



Book Of Days 2020

journal art Deep Dive

Hosted by Effy Wild



Welcome! Welcome! Welcome!

Hello there! It's so lovely to see you! I wanted to get us started with a little bit of information about [Book Of Days 2020](#) - what it is, who's running it, who it's for, and how it will run! I'm also really excited to introduce you to my guest artist teachers, and provide you with a schedule for the year.

What It Is

[Book Of Days 2020](#) is a collaborative e-course hosted by Effy 'Bird' Wild (that's me! HI!) that has been designed to take you on a deep dive into the world of mixed media art journaling. In the year that we'll spend together, we will be gathering, like birds of a feather, to flock together around all the ways that working with journal art can enrich and enhance our lives. The lessons you'll find in this e-course will be suitable for everyone from beginners to advanced journal artists. You will find the lessons thorough and comprehensive, and you will find yourself creating and maintaining a practice of meeting yourself on the page.

Every month, you will meet two new teachers, except in January, where you will meet three, and find a virtual 'bird feeder' absolutely bursting at the seams with seeds of inspiration. You will have access to prompts designed to be engaged in a written OR art journal, full length mixed media art journaling tutorials that include videos, instructional PDFs, interviews with the guest artists about their creative journey, process, and how they use art journaling, and lots of opportunities to grow, share, and feather your artist's nest with beautiful, meaningful work.

Why It's Called "Book Of Days"



My "Book Of Days" with matching "Sweet Trash Journal," created last year. We'll be creating a brand new one together this year!

Back in the day, a "Book of Days" was a journal in which the journal keeper would record the minutiae of their lives. These books included everything from the events of the day, appointments, what they ate, what they accomplished, what they were thinking, feeling, and experiencing. They often included sketches - especially from the world around them, and seasonal information to do with their gardens or the land around them, snippets of things they read or heard, prayers, ticket stubs, pressed flowers, and just about anything else you can think of. In late 2011, I decided that I wanted to adapt this idea for myself, but with art as personal expression and exploration being the primary purpose and focus, and [Book Of Days](#) was born.

Since that time, I have created and filled a new [Book Of Days](#) every single year, and so have my students! These books, which act as records of our inner life as well as our day to day happenings, become treasured companions along the journey.

In 2019, I decided that it was time to create a more expansive experience for my students by inviting other journal artists to join me so that instead of just learning about and adapting my way of doing things, they'd get a virtual buffet of ways from some of the best journal artists, known and emerging, out there today. It was a beautiful experience, so we're doing it again this year!

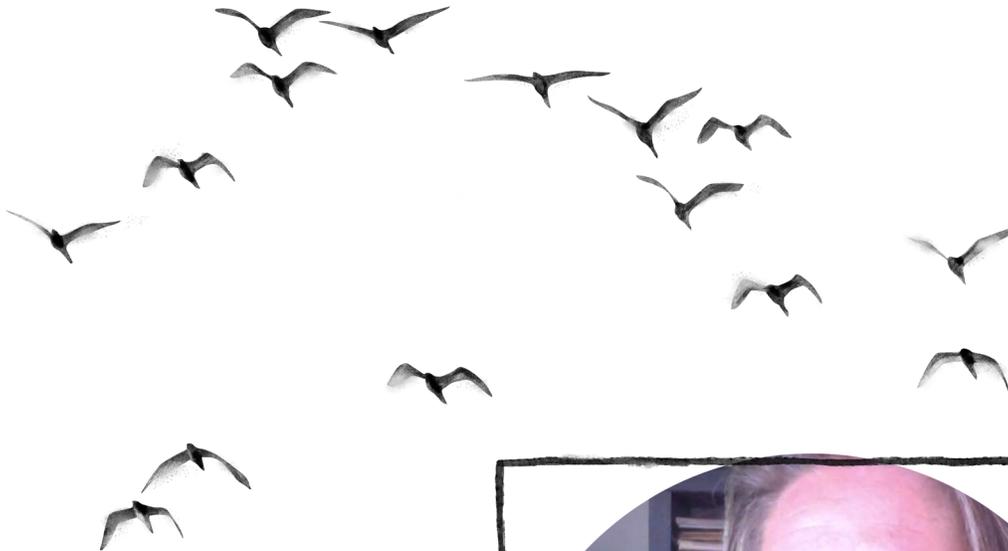




What's With All The Birds?

This year, I was inspired to think of us all as birds who can soar high above the landscape of our lives to catch a very general picture of what's going on with us, but also who can dive down with our bright eyes fixed upon the tiniest details. I like the idea 'flocking' together, of feathering the nests of creative practice, of creating space for ourselves where we may tend to tiny eggs of dreams, nurture them, and watch them grow and take flight. It's also a nod and a bit of an homage to my dear friend, mentor and colleague, Tamara Laporte, without whom I would not be doing what I do in the world today. Early in our friendship, after tenderly and gently nudging me into the world of teaching, she nicknamed me "Effybird", and it stuck.

This year in [Book Of Days](#), it is my hope that we'll all become at least 'part bird' as we take flight into the worlds of journal art, self-inquiry, creative practice, and meeting ourselves on the page.



About Your Hostess

My name is Effy 'Bird' Wild, (she/her, INFJ, Libra with Libra rising and a Cap moon, swearbear, mystic, soul number 9, in case you were curious) and I am an artist, writer, and teacher. 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 your best, most healed, most authentic self.

By some awesome stroke of luck, I have managed to gather the most loving, compassionate, authentic, and inspiring community around what I do, and if you're here, I'd be willing to bet you're one of them.

People say the nicest things about me and what I do, and while I do not much enjoy 'selling myself', I figured I'd give you a little insight into who I am as a teacher & facilitator by sharing the following:

"Effy Wild is the artist and teacher behind [Book of Days](#), [Moonshine](#), [A Year Of Rumi](#), and other mixed media art journaling adventures. She also teaches in collaborative e-courses such as [Life Book](#).

Between her take-no-shit attitude and gentle matriarchal coven-leading soul, we've found it impossible to not fall in love with her. She is both a fierce warrior for women and a soft place to land, splattered in acrylics and sarcasm, topped with a hearty home-cooked meal and a glass of whiskey."

- Shai Bearden
CEO Wild Sister Magazine





Who Is This For?

[Book of Days](#) is for human beings who have a deep investment and interest in knowing themselves as well as they possibly can, fostering their creativity through practice, healing whatever wounds they are carrying through the power of personal expression, and treating their lives as though they matter enough to document (because they do!). The people that get the most out of this program are willing to try new things, are interested in building their mixed media art skills, are more invested 'process' over 'product', and find value in spending time with and for themselves.

In all my classes, the community is an important piece of your experience, since this is where you will share, be encouraged, encourage others, and get loved on as you grow. Because that is the case, my communities exist to meet you where you are - with your sorrows, triumphs, struggles, victories, frustrations, successes, and whatever else is going on for you. Because that is the case, the humans that I work best with are willing to hear, witness, and empathize the truth in one another, whatever that might be. This is not a 'raise your vibe, love and light' experience. This is a 'whatever is true, wherever you are' experience.

This might not be for you if you are only interested in making beautiful art. While beautiful art will absolutely be made in this program, the art is not the point. It is, rather, the byproduct of our personal exploration, and a portal through which we may meet, know, and love ourselves more deeply.

I should probably also warn you that I can get quite personal with my students (because the journal exists to contain all of us, and I like to model that), I cuss now and then, I'm pagan, very liberal in my politics (though that won't come into the lessons) and social justice is very important to me. If you are not for the equality, wellbeing, happiness, and freedom of *all humans* regardless of race, religion, gender, or sexual orientation, you will probably find me annoying.

How It Will Run

[Book of Days](#) will run in three sessions of three months each this year, with our 'live' months being January, February, & March, May, June, & July, and September, October, & November. I will be on hiatus in April, August, and December, but there will be self-guided content provided for you to keep you busy!

Every month that we are 'live', you will get an email from me on the 1st that will invite you to come on over to the classroom where you will find:

A full colour printable workbook that includes musings on the month ahead, images of work I've done over the years during that month, and a journaling prompt for each and every day that you can use either in your written or art journaling practice. This workbook is meant to supplement the art tutorials, and can be used however you see fit.

One full length (at least an hour) journal art tutorial from me that will include videos, instructional PDFs, and galleries of the work I created for that month's lesson.

Two full length journal art tutorials from our guest artists who will be sharing their own ways of meeting themselves on the page with you via video and PDF instruction.

An interview with each of the guest artists in either video or written form as they prefer. Guest artists who have appeared in past editions of Book Of Days will also have their interviews 're-run' as a bonus.

In the months when you will be left to your own devices, you will get an email from me on the 1st that will invite you to come on over to the classroom where you will find:

A full colour printable workbook that includes everything you get during our 'live' months.

At least one tutorial from a 'bonus guest artist' that will include either video, or written + pictorial instruction OR both. Note that I am famous for bonuses, so you might find a thing or three popping up from me as well.

ALL CONTENT IS YOURS TO KEEP. I find this really important because life happens, and we're going to be throwing a lot at you, so I don't want you feeling time pressure as you undertake this journey. The videos, PDFs and images can all be downloaded to your hard drive and stored for your enjoyment for years and years to come!

Class Begins on January 1st, but there's a lot of stuff already up!





How the content is delivered.

I have a [private teaching network](#) that runs on Wordpress with a Zippy Courses plug in. This is a fantastic, easy to navigate system that will be open 24/7, seven days a week, so all you have to do to access the content is log in to your student account, and click on your class, which will appear on your student dashboard page. When you enter the classroom, you will see links to 'units'. These are where your content lives. Open a unit, for example, by clicking 'January', and you will find everything we did in January listed and linked on that page.

We will do all our communing and sharing in a closed Facebook Group. Only students in the group will be able to see what you post, so your privacy is ensured.

The lessons will be provided as PDFs that you can download that will include *everything you need to enjoy the lesson*, including links to your down-loadable videos (though you are welcome to stream them on line as well), images of the finished project, musings, templates, resources, and anything else I feel you will need. Guest artist lessons will be provided as a page upon which you will find LINKS to the content, including videos and PDFs + a gallery of images of the final project. I've dispensed with embedding videos because it always seems to create technical issues. The links work beautifully and take you right to a page where you can watch or download them at whatever resolution works best for you.

This class is best enjoyed on a desktop or laptop computer, or a tablet upon which you can open and read interactive PDFs, click links, and watch videos. Mobile phones are not ideal, since the videos will be too small for you to get much out of them.

If you want to orient yourself with my teaching network before you begin Book Of Days, please join me in [Wild & Free](#), which is an every growing garden of resources that I provide for free for my community. You'll find full length art journaling tutorials and extra bits and bobs popping up in there regularly! [It's absolutely free!](#)

What You'll Get Out Of It

Firstly, you'll get the 'book' itself. We will kick off the class by creating a Book Of Days from scratch, and then decorating it to house our spreads for the year.

Secondly, you'll learn how to create and maintain a practice that doesn't depend on inspiration or some ethereal muse. You will create because you want to create, and if you follow my lead, you'll create more than ever before.

Thirdly, you will create a body of work that you can be proud of and look over for years to come, and while you're doing it, you'll build skills, learn techniques, and really get to know yourself better than you've ever known yourself before.

Why is this piece so important to me? I have a theory that we can't deeply love what we don't deeply know, and since self-love is one of the most powerful healing tools we have at our fingertips, I am investing in modeling and empowering that in all humans, but most especially in my students.

You'll also get to be a part of one of the most loving, empathetic, supportive, engaged, wonderful artist's communities I've ever been a part of. Life long friendships are found and forged in my groups, and you will be sure to find your people flinging paint among what I like to call my "Wilderhood". If you'd like to get a sense of who my people are before registering, please join me in my free on line artist's community, called [The Wilderhood](#). It is a closed Facebook Group where you will find me hanging out all the time, and connecting with my 'Wildlings'.



This is just some of the work I did throughout 2019.



As is always the case in my classes, you will be encouraged and supported throughout the program by me, our guest teachers, and your fellow students, and you will be invited to create stroke by stroke copies of the lessons, or go your own way with the lesson as a jumping off point. You will be given resources and instruction in developing your own visual language, using mediums to create depth and meaning, and above all else, learn to create a practice that makes space for you to *be with yourself* in ways that you will find enlightening, healing, inspiring, and fun.

We begin on January 1st, but please [GO TAKE BOOT CAMP ASAP!](#)

Here's A [Sample Lesson](#) from 2019



Here's A [Sample Workbook](#) from 2019



Here's A Sample Interview from 2019
[Introducing Sarah Trumpp!](#)



Meet The Book Of Days 2020 Team!



Here, you're going to find some information on my guest artists, including images that represent their style of work, and where to find them on line. As you read through this bit of the document, feel free to link hop and bookmark your old favourites or new discoveries! I'm extremely selective about the people I fill my programs with, so expect to find gorgeous, authentic, hardworking, accessible, beautiful humans at the end of every link. **REGISTRATION OPENS OCTOBER 15th, 2019. [CLICK HERE TO SIGN UP TO GET NOTIFIED!](#)**



Hi I'm Sarah, and I'm a self-proclaimed weirdo. I am an avid art journal collector (seriously, I have SO MANY JOURNALS), and my one true dream is to fill them all before I die. Since I make a new one almost every month, I'm assuming that means I'll live forever. I am continually obsessed with watercolors, gold leaf, stencils, and shiny rocks.

Find out more about Sarah when her lesson goes live on January 1st or by clicking:

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



Hello! I'm Sal Scheibe. I work as a freelance illustrator and graphic designer in an upstairs loft with a crabby cat. We're happy. During the day, I create pretty graphics for creative designers and by night, I paint away in my vast number of on-going art journals, none of them EVER finished. I have a passion for life drawing, comic book making and pretty mixed media portraits.

Find out more about Sal when her lesson goes live on January 1st, or by clicking:

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



My name is Rachel Kentish, and I'm an artist, a creator and a geek. I'm a mom, a lover of the number three, tarot, crystals, hares, the moon and a collector of feathers. Right now, I'm leaping into the world of online art teaching.

I use art as a meditative, mindful practice in my everyday life. Mindful watercolours is something I do most days, alongside written journaling.

Find out more about Rachel when her lesson goes live on January 1st or by clicking:

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





Kiala Givehand is a published poet, print-maker, bookbinder, fountain pen collector, and radical nomad.

She believes in surrounding herself with ordinary humans who live extraordinary lives, gathering with people who make her laugh & love uncontrollably, and living a life intent on cultivating happiness

Find out more about Kiala when her lesson goes live on February 1st, or by clicking:

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



Jani is a multidisciplinary artist working in visual art, land and site-specific installations, performance, dance, photography, music and poetry. Their journaling practice is very loose and informal and supports the range of practices they engage with in their creativity. They belong in the intertidal zone, the pause between beats, the spans of bridges and love to play with duality and liminality.

Find out more about Jani when their lesson goes live on February 1st, or by clicking:

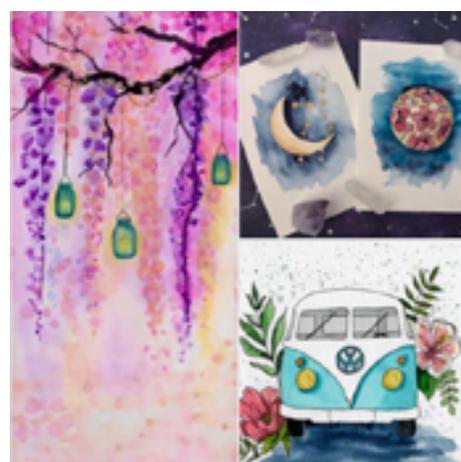
[facebook](#) | [patreon](#)



Shai B is part hippie, part geek, part rocker chick with some serious Dolly Parton sass. As the CEO of Wild Sister and Shai Unleashed, 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.

Find out more about Shai when her lesson goes live on March 1st or by clicking:

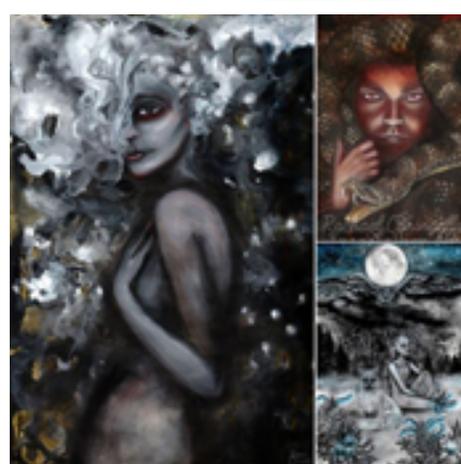
[website](#) | [facebook](#) | [instagram](#)



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.

Find out more about Rachael when her lesson goes live on March 1st, or by clicking:

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





Sales Professional by day, and creative hobbyist by night, Jes Vanderbeken is a creative soul at the beginning of her art journaling journey.

Using art journaling as a tool to help manage anxiety and ADHD, Jes strives to share a part of herself candidly through her work, dreaming of a day when no one feels alone in their journey with mental health.

Find out more about Jes when her lesson goes live on April 1st, or by clicking:

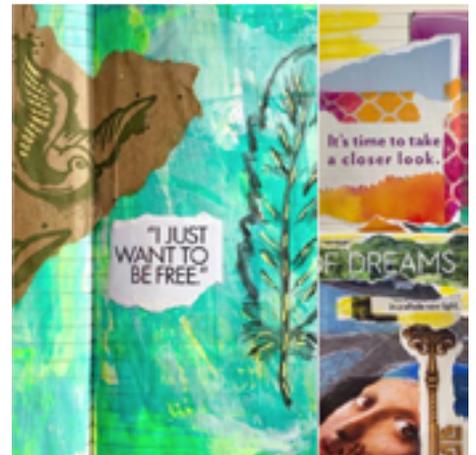
[instagram](#)



Amanda Fall is an ink-stained, paint-splattered, hot mess of a human, forever re-learning how to love herself and the world. When she's not chasing her toddler, Maverick, she craves time spent splashing color in the pages of her many art journals, and creating encouraging art mail for her beloved [Patreon flock](#).

Find out more about Amanda when her lesson goes live on May 1st, or by clicking:

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



Christa is a Stamford CT artist specializing in pastel, oil, acrylic and mixed media art. After spending 20 years in a finance career, she decided to follow her true passion and become a full-time artist. Christa spends her time sharing her passion with others, teaching others to be creative and exploring the world's landscape recreating it onto canvas. Her work is a mixture of realism, exploration, experimentation and pure fun.

Find out more about Christa when her lesson goes live on May 1st, or by clicking:

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



Hi, I'm Lee Clements, mixed media artist, art journaler and teacher. I believe that we all have inherent creativity, and inspiring and encouraging others to find their voice through creative exploration and expression, regardless of experience or artistic ability, is deeply gratifying and is my passion.

Find our more about Lee when her lesson goes live on June 1st, or by clicking:

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





I'm Melanie Rivers, and I am an Indigenous mixed media artist who teaches online art classes to women around the world.

I help women build joyful and self-compassionate art practices.

Find out more about Melanie when her lesson goes live on June 1st, or by clicking:

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



Tamara Laporte ('willowing') is a creative catalyst of thousands of beautiful people. She is a celebrated mixed media artist and art teacher who has been running her creative business since 2008. Her work can be described as 'mixed media folk art' with a focus on 'magical realism'. She is deeply devoted to helping people get in touch with their creative fire and would love to help YOU too to get in touch with the artist in you!

Find out more about Tamara when her lesson goes live on July 1st, or by clicking:

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



Jane Cunningham is an attendant to the Numinous, Creativity activist and Conduit for Love. Jane believes creativity is one of the gifts from The Divine; an antidote to the hard parts of being human, and a sure fire way for humans connect to wonder, awe and possibility. Jane has three rules: Turn up bravely. Trust what arises. Be kind to yourself. Applied to soulmapping and life, they work pretty damn well.

Find out more about Jane when her lesson goes live on July 1st, or by clicking:

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



I'm Cary Cutler Scholes, and I have always loved creating things, but really didn't start arting seriously about 6 years ago. There are a ton of ways to produce art, but I think my favorite is with graphite and acrylics. I struggle with major anxiety and depression, which I find hinders and helps my art. I find that every face I produce has it's own personality, and, like actual people, aren't always portrayed with a huge smile.

Find out more about Cary when her lesson goes live on August 1st, or by clicking:

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





I'm Iris Fritschi-Cussens, a London-based mixed media artist. My passion is art journaling for self-expression and self-discovery. My art practice is an extension of my wish to get to know myself better and through it find a deeper connection to others. I love using art and words to convey and understand my feelings as a human. In this I deliberately include the experience of difficult or 'taboo' emotions and times when being creative is a struggle.

Find out more about Iris when her lesson goes live on September 1st, or by clicking:

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



I'm Michelle Rydell, and I'm a mixed media artist with a passion for art journaling. My journal is where I get to celebrate life in my own little playground of paint and collage. Bright colors and whimsical imagery make me happy, and keep me sane in this chaotic world we live in!

Find out more about Michelle when her lesson goes live on September 1st, or by clicking:

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



Hello, my name is Cristin Chambers, also known as "PanArt". I consider myself to be an artist that creates with reckless abandon. No supply is off limits and I love to experiment with all mediums (sometimes – all at once!) I am a full-time mixed media artist and teacher. I love to show my students how to let go and have fun with the creative process while stepping outside of their comfort zones and embracing total art rebellion!

Find out more about Cristin when her lesson goes live on October 1st, or by clicking:

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



Tiare Smith is a mixed media, art journal artist and instructor.

Born with art in her heart she lost her way from her art for 18 years. It came back to her life in a burst of emotion and anxiety.

She now aims to empower women to express and experience their art more freely.

Find out more about Tiare when her lesson goes live on October 1st, or by clicking:

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

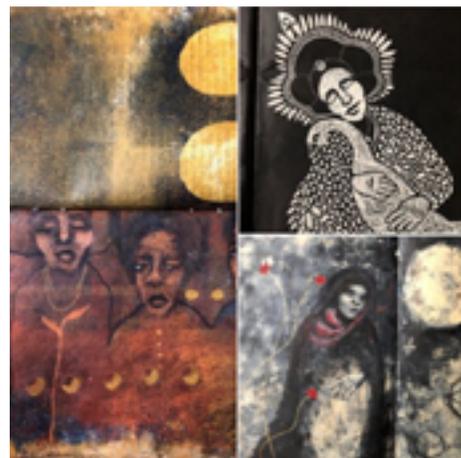




I'm Jerney Marisha, and I teach art online and through private lessons at home. What I love most of all is sending out free art tutorials to my [newsletter subscribers](#), to keep the muses at work and to give back to the wonderful group of artists who have joined my inner circle.

Find out more about Jerney when her lesson goes live on November 1st, or by clicking:

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



France Papillon became a full time mixed media artist in 2010. To tell her story, she likes to play with inky techniques, just like a writer juggling with words. In her classes and tutorials, these techniques based on product knowledge, allow her to offer a comfort zone to the participants, while guiding them to reveal their emotions in their art, with a sense of creative self-confidence.

Find out more about France when her lesson goes live on November 1st, or by clicking:

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



My name is Sandi Rusch and I am an 'awkward girl'. I am also an artist. When I combine the two, some unusual things are born. I must create something every day. Perhaps I should say I must create something different every day....

It takes a lot of art forms to keep me from getting bored when i'm constantly doing something different.

Find out more about Sandi when her lesson goes live on December 1st, or by clicking:

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

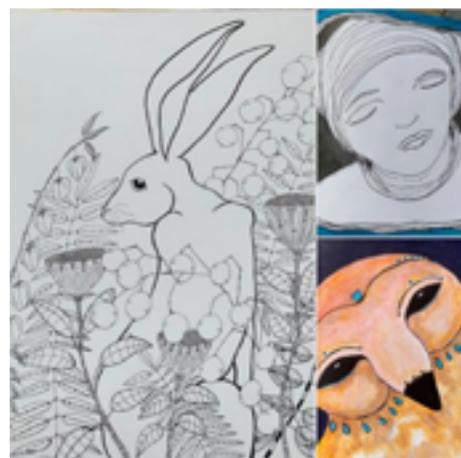


Hello Creative Beings, I'm Lore Caldwell. I have been making art for all of my days.

I am a Board Certified Art Therapist by day and spend my free time being as creative as possible. Art for me has always been a healing force and it is my passion to share that with others

Find out more about Lore when her lesson goes live on a date to be determine, or by clicking:

[facebook](#)



Schedule

Session One

January

Effy Wild
Sal Scheibe
Sarah Trumpp
Rachel Kentish

February

Effy Wild
Kiala Givehand
Jani Frank

March

Effy Wild
Shai Bearden
Rachael Caringella

HIATUS - Jesa Vanderbeken

Session Two

May

Effy Wild
Amanda Fall
Christa Forrest

June

Effy Wild
Lee Clements
Melanie Rivers

July

Effy Wild
Tamara Laporte
Jane Cunningham

HIATUS - Cary Cutler Scholes

Session Three

September

Effy Wild
Iris Fritschi-Cussens
Michelle Rydell

October

Effy Wild
Cristin Chambers
Tiare Smith

November

Effy Wild
Jerney Marisha
France Papillon

**HIATUS -Sandi Floyd Rusch
Farewells on December 31st!**

REGISTRATION OPENS OCTOBER 15th, 2019. [CLICK HERE TO SIGN UP TO GET NOTIFIED!](#)