

The Painted Presence Project

WITH EFFY WILD

In all the years that I've been teaching, I've had a unit in Moonshine about the value of silence, but I have never personally tackled a silence practice for myself.

Given all that's going on right now, both personally and globally, I have been nudged by the Invisibles (by which I mean, my ancestors, the spirits I work with, and the divine as I understand it) to take one on, and bring you with me.

Beginning on November 1st, 2025 I'll be painting in silence for ten minutes every day on the same substrate. I've chosen an 11 x 15 piece of watercolour paper for this project but you can do this on a page in your journal, a loose sheet of whatever kind of paper best suits you, or a canvas.

The intention is to paint in total silence for ten minutes - no more, no less - without worrying about the outcome. Yes, this means I might produce a terribly ugly piece of work, but that's not the point. At the end of the month of November, if I want to, I can refine whatever it is I've created so that it's something I really like, OR NOT, and that OR NOT is really important because the point here is to meet myself IN SILENCE for ten minutes a day for thirty days straight.

If you know me at all, you know that I've morphed from someone who was really into striving and structure and bootstrapping (Hello. I used to call things "Boot Camp", for crying out loud) into someone who is all about softness and gentleness and rest and grace. This project might feel counterintuitive given my current soapboxing about NOT pushing too hard and NOT giving ourselves a hard time for being human in a meatsuit during what looks to me to be the fall of the empire.

But, this is what the invisibles have tapped me to do because, as they are reminding me right now, we need them more than ever, and they can best "show up" in the pockets of time where we are quiet, listening, and open to whatever wisdom arises.

WELCOME TO THE PAINTED PRESENCE PROJECT

The goal is simple. Create a ten minute block of time every day where you will turn off your phone, take off your headset, shut down your devices (or put them on DO NOT DISTURB), set a timer for ten minutes (I use Alexa for that), and simply paint.

If you're not into painting right now (I see you my crafty witches), you can spin, embroider, knit, crochet, weave, sculpt, sketch, doodle, bead, or whatever else you do with your hands instead.

The only thing I'd advise against is WRITING, because WRITING is going to put you in your head, and that's not where we want to be for this ten minute practice. We want to be looking at something we are making, and we want to focus on what our hands are doing.

If you are not into making at all right now, and you have the ability to do so, you can swap all of this out for a slow walk around your neighbourhood. If you have mobility issues, you can swap this out for doing absolutely NOTHING for ten minutes.

If you're not into this at all, I've included two bonus tutorials for you to engage with instead. You'll find them in this document.

I'LL BE SHOWING YOU MY PROCESS

Every day, once I'm finished my ten minutes of silent painting, I'll upload the video to YouTube, and I'll shoot you an email. These videos won't be instructional. They will be there to encourage us both to keep up with the practice.

They will also be there so you can witness what happens over a span of days when you give something a lick and a promise. Ten minutes. That's it. What can we make with ten minutes? What can we learn about ourselves if we give ourselves ten minutes with our own thoughts and feelings? What wisdom might arise if we give ten minutes to the invisibles, by which I mean our ancestors, the spirits of the earth, the divine as we understand it? What might they have to share with us if we give them a chance to break through all of the noise of ordinary reality?

Some of us will hear whispers from the Invisibles. Some of us will just hear our own thoughts getting quieter. Some of us will feel bored or restless or nothing at all. We might feel all of that in ONE SESSION. All of that is perfect. The practice is just to show up, without judgment and let what happens simply happen.

My hope is that once we wrap this up, we'll have rewired our brains to understand that all the messages we get about having to work really hard at something for hours on end in order for it to be worth something is nonsense. My hope is that you'll integrate some



Notes & Quotes

wisdom about how little it takes to make a shift in consciousness. My intention is to create silence practice, yes, but I also want to make space in this time when the world is very, very loud, to hear what whispers might be heard from beyond the veil.

WE'RE HEADING INTO THE LONG RED GLARE

That's what I call the holiday season. It's a lot for me, and while I've curated a life in which I don't have to pay it very much attention, it's still a bit of an onslaught of "shoulds" and "musts" and "have tos". I find holiday gatherings, gift giving, the pressures of perfect presentations of perfect families and homes and dinner tables laden with an abundance of things I may not even particularly enjoy really overstimulating, so I'm thinking of this as a way to prepare myself to enter that season with a still point of peace firmly entrenched within me.

I also want to give myself a taste of the gift of silence and creativity as a spiritual practice in a structured way in the hopes that it will become a normal part of my every day life.

ARE YOU IN?

If you are, fantastic!! I've included a tracker and a worksheet for you. Not for you, but you want to watch the videos anyway? TOTALLY FINE! I'd love it if you'd cheer me on as I do a bit of a pilgrimage to the center of my being through this practice.

And because I know us and I know life happens, let me say this: If you miss a day for whatever reason, don't sweat it. Just resume on the next day you can. If you **want** to tack on a second session so you can catch up, do that, but don't do that if it makes you feel resistance to resuming.

If daily really doesn't work for you, tweak it. Make it work for you. This is NOT meant to be something you punish yourself over.

PINKY SWEAR THAT YOU WILL NOT MAKE THIS A CHORE.

Let it be a gift you give yourself. That's how I'll be approaching it. I'm even getting myself a special tea and candle to mark those ten minutes as sacred, but that is totally optional.

Find your tracker and worksheet on the following pages. Note that the worksheet is something **I** wanted for my own project, but it is NOT required. Feel free to design your own worksheet and tracker if you'd prefer a different layout. I've left the worksheet and tracker undated so you can revisit this project any time you like.

Expect your first project email on November 1st, 2025. Meanwhile, there are two fun tutorials attached after the worksheets.

xo
Effy

P.S. Some folks have a really hard time with silence, and I want to address that. I, too, have a really hard time with it. Neurospicy + trauma = a brain that can be very unfriendly to hang out in, so my plan is to do as much silence as I can, and then if I'm really struggling, I'll put on AMBIENT music. Not a podcast or a news show or anything that will capture my attention. No vocals. Just soft instrumentals very much like the ones you'll find in the videos I'll be producing for you.

I hope that eases your mind a bit if you, like me, are silence-averse.

Notes & Quotes



The Painted Presence Project

with effy wild

Day # Date

Word, Feeling, or Mini-Reflection

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	
21	
22	
23	
24	
25	
26	
27	
28	
29	
30	



The Painted Presence Project

with effy wild

Day # Date

Moon Phase/Sign

Mood when I started

Mood when I finished

Notes

Paste a photo of today's practice here.