the rewilding year

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I would like to acknowledge the Wadandi People of Western Australia, the traditional custodians past and present of the land from where I write my stories.

Introduction

Let me start by saying that you do not need this book. Everything you need to rewild your life is available to you right here and now, for free. You don't need any tools; you don't need my words to guide you. All you have to do to rewild your life is go outside and listen.

Listen until the noise inside you settles. Let the rustle of leaves remind you how to breathe, and the movement of clouds show you that nothing stays still for long. Let the soil stain your hands and the wind rearrange your thoughts. Rewilding begins the moment you remember that you belong to the world, not apart from it. It asks for attention, not effort, presence, not mastery. When you start to listen in this way, you realise that nature has been speaking all along, waiting for you to answer.

Having said all that, why does this book exist, then? Simply put: Because I have thoroughly enjoyed making it. This book is a labour of love that I indulged in on weekends and late nights, or when I needed a break from my regular writing work. And while I mean it when I say, you do not need this book, that's not to say I don't believe it provides value.

The value of this book lies in its practicality for the modern woman who is often stretched thin by the demands of work, family, and the endless lists of "shoulds." Many women feel the pull to reconnect with something deeper, yet don't know where to begin, and that's usually how people find me online, searching for information on the "How." In 2024, I decided to make a personal rewilding

experiment. It began with a hunch. A small spark of an idea that found me on a walk one afternoon. At first, it seemed nothing more than a passing thought, but it grew. It grew into a plan for an entire year of my life. To hold myself accountable, I recorded a podcast project I called **My Rewilding Year** – twelve magical months of learning how to reconnect with nature, step by step, in the midst of ordinary life. **What has always drawn me is the idea of wildness itself – not just as a landscape, but as a way of being.**

I have long been fascinated by what happens when we step outside of the boundaries of the lives we've constructed and let the rawness of the natural world touch us. Wildness offers a mirror that shows me who I am beneath the layers of expectation and performance. Even before I had words for it, I felt a magnetic pull toward places where the edges are rough, where the rules are different, where life is stripped back to its essentials. My rewilding year, then, wasn't my first encounter with wildness: When I was twenty-seven, I packed up my life in Germany, where I had worked as a Berlin-based tv-producer throughout my twenties, and journeyed to South Africa to train as a safari- and trails guide. I spent a year walking (often barefoot) in the African bush, sleeping in tents, and learning how to approach elephants, lions, and buffalo on foot.

That year cracked me open. It taught me what it feels like to be absorbed into wildness completely, to belong to the earth in a way I had never known before. But that wasn't the beginning, either. The longing that carried me there had been growing. For years, I travelled whenever I had been able to save up some money, spent a year in Australia on a work and travel visa, and discovered how much I loved writing. But through it all, one longing grew louder than everything else: I wanted to be outside. **I wanted to feel the ground under my feet.** I wanted to use my hands, to learn how to make a fire from scratch, to live close to earth. That longing is what finally brought me to the South African bush.

And yet, as wild and extraordinary as the safari guide training was, it was also, in a way, easy. A quick fix. An *outer* change. Because when you place yourself in the middle of wildness, wildness *will* claim you. The harder part, I would soon discover, is carrying it back home. The harder part is keeping the thread alive in ordinary life – at a desk, in four walls, paying bills, doing the everyday.

That is where this book begins.

Because what I have come to understand is this: **Wild is a way of being.** For me, it has two strands. One is the rewilding of the self, the inner journey of loosening the story of separation we've been told, of choosing to go outside, to reconnect, to remember that we are part of a whole. The other is the rewilding of the land itself: acknowledging what has been broken and daring to repair it. Together they form the work of rewilding the soul.

When I left the African continent at the start of the pandemic, I lost my "easy access" to wildness. Without the elephants, I had to relearn how to find it here, in my new home in Australia, where I moved to be with my husband in 2020. That's when I realised you cannot just change your surroundings and expect to be transformed. You have to do the inner work. You cannot just walk into a library and expect to know the books. You have to sit down and read them, too. And so, I began again. I wrote down practices, small, simple, wild things I wanted to weave into my days for one entire year, one practice for each month. Things

that might draw me closer to the moon, to water, to silence, to earth. That list became the seed of this book.

At first, I thought it was just for me, a journal to keep me accountable. But then the idea began to take shape. **What if there was a guide, a companion, a workbook for a rewilding year?** What if it could offer rhythm and prompts, not to prescribe but to invite? What if it could be co-written by each reader, scribbled in, pressed with flowers, made wholly their own? That is what you are holding now.

Your rewilding year will not look like mine. And it shouldn't. You may take more than twelve months. You may skip challenges, reorder them, or create your own. That is exactly how it should be. The true work of rewilding is to trust your own knowing.

So, let this book be more than paper and ink. Let it be a confidant, a companion, a place you can return to, again and again. And while you do this work, know that you are not alone in your longing. Many of us feel it. Many of us *are* remembering. And together, we are reclaiming what has been lost.

Personally, I think every woman should go on a Rewilding Year once in her lifetime. Answer the call. Howl with the wolves. Embark on that pilgrimage to who she truly is deep down. If this book hopes to do anything at all, it would be to encourage more of us to actually go out and do it.

Think of this as a wild gap year for the soul. You don't need to quit your job or move to the wilderness to begin. You can start right here, right now.

The wilderness is waiting.

Who this book is for and how to use it.

This book is for women who feel the quiet tug of something ancient stirring inside them. Women who stand under the moon and feel, deep in their bones, that they were once meant to live in rhythm with their cycles. Women who long for a way of being that is slower, softer, and ultimately: *wilder*.

It is for the ones who sense that something has been lost. That our modern lives, so full of schedules and screens, have buried a deeper knowing: The wisdom of listening to the land. The wisdom of gathering in circles. The wisdom of herbs, of water, of wild things. Forgotten ways that our grandmothers' grandmothers once held close.

You may not have words for this longing, only the ache of knowing there must be more than rushing, producing, and striving. You may feel guilty for wanting more, when your life already looks "full enough." Yet the call persists. It comes in dreams, in moments of stillness, in the way your body relaxes when your feet touch the earth.

If you are here, you have already heard it. That whisper, that calling back. This book is your companion as you remember who you were always meant to be.

How to use this book:

All twelve practices are introduced now so that you can prepare in advance. Some will be simple to begin straight away. Others may take time… gathering herbs, finding a local teacher, planning a retreat, or even taking time away from work for the final practice, the Solo Adventure.

The monthly practices are arranged in an order that balances outward, active experiences with inward, contemplative ones. Some challenges build gently on one another. For instance, "Sound Healing" creates a foundation for "Speaking with Nature". Earthing is best in warmer months, "Wintering" belongs… well, in winter. And "Skygazing" works well in a season of clearer skies. "Wild Swimming" can be done any time of year, though your body may have very different experiences in icy water versus summer waves.

Woven between the monthly practices, you'll find essays about ideas and topics I contemplated, as well as poems I wrote during my own rewilding year. The latter have never been shared with anyone, and I don't know, but there's something about poetry that feels extra-raw to me, vulnerable to the core. I really hope you'll like them...

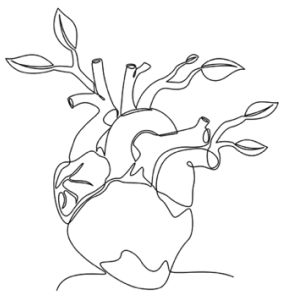
The twelve practices (in my suggested order):

- Moon-manifesting
- Earthing
- Sound healing
- Speaking with nature
- Wild swimming
- Crafting remedies
- Keeping a nature journal
- Healing the land
- Rewilding the body
- Sky-gazing
- Wintering
- Solo-adventuring

Each chapter introduces a practice to engage with during that particular month, offers stories from my own journey, and then invites you to step into it in your own way, providing practical tools, guidance and further reading. Once you have completed a month, you might like to colour the mandala behind each title, to keep track of your progress. You are encouraged to scribble notes in the margins, press flowers, paste feathers, and make this book fully your own.

And that is perhaps the most important thing to know: this book, this journey, is **not about learning something new. Rather, it's trying to help you remember something old.** Remember that women once lived with the rhythms of the earth, the phases of the moon, the wisdom of plants and the seasons. Remember that we once knew how to listen, how to trust our intuition, how to *belong*. You see, or maybe you even feel that distinction? This stuff is not knowledge to be studied. It is wisdom to be reawakened.

So, let this book be a companion on your journey of remembering. One year of wonder, stillness, and rediscovery. One year of stepping back into who you already are, and who women have always been… starts *now*.



What is "Rewilding" anyway?

The word Rewilding first belonged to conservationists. It described the daring idea of giving land back to itself. In Yellowstone National Park, it meant bringing wolves home after seventy years of absence. People feared what might happen; yet when the wolves returned, the entire landscape shifted. Deer moved differently, plants regenerated, birds nested in new growth. All because one keystone animal was allowed to come back. Stories like these sparked a movement. Forests began to be restored. Wetlands refilled. Species returned to places that had been silent for decades. Scientists saw the wisdom in letting nature lead again.

But the word didn't stay in the realm of science; it slipped out into the wider world. It began to appear in books, in circles of women, in conversations held over tea. Because on some level, many of us already knew this isn't only meant for wolves and forests. It's for us, too. **We have been tamed, managed, and trimmed just as landscapes have.** We've been pushed into neat rows, told to work to the clock, to ignore the moon and the seasons of our own bodies. And just like the Earth, something in us longs to return. So, when I speak of rewilding, I speak of two faces. The rewilding of the land. And the rewilding of the soul.

Rewilding the land

To rewild land is to trust that life remembers itself. It doesn't always take a grand project. It can begin in the smallest of ways: Let a corner of your garden grow into a tangle of grasses and flowers, and you'll soon find bees and butterflies making it their home. Plant native herbs or wildflowers in a pot on a balcony,

and suddenly you are feeding entire lineages of pollinators. Leave a bowl of water outside, and the birds may find it by dawn.

These are acts of welcome, of returning space. And from there, the ripples widen: volunteering with local rewilding groups, planting trees, signing petitions for wilder policies, choosing companies that protect instead of extract. Each of these choices is like dropping a seed. Some sprout right before your eyes, others take longer, but all matter. **When we step back, the Earth steps forward.** And when she does, she astonishes us with how quickly she can heal.

"*It's no accident that this systematic suppression of the feminine has been accompanied down the centuries not only by the devaluation of all that is wild and instinctual in our own natures, but by the purposeful destruction of natural ecosystems. We long ago turned our backs on the planet which gives us life.*"

Sharon Blackie, "If Women Rose Rooted"

Rewilding the soul

But the wild does not live only outside. It is inside us, too. For centuries, women especially have been told to silence the instinctual. To be polite, to be neat, to put away their wild laugh or their sharp intuition. We've been told to make ourselves smaller, smoother, easier. And yet, something deep in our bones still remembers another way of being. Rewilding the soul is listening to that memory. It might look like walking alone in the woods until your body relaxes into its own rhythm. Or writing in a journal as though you are speaking to the Earth herself and hearing her answer back.

It might be dancing barefoot in your kitchen or lying on the grass at night until you can pick out the rhythm of the crickets. Sometimes it comes through knowledge, learning the names of the trees you walk past, or the herbs that grow at your feet. Other times it comes through *unknowing*, through silence, prayer, or surrender. It comes through tending the body like the wild creature it is: stretching, lifting, eating in ways that give you strength. There is no one way. But

there *is* one truth: the wild in you is not gone. It waits patiently for you to remember.

The two faces together

The land heals as we heal. And we heal as the land heals. These two faces of rewilding are inseparable. If we pour our energy only into ecological work but never tend to our own inner exhaustion, we will keep repeating the same patterns of domination. If we tend only to ourselves and ignore the burning forests, the rivers choked with plastic, our healing remains cut off from the whole. Together, though, something shifts. Plant a seed, and you feel your own heart steady. Walk barefoot on the earth, and you sense how urgently she longs to be free again. Each gesture in one direction nourishes the other. Rewilding, then, is not a trend or a hobby. It is a remembering of how to live in relationship, how to listen again, how to trust. **It is both outer work and inner work, both soil and soul.** Most of all, it is *ongoing*. It cannot be ticked off a list. It must be lived, day by day, season by season.

An invitation

Rewilding is bigger than a project, smaller than a lifetime, and exactly the size of this moment. It can begin right where you are: with a plant on your windowsill, with a single deep breath outside, with a decision to spend more time listening than striving. As you move through this book, you'll be invited to touch both faces of rewilding. Some practices will draw you outwards, into rivers, into community, into the sky. Others will draw you inwards, into journaling, stillness, or rest. Each one is a thread, and together they form the weaving of a wilder life.

The Earth remembers. And so do you.

Manifesting with the moon phases

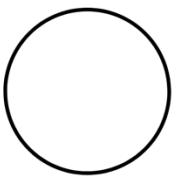
Welcome to your very first practice of the year. Each month, we will explore one ritual, one rhythm, one way of returning to the wildness that is already within you. And we begin with one of the oldest, simplest, and most universal companions humans have ever known: the moon.

Now, I know the word "manifesting" has gotten a bit of a bad reputation in recent years. To some, it sounds like magical thinking, wishful daydreaming, or a social media trend. But I'd like to invite you to reconsider. At its heart, manifesting simply means living with intention, choosing consciously what you want to invite into your life, and then aligning your actions with that vision. That's it. And when we place this practice within the cycle of the moon, it becomes less about chasing dreams and more about reconnecting with a rhythm as old as the earth itself.

If the word manifesting makes you cringe, that's worth paying attention to. I've learned that when a word or idea triggers me, there is usually something underneath it that wants to be explored. Why does it make us uncomfortable to

name what we want? Why does it feel awkward to say our hopes out loud? Often, it's because we've been taught to downplay our desires, or to believe they are frivolous. But when we begin to honour them, when we say them clearly, and then take aligned action, something is allowed to shift: We stop drifting, and we begin to live deliberately. That is what manifesting with the moon is really about.

Now, why the moon? Because the moon offers us a natural calendar, a visible cycle of waxing and waning that mirrors the human, and especially the female, experience. Just as the moon grows, shines, and retreats, so too do we expand, create, reflect, and let go. Aligning our actions with the moon is noticing and participating in this cycle of becoming. It keeps us accountable, steady, and connected, to our goals, and to the living world around us. Think of the moon as your guide. Each one of its phases offers a cue: when to plant seeds of intention, when to take action, when to celebrate your progress, and when to release what no longer serves you. By learning to tune into these phases, you begin to live not by the clock or the calendar anymore, but also by the rhythms of the earth and sky. This practice is as practical as it is mystical. It will keep you on track, yes. But more than that, it will remind you that you are part of a much larger cycle of growth and renewal. So, let's begin where the moon always begins: the New Moon.



New Moon: Planting seeds

Every cycle begins in darkness. The sky looks empty, the moon invisible, and yet beneath that black canvas something is already stirring. This is the paradox of

the New Moon: it is both nothing and everything at once. A blank page. A quiet soil. A threshold.

For thousands of years, people have looked to this moment to begin anew. Farmers sowed seeds when the nights were darkest. Poets and mystics wrote of death and rebirth. And today, in our lives filled with notifications and deadlines, the New Moon still offers us that same invitation: to pause, to listen, to plant our own intentions. The New Moon asks you to stop doing, take a beat, and start tuning in. It is the perfect reminder that growth always begins unseen. Just as roots stretch quietly under the earth before a sprout ever emerges, your dreams begin in silence, long before they take shape in the outer world. This phase teaches us patience, trust, and the courage to begin again, no matter how many times we've "failed" before. Living by the New Moon also helps break the illusion that time is linear. It reminds us that life is cyclical, that we always have another chance to reset. If last month didn't unfold the way you hoped, here is your fresh start.

A new moon ritual

I firmly believe that rituals don't need to be complicated. What matters most is your presence. Here's one way you might step into the energy of the New Moon:

- Prepare your space. Dim the lights, light a candle, spread a blanket on the floor. Create a nook that feels safe, intentional, free from interruption.
- Get quiet. Take a few minutes to breathe deeply or meditate. Imagine the busy energy of the day draining out of you, leaving you clear and receptive.
- Journal your intentions. Ask yourself:
    - What do I want to invite into my life this month?
    - What do I need to release to make space for it?
    - If nothing stood in my way, what would I choose?

    - Write your answers as affirmations beginning with "I am…" (I am grounded. I am creative. I am ready for love.).
- Speak them aloud. This is the part that feels strange at first, but it changes everything. By giving your words sound, you make them real.

Once you've set your intentions, keep them close. Write them on a piece of paper you tuck under your pillow or place them on your nightstand or desk. Look at them throughout the month, but don't become attached. These are your seeds. You don't need to force them to grow; you only need to tend them. And when the moon begins to wax, your role will shift from dreaming to doing. But for now, in the darkness of the New Moon, your task is simple: be still, be clear, and dare to name what you truly want.

Waxing crescent & first quarter moon: taking first steps

If the New Moon is the seed planted in the dark soil, the Waxing Crescent is the very first sprout breaking through. Something fragile yet determined is reaching for light. This is the phase of beginnings-in-motion, of carrying your intention out of your journal and into the world. After the stillness of the New Moon, the waxing crescent and first quarter moons stir us back into action. Energy begins to build. You may notice you feel more motivated, more curious, or more willing to try something new. This is the time to honour your intentions by moving toward them, even if it's just a small step. It is easy to get stuck in dreaming, to wait for the "perfect" moment to begin. But this moon reminds us: the perfect moment is now. The crescent moon does not hesitate to grow, it simply begins, little by little, night after night. Your task is the same. Think of this as the phase of courage. Just as the young sprout risks breaking through the soil, you too must risk beginning. It is not about perfection. It is about momentum.

A waxing crescent ritual

You don't need hours of ceremony here because this is a working moon, a *doing* moon. Here's a simple practice to align yourself with its energy:

- Return to your intentions. Look back at what you wrote during the New Moon. Which one speaks loudest right now? Which one feels most ready for action?
- Choose a first step. Keep it small. If your intention was "I am creative", your first step might be buying paints or opening a fresh notebook. If your intention was "I am fit and healthy", it might mean lacing up your shoes for a short walk.
- Act. Do the thing. Don't overthink it. Don't wait for the mood to strike. Begin now, however imperfectly. And don't stop there: This is the time for new routines, for consistency, for repetition. It's not easy, but it's worth it.

The first quarter moon: meeting resistance? – You bet.

Roughly a week after the New Moon, the First Quarter arrives: a half moon in the sky. Half illuminated, half shadowed, it symbolises tension. This is the moment in the cycle when obstacles often appear. Suddenly, your new intention may feel harder to pursue. Doubt creeps in. Life throws you curveballs. Don't be discouraged. **This resistance is part of the rhythm.** Just as a young plant pushes against stones in the soil, your intention will meet its first challenges. The First Quarter teaches persistence. It asks: How much do you want this? What will you do when it gets difficult? During this phase, keep showing up. Take small, consistent steps, and celebrate each one. When resistance appears, see it not as failure but as initiation. Every new path asks us to prove our commitment. For me, a useful mantra for this phase is:

Follow the journey. Trust the process.

Waxing gibbous moon: momentum builds

If the New Moon is a seed and the Waxing Crescent is the fragile sprout, the Waxing Gibbous is when the plant takes shape, stretching tall, gathering strength, and preparing to flower. This is a phase of growth that feels both exhilarating and demanding. Energy is high, opportunities present themselves, and progress becomes visible.

The Waxing Gibbous arrives just before the Full Moon, and it carries that same bright, pulsing energy… but it is still just that: *waxing*, building. This is not completion, but acceleration. If you tune in attentively, you may feel a rush of ideas, invitations, or synchronicities. Things begin to click into place. If you've been consistent with your actions since the New Moon, this is often the time you see some first results.

But with growth also comes pressure. The Waxing Gibbous can also feel overwhelming, as if there's suddenly too much happening at once. You might feel stretched thin, juggling too many projects, or buzzing with nervous excitement. This is natural. Think of it as a reminder that energy is moving, and you are in the thick of creation.

Navigating the energy

At this point in the moon's cycle, you are asked to do two things at once:

- Keep building. Stay committed to your intentions and actions.
- Refine. Notice what's working and what's not and make adjustments before the Full Moon arrives.

The Waxing Gibbous is like a dress rehearsal before opening night. It's the chance to polish, fine-tune, and prepare yourself to step into fullness.

A waxing gibbous ritual

This is a phase of alignment, of ensuring your actions match your intentions. Here's a practice you can try:

- Review your progress. Sit down with your New Moon intentions and your journal. Ask: What has moved forward since then? Where am I already seeing growth?
- Identify obstacles. Where am I meeting resistance? What feels heavy or draining? Write these down without judgment.
- Refine your focus. Cross out what no longer feels alive. Circle the goals or intentions that still spark energy. Add any new insights that have emerged in the past weeks.
- Take aligned action. Choose one concrete step that supports your strongest intention right now. Do it today, while the energy is high.

This is a phase of optimism, momentum, but also of accountability. It rewards persistence, but it also teaches discernment. Not everything you set in motion at the New Moon will be worth carrying forward. The Waxing Gibbous reminds you that it's okay – even wise – to refine your course. Celebrate the wins, however small. Notice how far you've come since the darkness of the New Moon. And remember you are preparing to meet the Full Moon, the culmination, the harvest, the brightest moment of the cycle.

A mantra for this phase:

I trust the process of growth. I adjust with grace.

Full moon: illumination & release

The Full Moon is the crown of the lunar cycle. After weeks of building, stretching, and striving, the moon has reached her brightest moment, glowing in full splendour. Nothing is hidden now; every curve illuminated, every shadow banished. And we, too, are invited into this clarity.

The Full Moon is both a celebration and a reckoning. On the one hand, it is a time of joy, a chance to acknowledge what has blossomed since the New Moon, to honour the progress you've made, and to marvel at the ways life has unfolded. On the other hand, its brightness makes visible the things that are not working. Patterns that hold you back. Habits that no longer serve. Fears and blockages that lurk in the corners of your mind.

This duality is what makes the Full Moon so potent: it gives us both light and shadow. It offers us the chance to say yes to what we wish to keep, and no to what we are ready to release.

The energy of the full moon

Many people notice their bodies and emotions respond strongly during the Full Moon. Sleep may be restless, thoughts may whirl, creativity may surge. You might feel overstimulated, buzzing with ideas, or unusually sensitive. This is not in your head. Countless cultures across the world have observed how Full Moons stir the tides, the animals, and the human spirit.

Instead of resisting this intensity, you can choose to work with it. Think of it as fuel: wild, bright, and overflowing. Your task is to direct it with intention.

A full moon ritual

Here's one way to harness the fullness:

- Find your centre. Sit somewhere quiet. If possible, go outside and let the moonlight touch your skin. If clouds hide it, a photograph of the moon will do; intention matters more than setting. Take a few slow, cleansing breaths.
- Reflect. Open your journal and write freely. Pour out your thoughts, your emotions, your ideas. Don't censor yourself. This is a time for overflow.
- Celebrate. Look back at your New Moon intentions. What has taken root? What small or large victories have unfolded? Write them down. Honour yourself for showing up.
- Release. On a separate piece of paper, write down what feels heavy, blocked, or no longer aligned. When finished, destroy the paper: burn it in a fire-safe vessel, tear it into tiny pieces, or let it flow away in water. The symbolic act matters: you are declaring your readiness to let go.
- Offer gratitude. Speak or write what you are thankful for, not only the things you've received, but also the lessons, the challenges, and the clarity.

The Full Moon reminds us that we do not grow in a straight line. We grow in cycles of expansion and contraction, of fullness and release. Each month, the Full Moon gives us the gift of closure: a chance to reset before beginning again. A mantra for this phase:

I celebrate my growth. I release what no longer serves me.

The moon will soon begin to wane, and your energy will turn inward again. For now, stay with this fullness. Stand under the sky, breathe deeply, and remember that like the moon, you are capable of shining fully, even after darkness.

I want to be clear here, though: I don't do this every month. Life is busy, and sometimes the days blur past without a single ritual. What I've learned, though, is that even one month of living with the moon can change how you see it forever. Once you've followed a cycle from seed to fullness, you start to notice the sky differently. You look up and know where you are in the rhythm. That awareness doesn't disappear, and that's the whole idea behind The Rewilding Year. We're not striving for perfection here: we're trying to create a new awareness, a new way of being.

You don't need candles and ceremonies each time. You don't need to dance naked and wolf-howl under *every* full moon… although, if you feel called to, I am all for that. What matters is knowing the moon is there. That you can turn to it when things feel uncertain, when you long for clarity, or when you need a reminder that cycles of growth and release are natural.

I find that, in general, just knowing how to ask for things is so important, and the more I venture down this wild path, the more I trust to ask not just the people in my life for help or advice, but I turn towards everything that surrounds me for guidance. And probably most of all, I turn *within*.

Reflection Questions:

- How did you feel throughout this moon cycle?
- Did connecting with the moon feel natural, or did it feel awkward at times?
- Did you ever feel "silly" or self-conscious while doing the rituals? What did that bring up for you?
- Were there moments of clarity, inspiration, or heightened energy you can link to a particular phase of the moon?
- Did any synchronicities or "small miracles" happen that felt connected to your intentions?
- What surprised you most about this experience?

Further Reading & Inspiration:

- **"**Moonology" by Yasmin Boland
- Look up Mary Oliver's poem "Moon and Water"
- The "Deluxe Moon" app (for tracking phases)

Your space for notes, doodles & drawings:

Women Wild

We are the ones with the laughter in our voices
and the mud between our toes, the ones who elevate a sister
rather than frowning at her stories.

We are the ones with the sun-kissed cheeks
and the messy, salty hair, the ones who sing to whales
and smell the change of seasons in the air.

We are the ones with the hopes and dreams
lighting up our way, the ones who dance under the moon
and prepare for the new day

When our roar is loud enough to echo
through the world with might, and wild women everywhere hold
hands, then step into the light.