



AUGUST

Presence



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

Your PDF for July ended with the words “Be Here Now”. This month in Moonshine, we will be exploring that, and how being present can increase our sense of abundance and vitalize ourselves and our world.

We’re doing this in August, because if there’s any month that feels “abundant” and begs for our presence, it is this one. The grain is ripening in the field. The first harvest is upon us. In the Southern Hemisphere, the sheep are birthing lambs, and ewes milk is plentiful.

The earth is exploding in abundance. The sun is a kiss. This month, I want to explore how presence and abundance are inextricably linked.

On The Power of Presence

There are so many ways to experience presence. A place can have a sense of presence, as though it is haunted by its own history. A person can have great presence - a charismatic presence, a peaceful presence, an empowering presence, and so on. An object can be imbued with the presence of its maker or of the people who handled it. This kind of presence is an energy we can experience when we become present. We can meet moments, places, objects, and people with our presence.

We can become present in a variety of ways - physically, emotionally, spiritually - and the more present we become, the more powerful our experience of presence is. Being present also increases our own presence - as in, how much our presence impacts the present moment.

When I’m talking about presence and being present, this is what I’m talking about:

The influence of a vital person vitalizes, no doubt about it. The world without spirit is a wasteland. People have the notion of saving the world by shifting things around, changing the rules, and who’s on top. No, no! Any world is a valid world if it’s alive. The thing to do is to bring life to it, and the only way to do that is to find in your own case where the life is and become alive yourself.

Joseph Campbell

Being present, noticing what is present, both vitalizes the moment, and yourself. By showing up, you lend energy to the moment. You become not only present, but also an energetic presence with which the moment (place, object, person) may interact.

Being present and being a presence will naturally increase our sense of abundance. Why? Because showing up and really being present makes our lives richer, fuller, and more satisfying. Being a presence can be magnetic, which nat-

usually attracts abundance. If you make it a practice of noticing how much more alive you feel when you are checked in to your body, fully engaged in a moment vs. when you are scrolling on your phone, barely engaging, you will know this to be true. Being present increases your sense of aliveness.

A lot of witchcraft/spiritual programs focus on the 'things' context of abundance, and it is true that you can attract more 'stuff' - more money, more tangible objects this way, but I like to focus on a different kind of abundance from which all other kinds flow. The kind of abundance that creates a river of abundance is presence, noticing, and gratitude. Being present, acknowledging the present moment and what it has to offer, being grateful, instantly enriches the moment, and when we enrich the moment we attract more of the same. This is major branch of magic.

Some have explored it through the "law of attraction", but we go deeper than that as witches. We are not merely experimenting with the idea that thoughts become things, as in LOA. We are playing with the idea that energy directed toward our desires will help us manifest our desires. This has been our primary focus in this class since the very beginning, when we explored our desires, dug into what we really wanted, and made that a part of our work. We acknowledged that it is not a simple matter of thinking. We must *feel*, and we must use the energy of that feeling as a power we direct toward our desired outcomes.

Being present, noticing what is present, being a presence - this triad of powerful ways of being in the world can be foundational to the attainment of our desires, because they raise and direct energy. When we talk abundance this month, we're talking about having and fostering an abundance of energy through presence, because we get the secret that all things are made of energy, including our desires.

Presence Is Energy

In some traditions of witchcraft, presence is associated with fire - our own inner fire, and the animating fire of spirit in all things. Presence is also associated with energy - that thing that all things are ultimately made of. When we show up, when we truly take in an experience, whatever it might be, we enter into a relationship with it. We give a spark of ourselves to it as energy through our presence and attention, and in return, it gives energy back to us. You'll recognize this if you remember a time when you entered a quiet, still state, and just took a moment in. You can feel an exchange happening when you do this. You enchant the moment with your attention, and the moment enchants you in turn. Enchanted moments are far lusher and richer than the mundane ones in which we are half or wholly checked out.

Presence Is Magic

If you learn how to increase your presence - your life force - both the kind where you are fully showing up, and the kind where you are radiating energetically, a magical mindset in which you can more easily manifest your desired outcomes arises. If you spend your life half (or wholly) checked out, what happens to you and around you is unintentional and unguided by your own desires. When you check in, you can begin to direct the course of your life with your attention and intention. This is a powerful shift to make. It takes us out of the realm of put-upon-victim to whom things just happen and puts us firmly in the role of co-creators with the divine.

That doesn't mean it's easy, though. As soon as you become present, you will feel things. Maybe more than you would like. You will experience things more deeply. As you learn to become more present, you might be tempted to numb out when feeling or being fully present feels overwhelming. This is natural, but it is important to remember that when you numb the 'heavy' or 'difficult' you can't help but numb the rest, too.

Want more joy? Let yourself fully experience your sorrow. Want more love? Allow yourself to explore and experience your apathy. Want to feel more alive? Tackle your fear of death. Become as immersed in your own experience of life as possible, and bring your presence to it as fully and powerfully as you can. Notice what you already have. Notice everything. Noticing is energy. Energy is creative. The more you notice and appreciate what you have, the more likely you are to invite and create more of it, both tangibly, through your own work to attain it, and spiritually, through the way your attention will shift your understand of abundance.

Beware The Spiritual Bypass

The tendency of our culture right now is to be oppressively positive. People respond to our pain with denials. They respond to our grappling with useless and insensitive advice. They want us to 'think positive' or 'get over it'. I blame the popularity of The Law of Attraction for this. The popularity of this 'think yourself okay' mentality can trick us into believing that being present means bypassing the 'heavy' in order to focus on the 'light'.

No. Not in my experience. Bypassing (ignoring, numbing, denying) the heavy only creates cognitive dissonance. If things are heavy, be with the heaviness. Being present with what is **real** is what heals it. Being present with what's **true** is what allows it to pass.

This kind of presence also allows us to know what we **don't** desire, and through that portal, we can shift our focus to what we **do** desire. But resolution must come first, and that means owning what is true, acknowledging it fully, and asking yourself how you can shift focus.

Here's An Example:

You are grieving a loss. Many LOA people will tell you to just think positively or to use affirmations. You try this, but affirmations feel like lies, and grief makes it impossible to think positively. You are now stuck with cognitive dissonance, and you've abandoned your reality, which is that you are grieving. You are now not only grieving, but you also feel like you've failed somehow, like this is your fault.

So. Not. Helpful.

I propose that your grief, and your grieving self, deserves your presence and validation. Nod at it. Yes, I am grieving. Feel it fully. As you do this, as you admit that this is your current reality, you become open. You have a relationship with your grief. Your grief feels acknowledged, valid, and your whole self feels like it has **every right to feel the way it feels**. This is being present with yourself, and this presence will allow the grief to resolve itself organically over time as **grief is meant to do**. In being with your grief, an awareness of what you **desire** will arise. You may desire relief from grief. That is an invitation to feel the grief through. You may eventually desire a return to love. That is an invitation to begin lending your attention and energy toward that desire. You may desire numbness. That is an invitation to work with your nervous system so that it becomes more resilient and you become more willing to feel through your feelings.

Being with the heavy and the difficult will lead to ease. **This is a promise**.

Please note however, that I am not talking about using presence alone on true chemical or trauma based illness. While spiritual modalities can help with all the heavy and difficult that comes with mental illness and trauma based emotional unease, qualified help is **also** required to work through these issues. We, as witches, embrace both spiritual and scientific technologies. We do not try to 'pray away' or 'spell away' our diabetes. Neither should we try to 'pray away' our PTSD, psychosis, trauma related or chemical depression. I am absolutely speaking from experience here. Without my therapist, I wouldn't be here. True fact. Avail yourself of all the available modalities, including pharmaceuticals where appropriate and necessary.

Presence Fosters Noticing & Gratitude. Gratitude Fosters abundance.

When you become present in any given moment, you are able to fully receive it, and in doing so, you can gain more clarity. If you are present in a sorrowful moment, you may be able to find the wisdom in it more readily. If you are present in a difficult moment, you may come face to face with your own resilience or your own ability to problem solve. If you are present in a joyful moment, you may be able to recognize how to get more of the same. Gratitude and presence feed one another, and gratitude is the key to experiencing abundance. Presence allows you to notice what you have, what is beautiful, what is going right, even by way of knowing (and owning) what's going wrong.

Resistance Invites Presence

Unlike an open, curious sense of being present, you can experience resistance and let it be an invitation into presence, but perhaps, a guarded, discerning presence. This can be very useful in cases where you are feeling out the value of an experience for its rightness or wrongness for you. This discerning kind of presence can give you a moment to ask what the moment (or person) is bringing into your experience.

Resistance can be a good teacher, but it's a very uncomfortable state to remain in. It can also bring in more of what you're resisting. If you find yourself resistant, notice. Acknowledge. Ask yourself if you **should** be resistant, or if a softer stance might be more useful. See if you can shift into open presence. See if you can find a way to present, and also self-protective. Sometimes gratitude for the lessons available in the experience can help move you into a softer presence. If open presence feels unsafe, remove yourself if you can. If you can't, remain guarded until you can remove yourself.

This is FUNDAMENTAL: We Can't Be Present Every Moment Of The Day

At least, I can't. Especially when things *are* heavy or difficult, and right now, I'm noticing that we're all experiencing some of that. In our personal lives, and on a global scale, things are big. They feel oppressive. When things are this way, it is healthy and necessary to dance with presence. Dance in, dance out. Check in, check out. We are allowed to spend some of our time unplugged. We are allowed to binge on Netflix. We are allowed to play that mind-numbing farming game, as long as 'checked out' isn't our 24/7 default position and we make it a practice to check back in to the place where we are engaged, taking the moment in, dancing with what is real, and therefore eliminating barriers to and manifesting our desires.

Exercise: Presence Triggers

Find a key word or phrase that you will use to 'flip your presence switch' to the on position. This should be simple and declarative - like 'be here, now', or 'attend'. Use this word as often as you can remember to slip into a calm, attentive mindset. Remember to check in with your attitude when you do this. Let go of cynicism or bitterness. Try to get into a good heart space.

As you become adept at using this word trigger, add a physical trigger. Mine is tucking my thumb between my first and second finger (like the 'got your nose' game we've all played with children - that's exactly what it looks like). Yours may be as simple as crossing your fingers, or forming something like a Mudra with your hands, or tapping your forehead. Use the word and the physical trigger whenever you want to be present. In time, you will find that in order to slip into a sense of calm, attentive presence, all you need do is use your trigger.

For extra oomph, choose something you do often and 'set it' as a reminder to use your presence trigger. For example: every time you wash your hands, also use your trigger, and check in with how present you are. You could set opening a door as your reminder, or checking your phone, or opening a door. Combining these two activities - reminding yourself to use your trigger, and using your trigger will increase the likelihood that the trigger will 'take' and you will move into deeper presence more regularly.

These exercises are inspired by and adapted from T. Thorn Coyle's work in *Evolutionary Witchcraft*, and Christopher Penczak's work in *Instant Magick*. I highly recommend both of these books!

Art Prompt: Create a spread that explores what it feels like for you when you are calm, attentive, and perfectly present.

Exercise: Presence of Moment and Play

When you find yourself with a quiet moment, ask yourself about what is present in that moment. You might experience only your own emotional energy in relation to the moment, or you may experience the quality of the moment as though it comes from outside of you.

You may feel an ancestor present in the space or the moment. You may feel spirit filling up the moment. Note how it makes you feel to experience presence in this way. If there is a sense of a spiritual force in the moment, see what it's like to be with it. Ask it questions if you like. Be open and curious and see if the presence has a message for you. If it's a heavy moment, try to be with it with openness and curiosity. If it's especially heavy, know that you have the power to shut it down at any moment. Be with it for as long as you can. Release it with love when you're done.

Art Prompt: Paint something that expresses what 'presences' you experience when you are present.

Exercise: Presence - Others and Yours

Whenever you find yourself in someone else's company, take a moment if you can to 'feel their presence'. Note how being in their presence makes you feel, since that will say a lot about what they are radiating. Notice how powerfully you can feel their presence when you really notice them. What are they communicating to you through their energy? Through their words? Are they aligned? Ask yourself what kind of presence you are radiating. Is it in alignment with what you want to radiate? How can you shift your energy so that you are in alignment? Do you say what you mean? (This is a powerful way to increase your presence, and honesty is a powerful manifestation magic that can bring in what we *actually* want instead of what we say we want.)

Art Prompt: Paint yourself as a radiant being, on fire with intention and presence.

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 Corn Moon, Sturgeon Moon, Harvest Moon, Barley 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 August? Why? What does August '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 August.

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.

Holly July 8 - August 4

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

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

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

Hazel August 5 - September 1

Good for workings associated with power, increasing magical abilities, life force (raising it or managing it), creativity and inspiration.

Journal prompt: How much power do you feel you have access to? Do you see a relationship between presence and power? How creative do you feel you are? How easily can you access and use inspiration?

Art prompt: Create art that invites power, creativity and inspiration into your life.

Correspondences

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

Colours: Gold, red, yellow, orange.

Herbs/Plants: Parsley, basil, chamomile, bay, angelica, fennel, rue, citrus

Flowers: Sunflower, cornflower, marigold.

Scent: Sandalwood, heather, dragon's blood, and other tree resins.

Stones: Peridot, sardonyx, Cat's Eye, carnelian, jasper, fire agate

Animals: Horse, otter, lion, phoenix, sphinx, dragon

Nature spirits: Dryads, earth and crop spirits

Season: Summer (Winter in the Southern Hemisphere)

Tree: Holly/Hazel

Element: Fire

Astrology: Leo, July 21 - August 20; Virgo, August 21 - September 20

Workings: Abundance, presence, prosperity, 'reaping', power, and release.

Celebrations: Lammas in the Northern Hemisphere, Imbolc in the Southern Hemisphere

Symbols: Anything relating to fire, the 'masculine divine' as you understand it, ambition, success, sickles, scythes, grains, bread, corn, coins, sun symbols.

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. August 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 August altar with all the fruits of summer, as we did in July, especially those that are local to you, flowers as they are coming up in gardens or fields. The grain harvest is upon us, so include grains, ears of corn, and bread as well. You can also include fire symbols, symbols of the sun, petition art for prosperity magic, harvest symbols of any kind, including sickles, scythes, etc., coins, vision boards, resin based incense, offerings to summer deities, especially those that embody active, honourable, strong energies, and anything left over from last month that still feels relevant.

Trance Journaling

While this may seem counterintuitive, being in a trance is a way of being in the present moment. Find, and employ art techniques that allow you to enter a meditative state. I like tiny doodles for this. When you do anything that puts you in the zone, apply your 'presence trigger' (see your August PDF) so you can further strengthen that trigger.

Gratitude Shrine

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



Abundance Journaling

Lists are a fabulous way to be present with and express gratitude. Make decorative lists of *what you have* and *what you're grateful for* in your journal. You can also create spreads that embody enchanted moments you've had that you'd like to remember. Attending to these through life documentation of any kind will attract more of the same.

Activities and Ponderings for August

Investigate prosperity, presence, power, and awakening spells, and adapt them so that you are inviting whatever you most need at this time. Ask yourself what colours or mixed media art techniques make you think of abundance and presence.

Paint or collage your most present, 'in the moment' self, or paint a deity or hero/ine that represents presence for you.

Journal about what is really working in your life right now. Make a habit of noticing, and recording.

Remember to create and use your presence trigger.

Experiment with being 'checked in' and being 'checked out'. I like to acknowledge when I'm purposefully checking out so that I can easily check back in. This helps to limit the unconscious, accidental check outs, and increases our ability to *choose*.

Journal about free will, and how much you feel you have in your life. Work however you can on getting more.

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! Window gaze with camera or sketchbook if you are not 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 August? Do you feel a resonance with them? Which ones would you like to adopt?

August Recommended Reading

[Be Here Now](#) by Ram Dass

[The Vein of Gold](#) by Julia Cameron

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

[Instant Magick](#) by Christopher Penczak

[Honouring The Pagan Masculine](#) from Thoughtco.Com

[Earth Power](#) by Scott Cunningham

Any book of poetry that takes your breath away (this increases an appreciate for presence).

Quotes & Wisdom Teachings

Until we can receive with an open heart, we're never really giving with an open heart. When we attach judgment to receiving help, we knowingly or unknowingly attach judgment to giving help

Brené Brown

Giving feels fantastic and for there to be a Giver,
there must be a Receiver, so allowing yourself to receive is an act of love.

Rebecca O'Dwyer

Everybody needs help in some way, we are a community on earth, giving & receiving, ebbing & flowing, reflecting, even tough lessons can help.

Jay Woodman

When you ask for what you need and receive what people and the world have to give, you reduce stress and gain energy.

Amanda Owen

Abundance is a process of letting go; that which is empty can receive.

Bryant H. McGill

Everything comes to us that belongs to us if we create the capacity to receive it.

Rabindranath Tagore

NOTES

August Art Witchery

With Effy Wild

Whenever I go into a fine art supply store and I spot the shelf that has jars of pigment powders in a row, I get excited because there are ways to turn that pigment into paint. If you grind that pigment very fine and add it to gel medium or polymer medium (either matte or gloss), you can create acrylic paint. If you grind it fine and mix it with gum arabic and honey, you can make watercolour paint.

Given that our theme this month is "Presence" and given that bees represent presence for me, this month might be a really good time to experiment with creating your own watercolour.

There are some great shops on line where you can buy natural pigments for use in this manner, too, so if your fine art supply store doesn't carry pigment powders, they are still easily sourced. I've linked some shops before.

You will also need some basic equipment, such as watercolour half or full pans, a mortar and pestle, and containers to mix your pigments in. Experimentation will yield highly saturated paints that will feel especially magical to you since you created them with your own effort. Each colour can be charged by you with a different intention according to what that colour means to you, or you can keep the charge generic but sacred by intending only to use these paints for art magick.

I hope you try this, but if you don't have the time or space, you might consider checking out [this company which is run by an Indigenous woman here in Canada](#).

RESOURCES

[Instructions to make your own watercolours](#) (artist grade).

[Instructions to make kid quality watercolours](#) (a fun project to do with your littles or with your inner little!).

[Pigment Powders](#) (Ships to Canada and The U.S.)

[Pigment Powders](#) (Ships to Canada, the U.S., and Europe)

[Pigment Powders](#) (Australia)

Gum Arabic can be found on Amazon.

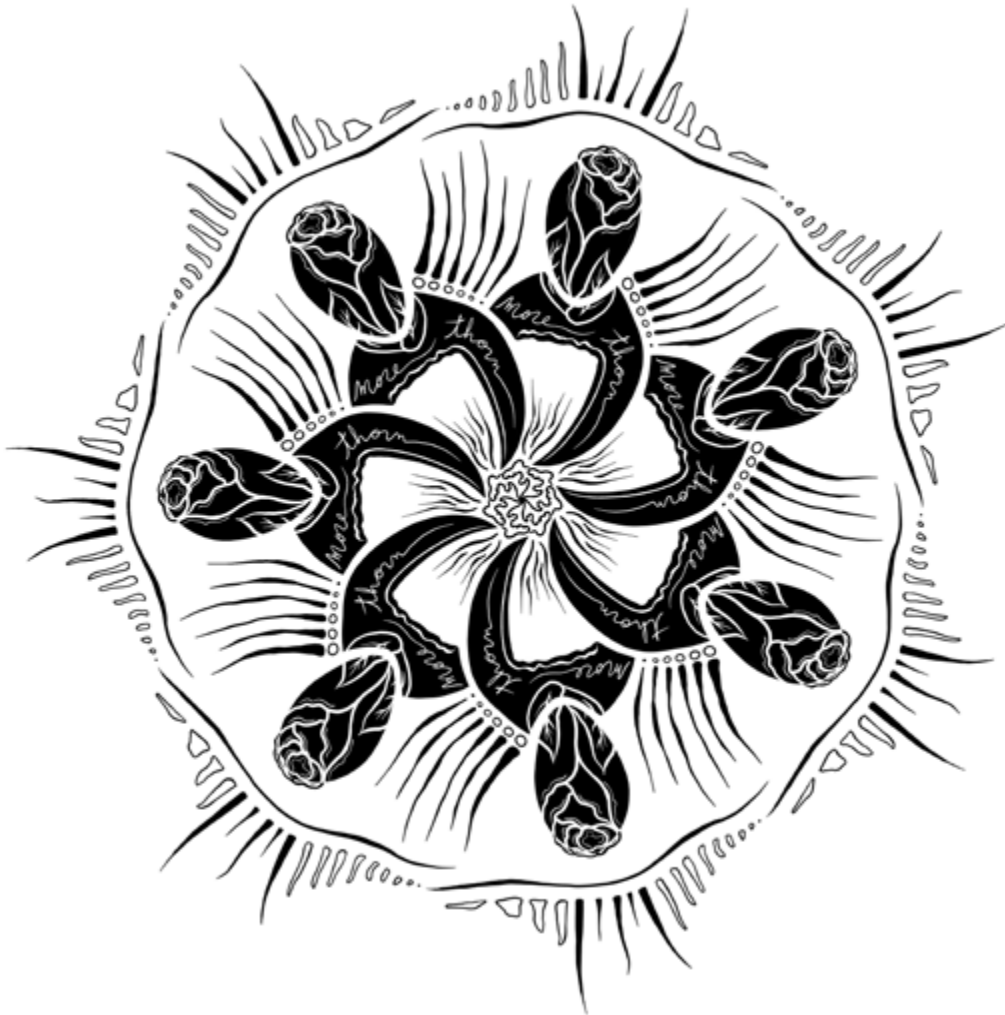
Note that the mortar and pestle you use to grind your pigments should reserved only for that purpose since some pigments are toxic.

I hope you try this and if you do, have SO MUCH FUN!!

Mandalas By Tina Stanley

August 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 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



Lime essential oil comes from the same tree that the lemon does, -and is often used interchangeably in both kitchen recipes as well as medicinally. Scent wise the only difference really is that lime has more of a sharpness to its smell, almost warmer than lemon. Emotionally lime (and lemon) tends towards a very cooling, refreshing and uplifting scent. It has a warmer tone that balances the brightness with calm and strength to help decision making, communicating and managing emotional outbursts. I find a lot of the time, that lime is where I go when lemon seems a little "too" cheerful but I still need the boost in lightheartness and a measure of strength that isn't as grounding as something like patchouli or sandalwood.

Citrus essential oils are phototoxic, so be cautious if you are applying to the skin and then go out in the sun.

Recipes

New Moon in Leo: Shine

- 1 drop lime
- 2 drops orange
- 2 drops jasmine
- 1 drop peppermint
- 1 drop cinnamon

This blend is both light and warm, soothing and energizing. So you can shine. This blend would work well as a body spray or perfume.

Other oils (or scents) you can use: nutmeg, juniper, marjoram, spearmint, rosemary, ginger, lemon

NEVER INGEST ESSENTIAL OILS

More about Kimi:

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

Full Moon in Aquarius: Flow

- 2 drops lime
- 1 drop mint (I used peppermint, but any mint will work)
- 1 drop ylang ylang
- 2 drops lavender

As with last month, this sign has a strong need for freedom, for clear thinking and for change/progress, but also emotional freedom. This blend soothes and strengthens, so we flow with the feels.

I would use this perhaps as a roller bottle, or sniffing it from a bottle. It would be lovely in a bath too!

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

[Facebook](#)

Herb Of The Month

with Airmid Wylde

Sunflower

It's August, beautiful souls!

This month, we're working with sunflowers!

I know in a lot of places, sunflowers bloom (or even start blooming) well into the fall season but, here in Georgia, they're definitely a summer flower. Few things, to me, represent the vibrant Leo season that is August like a sunflower - nature's front-facing, tall, proud, lion-maned flower.

One of the reasons I love sunflowers so much is because practically zero parts of them are unusable in some way. The seeds alone are a powerhouse of vitamins, minerals, and other important nutrients. Sunflower also has terpenes, carbohydrates, flavonoids, tannins, alkaloids, steroids, and active proteins.

Most plants in herbal medicine haven't been studied much, which is why you can rarely find actual scientific data on what they can and cannot do. Sunflowers, however, has actually been pharmacologically studied for various activities including antiinflammatory, anti-oxidant, antitumor, antiasthmatic, antigen, antipyretic (fever reducing), astringent, antihypoglycemic (low blood sugar) effect, antifungal activities, cathartic, diuretic, stimulant, vermifuge (for parasites), vulnerary purposes (healing wounds) and antimicrobial activities. They are rich in magnesium, potassium, selenium, zinc, and iron. Sunflower oil is one of the most versatile vegetable oils, and contains more Vitamin C than any other oil.

Like I said, there's a lot going on with sunflowers. And, the best part? You don't have to go foraging or grow sunflowers to benefit from most of their goodness. You can find sunflower oil, butter, and seeds at most grocery stores - even better if you can find organic or farm fresh. I get mine somewhere like Sprouts or Whole Foods.

So how can you use sunflower to gain all of these amazing benefits? The opportunities are practically endless! There are dozens upon dozens of uses for sunflowers and their parts. I encourage you to look up a few new recipes this month and share them in the group with us!

Love you humans, © AIRY WYLDE



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August Tea

Spicy Sunshine

3p Lemongrass
2p Hibiscus
2p Blackberry
1p Orange Peel
1p Licorice
1p Ginger

Lemongrass has oodles of medicinal benefits but for this tea the importance is in its ability to lower our stress levels and lift our moods. The lemongrass in this tea is inviting you to take a deep breath and soak up the end of summer.

Hibiscus and Blackberry join in with a little summer cheer, while orange, licorice and ginger add a bit of strength and spice needed to get through the beginning of a busy new season.



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

Adventurine

Stone of prosperity and abundance. Encourages decisiveness perseverance as well as compassion and empathy. Calms inner storms and brings inner peace to soothe and comfort you to make the best decisions for your self. Helps open the heart chakra.

Adventurine helps align us to opportunities that are meant for us.



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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AUGUST 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Lughnasadh	2	3 Live Activation Gathering 1 - 4 p.m. EDT
4 New Holly Moon In Leo 1 - 4 p.m. EDT	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Full Hazel Moon in Aquarius	20	21	22	23	24
25	26	27	28	29	30	31

TO DO

NOTE

WEEKLY PLAN

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

MON TUE WED THU FRI SAT SUN
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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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