend your life dependent on others to define the sacred for you. Worst case scenario, the work starts to work you in unexpected ways that may be unduly painful.

Example: You pick a deity to work with, maybe based on a quiz, or because someone you know works with that deity, but you don't do the work it takes to truly understand who that deity is and what they stand for. You are attracted to them because they are 'sexy' or 'popular'. You erect a gorgeous shrine to this energy without knowing what is actually appropriate to put on it. You bypass uncomfortable feelings by maintaining a 'love and light' attitude. The deity you picked (whether you believe in actual deities or archetypal energies, which in my opinion and experience are equally powerful) might prefer specific forms of devotion or ceremony. They might demand certain sacrifices from their devotees, but you don't know that because you didn't do your homework. Another example: You become interested in a closed system (First Nations/Native American, Voodoo, Santeria, Candomble, or other spiritual modalities and begin to use practices that weren't designed for you, the landscape you inhabit, or that require initiation into a lineage you don't have a connection or access to) without seeking proper training or initiation and suddenly you're being called a culture vulture or getting social pressure to stop. You may even find yourself being "cancelled". Dramas starts to play out within you and around you, and whether you like it or not, whether you wanted it to or not, shadow associated with that deity or these practices arise. You get a spiritual or social smack down. Best case scenario, your work just doesn't work. It's just window dressing, a bit of fluffy theater with no real impact or meaning.

The truth is, though, even if you ARE doing the work, and doing it devotedly and well, storming can happen. This is soul work. It isn't always going to be pretty, light, fun, or easy. You can't do deep work and expect everything to be sunshine and roses. You contain multitudes and some of them are going to be hard to deal with. If all you want out of this or any other course of study, is to make pretty art, and avoid internal conflict, don't do the work. Just paint, and leave the work alone. **You have my permission to cherry pick this content.**

But, here's a thing I really want you to know and grapple with: the work will bring storms. It will also bring clarity, deep wisdom, joy, pleasure, a sense of self-possession, all the beneficial side of effects of practice, like occasional moments of deep serenity, knowing your own business, being in alignment with your values, and the absolutely soul stirring serendipity that seems to come with doing the work. You'll also get an unending stream of inspiration, and a body of work to show for your devotion. You will make some of your dreams come true. You will realize some of your goals.

So What Can You Do When It Gets Stormy?

It's up to you. You can quit. Or you can rise. I choose to rise, and rising means I work with whatever is coming up, investigate, explore, dig in, try to figure it out, tweak, adjust, adapt and overcome. If I have feelings about something, I do my best to attend to those feelings rather than numbing them. If I catch myself numbing them, I course correct. As a witch, I recognize the power inherent in my emotional states, so instead of stuffing, or numbing my feelings, I make my best attempt to channel them towards my desired outcomes. All of my feelings are up for grabs as "energy" I can direct toward getting what I want.

That's Empowerment.

Being with what is also builds resilience. Instead of being thrown for a loop whenever something arises, you learn to *deal*. Not by ignoring, bypassing, denying, running, or quitting, but by standing, both feet planted, eyes open, in the eye of the storm. When you do this, you build trust with yourself. You come to know that you can handle whatever comes at you. When you face the storm, you *become the storm*. You learn how to be in it without losing your footing or center of gravity.

Let's Talk About Emotions.

"A healthy witch makes all things sound." We explored this in the beginning of this program, when we looked at what we're doing here. We are making all things sound, starting with ourselves. Sometimes this looks like being "as well as possible given the circumstances", and sometimes this means miraculous healing where we thought none was possible. I'm very familiar with the "as well as possible" scenario, though I have had one or two of the miraculous variety, usually in the context of doing my work and finding the proverbial scales falling from my eyes, or a sudden eradication of a thing that was a huge thing just the day before.

This doesn't come from ignoring, bypassing, denial, or "pulling up your boot straps". It doesn't come from being nice, polite, civil, or faking it until you make it. It comes from self-inquiry, introspection, self-awareness, honesty, full expression of all that is true for you, and growing "soundness" through doing the work. "Soundness" is about being fit for purpose. It's about being solidly built. We work towards that because that allows us to access more life force.

For me, personal soundness requires that I be with all that is within me. I can't be "sound" if I'm denying what is. Sitting with stuff is one of my superpowers, thanks to years of inner work and therapy. Bypassing is the "norm", though, and it is culturally encouraged.

"Don't feel. Don't cry. Don't be angry. Don't "air your dirty laundry". Don't talk. Don't tell. Don't get your stuff all over me. Don't make me face my own stuff by revealing yours. Stay quiet. Be nice. Cross your legs and shut your mouth. These are the messages we bump up against every day. We are instructed from childhood to hide behind a smile and an "I'm fine" and "niceness" in all but the most intimate of circumstances, and even there we can find ourselves unsafe to share what is really going on.

But, I bucked that conditioning long ago. I feel out loud. All the time. I say what is true for me as a matter of course. And the results of that have been that people see me, and feel not only empathy for what I'm going through, but *empathy for themselves in whatever they're going through*. [I CAN'T KEEP QUIET](#) (Hint: this is a powerful anthem all witches should have in their playlist), even if it means I'll be [scapegoated](#). (another fabulous song for the ones who will not keep quiet).

Expressing your feelings is magic. It is a way to heal the world. It's a kind of Amazon Warrior thing, a radical subversion of the status quo. You tell me to shut up, and I'm going to talk louder. You tell me to take up less space, and I'm going to expand in all directions. This is a witch thing. You're going to find yourself doing the same. But there are a few things you should absolutely consider as you begin to make this shift (if you aren't already a fully fledged expressive feeler).

This Isn't Always Safe.

Expressing what is true for you can be dangerous. It can invite unwelcome feedback that often comes in the form of unsolicited advice or criticism. It can stir up envy in people who wish they could do what you're doing, and they may project that envy back onto you by trying to silence you or minimize you. You can experience a powerful sense of contraction after a vulnerable sharing (what I call a vulnerability hangover) that can leave you with paroxysms of anxiety. You might alienate people who simply can't understand where you're coming from. You may be abandoned. You may be misunderstood.

There are going to be spaces that are safer than others for your vulnerable sharing. Choose wisely, and as soon as you notice someone coming at your vulnerability with unsolicited advice or undue criticism, adjust your boundaries accordingly. For example: On line and in my "meatspace" life, I put "no advice" boundaries around some of my posts or sharing. I also move people who don't abide by these boundaries to my "restricted" list, where they can only see my public posts and never any of my more personal stuff. In terms of "meatspace" interactions, there are people in my life that I share my deepest darkest with because I know they will receive it with empathy, honesty, and kindness. And then there are those who get my shiny, polished smile, because they have proven not to be safe to share my deepest darkest with. Some of us already have what I call "casserole people". These are the people who know you intimately and will show up with casserole or ice cream if you are in a bad place. They will help you bury the body. They can hold you while you are sobbing *without telling you to stop crying*.

If you're lucky, you have these people. If you aren't so lucky, fostering these kinds of relationships is an important part of your work, because we can't do any of this (and by this, I mean LIFE) alone. We need casserole people. We need 3 a.m. people. We need "bury the body" people. Finding them requires courage. It requires that you get outside of your comfort zone. Join clubs or networks. Get out there. And then, feed your new people tiny crumbs of true you. Watch carefully to see how they receive them. Note who makes you feel safe. Note who doesn't. Also make notes about who shares openly with you, since their open sharing is a good indicator that they are good with sharing real, true feelings and stories.

Getting Hurt Builds Resilience

Oh my gods, I know, this is awful, but it's true. When you put yourself in a vulnerable place, and you are ill-received, it will hurt. But you will dust yourself off, and try again, and you will be less hurt next time. I am speaking from experience here. This is a promise I am making. If you share your truth and you are rejected, abandoned, criticized, etc. well, that's the universe helping you prune your garden. It doesn't mean it doesn't suck. It doesn't excuse those who cause harm or hurt, either, but what we might be tempted to think of as "abandonment" can also be reframed as "released" in disguise. I, personally, don't want people close to me who can't see me/feel me/hear me as I am. I don't want to have to be a living piece of theatre to accommodate my people. My people are okay with me when I'm the Goddess Of Never Not Broken On The Floor. They are also okay me when I'm Joan of Arc or Lagertha or the Swamp Witch De Jour. All of my parts are welcome in the eyes of my real people, my true people. I let them have it all and they let me have their all.

As for the rest? The unsafe ones? If I *have* to have them in my life, they get the royal wave, the plastic smile, the "Fine, thanks", until they prove they are worthy of more. If I *don't* have to have them in my life, they get yeeted into the sun. No, this is not "nice", but we are not here to be "nice". We are here to be real and fiercely self-loving, and properly bounded, and besides, those unsafe people? They are only going to be triggered and upset by your awesomeness in the arena of vulnerable sharing, so cutting them off from that is actually a kindness. Go where the ease is. Go where the intimacy is. Go where you feel like you can ebb and flow like the tides without being "fixed" or "tidied up" And be that for your people as well, by learning to feel with them instead of trying to shush them, minimize them, advise them, or invalidate them.

Anger Is Especially Difficult To Express Or Hold Space For.

One of the reasons for that is because we women especially have been told all our lives that anger is NOT ACCEPTABLE. And yet, it is a safety mechanism that exists within us for a reason. It alerts us to the wrongness of a thing. It tells us when our boundaries are being violated. It is a nudge in the direction of our own inner work to sort "anger about the past" (which is STILL VALID) from "anger about this thing that just happened here and now". Most of us have a lot of stored up anger - anger we've suppressed forever because we have never been taught how to process it in a "sound" way. Feminine anger is often met with gaslighting, too, which makes us feel crazy, angrier, and unsafe. But anger is vital, and when women embrace their right to be angry, they can move mountains.

There is also this: anger suppressed and turned inward can cause depression. Depression is not sadness (which is

healthy, and natural), but rather, a kind of self-annihilation. It interferes with our ability to feel the full range of human emotion. It has physical impacts which leech our vitality. "Depressed" is the opposite of "empowered" Now, it is true that a lot of depression is a function of chemical imbalances in the brain, but I'm always curious to know how much trauma existed before the depressed state arose, and whether the depression is chemical *because* of trauma and the suppression of anger, or whether the depression is a byproduct of sheer chemical brain stuff. According to my therapist, trauma is often at the root of a lot of it, and unraveling trauma can unravel the vitalizing power of suppressed anger.

Grief Can Be Equally Problematic.

When we experience a loss, grief arises. We've been taught to think of it as a linear process, as something that starts at point A and moves toward resolution, but this isn't my experience with grief at all. Rather than a straight line through the five stages (denial, anger, bargaining, depression and acceptance), grief is more like a three-year-old's scribble. We move in and out and around the stages in a shape that looks rather more like a hurricane than a line. This process takes time, and while the 'experts' have given us time frames (rather like expected times of arrival at acceptance), each person grieves differently.

Depending on what we're grieving, we can also come up against some rather insidious societal expectations. Like, if someone hurts you and leaves you, you are supposed to be strong enough to just "get over it". If you are betrayed, you are supposed to write the entire relationship off as a waste of time, and move on. This is not helpful. This doesn't let us properly grieve.

Being in the presence of a grieving person can be uncomfortable. It can mirror unresolved or unacknowledged grief within us. It can make us impatient with them. If we are grieving, we can be equally impatient with ourselves. People with unacknowledged or unresolved grief just want grieving people to stop grieving, to get over it, to move on, so they can feel more comfortable. When we come up against this in our own grieving process, we can begin to stuff the grief in order to make other people (or ourselves) comfortable. There is a backlash inherent in this, though. That grief, stuffed as it is, can arise at any moment and give us a swift, unexpected kick to the guts.

Moving through grief is a process. It takes as much time as it takes. Medicating it, denying it, suppressing it, only causes problems later. Embracing it, being with the process and letting it ride you for as long as it takes is the only healthy way through that I know of.

All that being said, I'm not a therapist, so I can't help with unraveling anger or grief, except to *listen* and *witness*, but I can verify the validity of that kind of work in our endeavour to make all things sound. We must begin this work with ourselves. As we become sound, as we begin to own and express all of what is true for us, we will come more and more into our own power, and as we come to know our power, we will begin to know and own our work in the world.

So, To Sum Up, All Of Our Emotions Are Fuel, Are Valid, And Are Fair Game

There is very little I feel that gets pushed aside if I can help it. It gets expressed. The joy, the gratitude, the love, the affection, the curiosity, the delight, the appreciation, and on the flip side of that coin, the anger, the frustration, the sorrow, the grief, the righteous rage, the uncertainty, the terror, the envy...

It's all energy. It's all valid. It's all a part of being a spiritual being in a meatsuit. Our emotions fire off in our brains. They just arise, and sometimes we know exactly why, and sometimes, we have no idea. But here's a radical idea about emotions: none of them are negative, bad, wrong, "low vibe", or unacceptable. What we do with our emotions can be destructive or constructive, but all of it is *power*, and how we direct it makes a difference between "soundness" and "unsoundness". Expressing it in all the safe and healthy ways (using our words, using our pens, using our paint brushes, dancing it out, pillow punching, working out, etc.), especially if we intentionally direct the energy we are releasing towards our desires, is a hugely healing and powerful practice.

Example: Let's say I feel a deep sadness about being single. There is nothing wrong with feeling this way. It doesn't mean I'm needy or weak. It doesn't mean I am in any way wrong. I may need a good cry. I may need to listen to all the sad love songs, and let myself be with and then full release this sadness. When I release it, I may offer up the energy to the universe towards the attainment of my desire. Maybe I write a love letter to my future lover, filling it with all the longing in my bones, and then burn it as a way to send it off into the world to fetch my mate. Maybe I paint what it feels like to be happily shackled up with my best friend with the intention of setting a kind of psychic beacon so he can find me. Maybe I dance it out, and let the sensual energy flow through my body and out into the universe to act as a magnet for the one I am waiting for. Maybe I sit with a friend and unravel my longing with them, spiraling out

and spiraling in again so I can understand what might be standing in my way. Maybe I blog about it so I can let it go for the moment and get on with my day.

Letting your emotions fuel your work this way is a way to lean in to discovering your strengths, your passions, your resilience, and your inner Amazon.

Witches, Even Art Witches, Are Warriors.

What I mean by warrior is this: as we come to know ourselves intimately, we begin to work (and in some cases fight) for the attainment or protection of what we desire and value. Some of us are joy warriors, some are kindness warriors, some are peace warriors, some are social justice warriors, some are environmental warriors, some are ancestral healing warriors. Some do battle by way of pen, paintbrush, music, poetry. Others do battle by way of volunteering, social activism, running for politics, or academia. Some quietly raise children imbued and infused with their values. Some just model their values as best they can.

Notice that in all cases, our "warrioriness" is directed at a particular overarching theme or cause. We aren't merely working for joy for ourselves, or kindness for ourselves, or peace for ourselves. No. We work for the greater good. Because, truly. What's the sense in having power if we aren't using it for the greater good? Rarely will you find a witch whose work is done solely for herself. They do exist, but you tend not to hear from them, because, well, they're about and for themselves. We are also about and for ourselves, but as we do the work, we become about and for other things, too, because we come to recognize that we are the microcosm reflecting the macrocosm and what is done in us and through us is done in the whole. Eventually, because we are wired for connection, because our clan, tribe, or community matters to us, our devotion leads us to some kind of conviction. "This is the thing I am here to do. This is my work in the world." This is where your warrior self arises.

Your Warrior Self Won't Look Like My Warrior Self.

Mine is a shield maiden and a queen. She creates communities and then staunchly, fiercely, boldly defends and protects them. Her values include honesty, loyalty, authenticity, and empathy for herself and others. Her main work is to be real, to be self-possessed, and to foster realness, and self-possession in others by creating the space for that. Her main arena of action - where she does her work - is in relationships, in therapy so she can do her best in her relationships, and in communities. Her main role is teacher and facilitator, but she has eschewed the usual way of doing things and has forged her own way. She's bad ass. She's charismatic. She's in your face. She's embodied, fierce in her convictions, and takes no prisoners. I like her. She serves me well, even when I sometimes wish she'd sit down and shut up, because she just can't resist stirring the pot.

Yours might wear a lab coat, and her domain may be the lab. Or the day care center, or the home, where you are mama bear warrior, soft with the babes, but fierce with any predator that might lurk in your domain. You may be the one knocking on doors to get the petition signed, or calling your senator. You may be the teacher who wars with ignorance every day and wins every time a student gets a thing. You may be the environmentalist, warring against the destruction of our planet. You may be the writer, warring against a life devoid of meaning. You may be the artist who imbues every painting with energy towards healing. You may be the doctor or nurse, the minister, or you may literally be a warrior in the army, navy, or air force, or involved with community safety programs. Animal rights might be your thing. Or the plight of the homeless. Or the plight of the oppressed. You may have several threads of 'warrior-ness' in you around multiple different convictions.

If you don't resonate with "warrior" energy, try "heroine" instead. Or "protagonist" or "superpower". What are you the heroine of? What is your super power? If you were a protagonist in a story, what would that story be about? Are there myths or stories specific to your ancestry that include "warrior goddesses"? Which do you resonate with?

If You Were A Storm, What Would You Reveal? What Would You Destroy?
What Would You Make Room For?

Exercise: Emotional Power Journaling

Check in with yourself with pen and paper in hand, and ask yourself the following questions:

What's happening in the world right now that makes you angry? What makes you feel full of sorrow? What makes you happy or full of joy?

Where does your emotional power (as in, the 'charge' you feel when you feel stuff) tend to direct itself? Inward? Outward? In the service of action to change? In self-denigration, or self-loathing?

How do you direct your emotional power? Do you yell? Throw tantrums? Contract? Hide out? Write? Scribble? Paint? Express full throat- edly? Punch things? Run it off? Numb it out? Ignore it?

What are you really passionate about? (Aka what are your values?)

What are you really good at? What do you do well, naturally, without much thought? How can this be applied to your emotional energy? As in - how can you turn your skills into arenas of emotional release/using emotions to power change?

If your anger, sorrow, joy, or passion could change some part of the world or your environment, what part of the world or environment would you turn that emotional energy towards?

What parts of your art practice feel like good ways of channeling your emotional states for the greater good? How intimate are you willing to be with your emotional states? What can you do to foster that intimacy?

Art Journal Prompt: Try mood journaling. [Download this PDF lesson as a bonus!](#)

Exercise: EmoSymbols

Develop a set of symbols for all the things you generally feel on a regular basis. This can be included in your art journal spreads as 'code' for whatever is really going on with you. You can do Google searches using the words 'symbol for <insert emotional state here>', and build your own visual lexicon. Colour is also a great way to express emotions. Use magical correspondences as well as colour therapy tools and resources to research. Tarot is a fantastic tool for finding symbols/colours as they relate to emotional states and life passages. Example: Cups for all that watery heart stuff, Swords for all that airy mind stuff, Pentacles for all that earthy body stuff, and Wands for all that fiery spirit stuff like passion, ambition, creativity, and drive.



Art Journal Prompt: Pick an emotional state that you feel regularly. Research symbols, colours, etc. Try finding quotes, lyrics or po-ems that are relevant to that emotional state. Create a journal spread that expresses the emotion as honestly as possible. If you're feeling 'ugly' or 'difficult' feelings, embrace that. Express it. Be real.

Exercise: From You All Things Emerge And Unto You All Things Return

This is a ritual to befriend your emotions. Please apply liberally.

Begin in the usual way by setting the scene, settling yourself, grounding into earth and sky so that your energy is supplemented with the assistance and energy of the powers that be.

With pen and journal in hand, list all of the emotional states that you experience that you are totally okay with, that you totally own, and that you find easy to express and share.

Now, list all of the emotional states that you experience that you are uncomfortable with. Be aware that you might have equal discomfort with anger and joy or happiness and apathy. Happiness can be uncomfortable because omg, what if you lose it. Joy may trigger a similar fearful state. Anger may make you feel unsafe. Explore deeply. Leave no stone left unturned.

Once you have a list of all of your emotional states, light a candle and get quiet for a moment. Breathe slowly and gently. Let your eyes rest on the page of what you have written. Take in the first emotional state on the list. Let yourself feel that way. Be with that feeling.

When you feel it, say:

"From you all things emerge and unto you all things return"

Breathe the emotional state out of your body and into the universe that surrounds you, trusting that it will go where it is most needed. If it helps, imagine it leaving you as coloured light, or visualize it as a symbol you breathe into being as you release it, and then let it float away.

Rinse, repeat all the way down the list.

If you get stuck on a particular emotional state, try adding the words 'even this' to the end of your prayer. Sometimes, I add 'especially this' when I'm dealing with something particularly difficult or powerful.

Close as you would close any ceremony.

Art Journal Prompt: Paint yourself as an energy witch, able to transmute emotion into power at will.

Exercise: Your Warrior Self

Explore where your emotions are strongest, and what values they reveal as being your core values. What kind of warrior would that make you? Are you a mama warrior? A poet warrior? A self-love warrior? A kindness warrior?

Art Journal Prompt: Paint your inner warrior.

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

Pink Moon, Seed Moon, Planting Moon, Hare Moon, Green Grass Moon

Suggested Activity: As we do every month, sit with these names and contemplate what they might mean for you. Compare and contrast these names with what's happening in your environment. Use your powers of seeking (GoogleFu!) to research the names and lore associated with this month of the year. Note anything that resonates with you.

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

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.

Alder

March 18 - April 14

Good for workings associated with the development of your own intuition or psychic abilities, divination, prophecy, magic to stay 'on track', balanced, and grounded.

Journal prompt: What is your relationship with your One Who Knows? How well does your intuition serve you? How much do you trust it?

Art Prompt: Create an expressive painting of yourself as you would appear if you were 'on track', balanced, and grounded. Work with sigils or symbols of inner knowing and intuition.

Willow

April 15 - May 12

Good for workings associated with healing and growth, intuition, and protection.

Journal prompt: What needs to be healed within you? What areas of your life are calling you to personal growth?

Art prompt: Create art that focuses on what needs to be healed within you. Alternatively, focus your imagery on 'growth'.

April Correspondences

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

Colours: Pale yellow, pinks, and violets

Herbs/Plants: Basil, chives, dragon's blood.

Flowers: Daisy, dandelion, bluebell, primrose, geranium, thistles

Scent: Blossoms, grass, daisy, patchouli, bay, begamot.

Stones: Ruby, garnet, sard.

Animals: Bear, wolf, hawk, magpie.

Nature spirits: Plant Devas

Season: Spring

Tree: Ash/Willow, Hazel

Workings: Beginnings, anything associated with leadership, warriorship, creativity, joy, and confidence.

Celebrations: Beltaine Eve (April 30th), April Fool's Day, Easter

Symbols: Eggs, spring flowers, hares/rabbits, 'signs of spring' of all kinds.

This Month's Altar

As with last month, think "Spring" (or "Fall" if you are in the Southern Hemisphere) and decorate accordingly. Images of baby animals, spring flowers, decorated eggs (check out Pysanky, which is a lovely spring activity), bowls of seeds to be blessed before planting, seed pods, images of birds, especially Robins, caterpillars or cocoons, feathers, any symbols relating to air (we're entering the elemental season of 'air' as we move from winter to spring), images of your warrior self, images that relate to your powers to begin things, symbols that represent or honour your understanding of the divine, a print of your intention spread from last new moon, etc.

Activities and Ponderings for April

Explore the stories, myths, and legends from your ancestry about warrior women, women of power, or humans of power that inspire you.

List your personal heroines/heros/theyroes. Who do you look up to? Why? What do they reflect within you?

Create abstract art that expresses emotions *without using text or words*.

Flip through your favourite oracle deck and without thinking too much about it, pick out the ones that seem to reflect your current emotional state. Jot down why you picked them and then look them up. What do these cards tell you about what you're feeling and how you can use the energy of that feeling?

Practice letting your feelings rise up and fill you. Then, blow them out into the universe to be transformed. Apply liberally as needed.

Journal about yourself as powerful. Where are you most powerful? Where do you feel most powerless? How can you increase your sense of empowerment? What empowers you?

Make moon water.

Create with the moon cycle. Moon bathe.

April Recommended Reading

[Embracing your negative emotions could boost psychological well being.](#) (Web article)

[Waking The Tiger: Healing Trauma by Peter A. Levine, Ann Frederick](#) (Book)

[The Untethered Soul by Michael A. Singer](#) (Book)

[Circle Of Stones by Judith Duerk](#) (Book)

[The Dance of The Dissident Daughter](#) by Sue Monk Kidd (Book)

[Art Journal Your Archetypes by Gabrielle Javier-Ceruilli](#) (Book)

[Warrior Soul by Laura Probert, Atousa Raissyian, Nathan Ohren, Autumnne Stirling.](#) (Guided Journal)

Quotes & Wisdom Sayings

True magic is neither black nor white.
It's both, because nature is both.
Loving and cruel, all at the same time.
The only good or bad is in the heart of the witch.
Life keeps a balance on its own.

From the movie, "The Craft"

White magic is poetry.
Black magic is anything that works

- Victor Anderson

When you visit a witch, bring an offering: Food, tobacco, alcohol,
secrets, sex, or death.

- Honest Lewis

Take a lover who looks at you like maybe you are magic.

-Frida Kahlo

Sex is kicking death in the ass while singing

-Charles Bukowski

...for behold, all acts of love and pleasure are my rituals.

-From The Charge of The Goddess by Doreen Valiente

April Art Witchery

With Effy Wild

Two of the exercises I provided in your smorgasboard of offerings this month are called "EmoSymbols" & "From You All Things Emerge". Both are powerful pieces of art witchery so I'm going to refer you back to them, and also provide you with an additional bonus lesson for this month - the previously recorded "Symbols Dictionary" with a talk on visual language and some further resources to explore.

As discussed in earlier lessons, the part of us that has easy access to the divine (Fetch/Wild Child) speaks the language of ritual and symbol. While words can play a role in our art witchery (especially words that we speak in rhyme or rhythm), ritual action and symbols are the most powerful tools in our tool box.

Figuring out what symbolizes what for you can increase the depth of meaning in your art witchery. When you pile on the symbolism through image and colour, you are charging or empowering the "message" you are sending to the divine as you understand it in your work to attain your desires.

Learning your own visual language is an ongoing endeavour. You could easily dedicate a whole art journal just to this part of your studies. You could also "read" your paintings as discussed previously to see what images keep coming up in your paintings to discern what they might mean to you. Some things will be obvious (like moons, crystals, cups, flowers, etc.) but some may be very personal and specific to you (like how I paint my faces to lean right or left depending on whether or not I'm orienting them as "focused on the past" or "focused on the future".) You may add certain colours to represent certain desired emotional states (example teal = joy in my lexicon).

The more you dig in to visual language and symbolism, the more meaningful your paintings will become.

Here is a repost of the exercises I'm referring to so you don't have to scroll back up!

EmoSymbols

Develop a set of symbols for all the things you generally feel on a regular basis. This can be included in your art journal spreads as 'code' for whatever is really going on with you. You can do Google searches using the words 'symbol for <insert emotional state here>', and build your own visual lexicon. Colour is also a great way to express emotions. Use magical correspondences as well as colour therapy tools and resources to research. Tarot is a fantastic tool for finding symbols/colours as they relate to emotional states and life passages. Example: Cups for all that watery heart stuff, Swords for all that airy mind stuff, Pentacles for all that earthy body stuff, and Wands for all that fiery spirit stuff like passion, ambition, creativity, and drive.

Art Journal Prompt: Pick an emotional state that you feel regularly. Research symbols, colours, etc. Try finding quotes, lyrics or po-ems that are relevant to that emotional state. Create a journal spread that expresses the emotion as honestly as possible. If you're feeling 'ugly' or 'difficult' feelings, embrace that. Express it. Be real.

Exercise: From you all things emerge

This is a ritual to befriend your emotions. Please apply liberally.

Begin in the usual way by setting the scene, settling yourself, grounding into earth and sky so that your energy is supplemented with the assistance and energy of the powers that be.

With pen and journal in hand, list all of the emotional states that you experience that you are totally okay with, that you totally own, and that you find easy to express and share.

Now, list all of the emotional states that you experience that you are uncomfortable with. Be aware that you might have equal discomfort with anger and joy or happiness and apathy. Happiness can be uncomfortable because omg, what if you lose it. Joy may trigger a similar fearful state. Anger may make you feel unsafe. Explore deeply. Leave no stone left unturned.

Once you have a list of all of your emotional states, light a candle and get quiet for a moment. Breathe slowly and gently. Let your eyes rest on the page of what you have written. Take in the first emotional state on the list. Let your-

self feel that way. Be with that feeling.

When you feel it, say:

“From you all things emerge and unto you all things return”

Breathe the emotional state out of your body and into the universe that surrounds you, trusting that it will go where it is most needed. If it helps, imagine it leaving you as coloured light, or visualize it as a symbol you breathe into being as you release it, and then let it float away.

Rinse, repeat all the way down the list.

If you get stuck on a particular emotional state, try adding the words ‘even this’ to the end of your prayer. Sometimes, I add ‘especially this’ when I’m dealing with something particularly difficult or powerful.

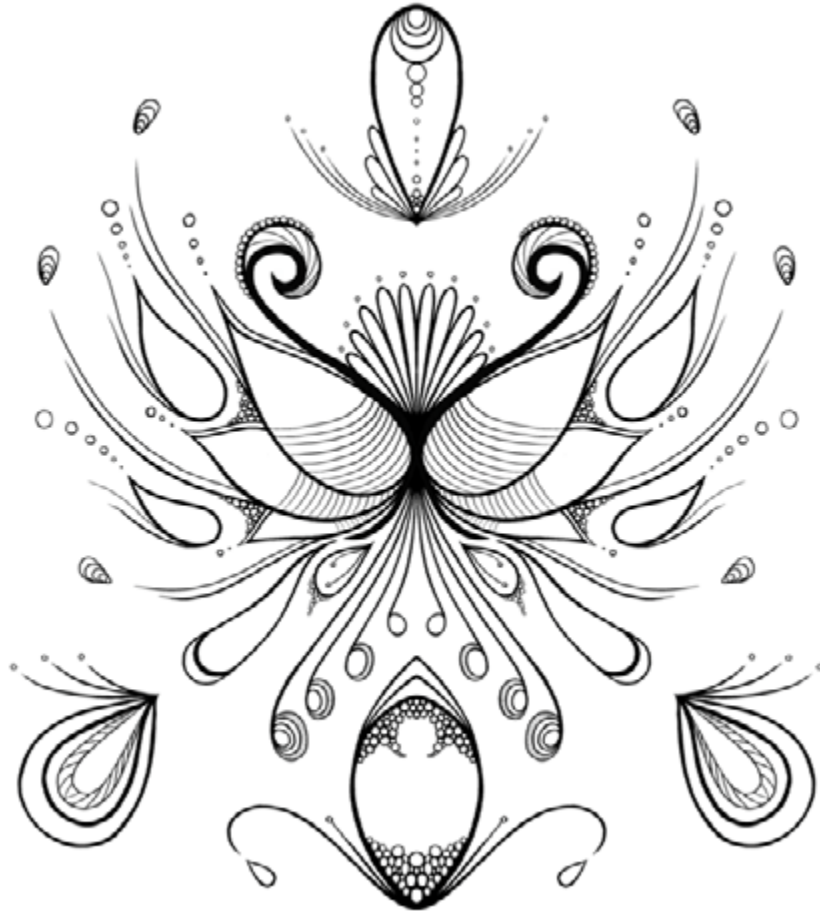
Close as you would close any ceremony.

Art Journal Prompt: Paint yourself as an energy witch, able to transmute emotion into power at will.

Mandalas By Tina Stanley

April 2024

New this year, we have printable mandalas designed by our very own Tina Stanley! Print and colour as a form of contemplation, meditation, or just for fun!



[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 52 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



This resin is incredible for slowing the mind, for inner contemplation and for getting deep into meditative states. It grows as a small tree or shrub mainly gathered from Somalia, south Arabia, and Ethiopia. When you cut into the bark, it leaks out a liquid that solidifies into an amber type lump. Its very fragrant. It is also known as (and associated with) Olibanum, and I've found in old texts, recipes often call it that. The most common frankincense has latin names is *Boswellia carterii* or *Boswellia serrata* (though there are many kinds, all similar in properties) It is steam distilled into an essential oil, which is my preferred way to use it.

Frankincense in a blend (I love adding it to cream) is amazing for the skin, especially for dry, and mature skin, as well as wrinkles. I mixed mine with rose, its heavenly! I call it ultra rich. You can also blend with a wide variety of other essential oils, it blends well with a lot.

It has been used for a long time as a spiritual aid, its spicy and sensuous scent found in catholic churches as the incense burned, in Egypt for meditation and prayer by the priests and was so prized that many spent fortunes to acquire it. In the bible it was one of the gifts to baby Jesus.

It helps to fortify the mind, especially when its burdened by anxiety and tension (I've been using it a lot lately, and it is in both blends for this month). It can help within meditation to help sever ties with the past that is hampering growth, it comforts and soothes and can help heal emotional wounds. By deepening the breath and slowing respiration, it can help produce a sense of serenity and calm restlessness. It has stabilizing and centering qualities I find particularly useful when I have a racing mind or high amounts of stress.

Although frankincense is considered a mild essential oil, it is always wise to dilute before applying to the skin, and to breath in slowly.

Recipes

New Moon in Aries: Action

4 drops frankincense
2 drops rosemary
1 drop fennel
1 drop eucalyptus
2 drops lemon

The frankincense slows down this active blend, reminding us that sometimes we need to speed up, and sometimes we need to slow down. Sometimes even, we need to find a way to do both. This blend would suit well in a roller bottle to take on the go. For a boost of energy but a deep calming breath while you are at it. I also intend to burn this blend in my diffuser while I work/create.

Other oils you can use are: peppermint, lime, tangerine, juniper berry, orange, mandarin, cumin, carnation.

Full Moon in Scorpio: Protect

Equal drops of
Frankincense
Patchouli
Myrrh
Ginger
Jasmine

I used to call this blend deep dive, but have renamed it Protect. This blend will let you slip in slowly, like a warm bath to whatever you are diving into within. With comforting and supporting essential oils, this blend will give you a feeling of protection as you dive deep into, whatever it is that's calling you to right now.

Soak in the bath, roll it onto your body or just breathe it in. This blend is soft and soothing, warm and determined, Strong and supportive.

Other oils you can use are: basil, violet, allspice, galangal, pine, lime, geranium

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.

Find me on [Facebook](#)

Herb Of The Month

with Airmid Wylde

Dandelion

This is the perfect time of year to start exploring dandelions, as they're just starting to spring up in a lot of climates! I just spent yesterday afternoon holding my hand out while my three-year-old picked nearly a hundred of them from our unmowed lawn. Those dandelions are medicinally unusable, though, as they're grown close to a road and next to a yard that uses both weed and pest control. However, there are chemical and emissions-free dandelions all over the place - keep reading to find out how you can use them!

Dandelion - the root, flower, and leaves - is a plant you can use for just about anything. It makes a great general tonic to add to your diet or medicinal bag because it covers so many different body systems.

One of the more popular uses is as a liver, gallbladder, kidney tonic, because it is a master at clearing inflammation, stagnation, and supporting detoxification of metabolic wastes. You can add dandelion to your routine to help with this system by taking a dandelion root tincture before you eat, or by even adding actual dandelion greens to your salads. So yummy!

Dandelion increases secretion of insulin in the

pancreas, which makes it a great friend for those with hypoglycemia or certain types of diabetes. This is also important for anyone with blood sugar issues or diabetes to know. It can be stabilizing, but also make sure you're aware of your intake and watch your glucose levels until you find a method and amount that work well for you.

Dandelion also works well at helping with inflammation, which makes it a great ally for those with inflammatory issues (like me, with rheumatoid arthritis!), or even colds and flus. Dandelion is typically my first reach for just about anything that comes up with my body. Not only do I keep dandelion tea on hand, but dandelion root coffee is something I enjoy almost every morning because, not only does it taste good, it also helps keep my body flowing the way it was designed.

I hope you enjoy dandelions this month, and don't forget to share your explorations in the group!

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[Download, Print & Colour](#)

April Tea

Faerie Tea

3p. Elderflower
1p Damiana
2p Chamomile
2p Lavender
1p Rose Petals
1p Mint

Elderflower, chamomile, lavender and rose are all gentle, soothing florals which delight our tiniest of spring spirits - Damiana adds in an anxiety-busting, calming, mellow feel that helps you ground and connect to the budding Spring around you.

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](#).



[Download, Print & Colour!](#)

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Stone Of The Month

with Rachael Caringella

Pyrite

Brings vitality and strengthens your inner power. Generates wealth and prosperity. Helps you tap into your abilities and potential, stimulating the flow of ideas and giving confidence to show case your abilities. Draws protective energy from the earth, acts as a defensive shield against negative energies, environment pollutions, extreme emotions, spiritual attack and physical harm. Stimulates the sacral chakra and enhances will power to allow us to see behind facades or fantasies. A piece of Pyrite in the workplace helps energize the area and helps increase productivity and vitality. Supports overall well-being, and increases oxygen supply to the blood and strengthen the respiratory and circulatory systems.



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](#)

Notes

04

APRIL
2024

March 30th, 2024 at 1 p.m. EDT - [Live Activation Gathering](#)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8 Art Witch Paint & Sip New Moon in Aries 7 p.m. EDT	9	10	11	12	13 Waxing moon in Moonchild - 1 p.m. EDT
14	15	16	17	18	19	20
21	22	23 Art Witch Paint & Sip Full Moon in Scorpio 7 p.m. EDT	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
-
- _____
 - _____
 - _____
 - _____

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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