
vision + AFFIRMATION



**what is your vision for
using this notebook?**

AS A DIVINE CONDUIT WHO SCRIBBLES + SPEAKS, I AFFIRM MY RHYTHMIC LIFE.

SIGN YOUR NAME HERE, SIS



Women's bodies tell the same story as the great luminaries in the sky. **The feminine body is a message of life, death and renewal.** Our bodies are the gospel spoken through the flesh.





rhythms

SOLAR + LUNAR

align with your energy. Grace over grind.

"Let lights appear in the sky to separate the day from the night. Let them signs to mark the seasons, days, and years. Let these lights in the sky shine down on the earth." And that is what happened.

The light our bodies were designed to take in—moonlight + sunlight, affects the glands, which stimulates our circadian and infradian rhythms along with our hormonal production. Our femininity flow is rooted + grounded in our two unique biological clocks—our solar and lunar rhythms. In particular, the moon mirrors back to us our waxing + waning, our changing seasons, days and years. And God saw that it was good.



The well-known, 24-hour circadian rhythm (circa "around" + diem, "day"). It describes the solar cycle of one day, which governs the hours we sleep and are awake, and how we schedule work-play. (Worth noting: part of our sleep rhythm falls under the ultradian rhythm, our natural, rhythmic, healing response of the mind + body. This happens during the 90-to-120-minute cycle of rest + activity of the brain hemispheres—this occurs within the larger 24-hour circadian rhythm.)



The lesser-known, 28-day infradian rhythm (infra "beyond" + diem, "day"). It translates to "beyond a day." The most common infradian rhythm is the menstrual cycle. Noticing + nurturing + embodying the gift of infradian rhythms can help us to understand + embrace the monthly flow of the body's cycles, whether you are menstrual or not. (Go to the back of the notebook to go deeper.)

The fact is that our bodies are 80% water, and all water has its gravitational movement influenced by the moon—we all ebb and flow—like the tidal, we rise + fall throughout the month.

Essentially, we are energy conducting, rhythmic beings—physically drawing our energy from the sun, spiritually drawing our energy from the Son. All creation is in a rhythmic ebb + flow. By tuning into our sacred, natural rhythms (circadian, infradian, ultradian and many others not mentioned) we get to reclaim + explore + embody dynamic self-care and soul care rhythms—Sabbathing Rhythms—personally + collectively.



Align with your waxing energy. Grace over grind.

waxing FEMININE ENERGY

FOR THOSE MENSTRUATING:

Menstruating or not, generally, this initial "waxing" part of the month calls to your "waxing energy." This is a great time to sync being more social in your calendar with outer work-play with family/friends, clients, book/project launches, speaking engagements, doctor appointments, etc.

follicular (begin, prepare)

Inner Spring - Although hormones are at low levels, they're slowly beginning to increase in concentration. Overall, the hormonal effect on your brain is of openness to new things. Watch your budding energy prepare you for clarity + creativity increase!

ovulation (creative, sensual)

Inner Summer - Your brain's verbal + social centers are stimulated by estrogen + testosterone, which begin to increase, along with your energy levels. Notice your sensuality sensitivity + surge (bodaciously nurture + embody it). Enjoy being magnetic with your family/friends/community. Sis, sensuality is about being connected to your senses in all of your output. See your magnificent Creator in your magnetic, creative flow!

FOR THOSE NO LONGER MENSTRUATING:

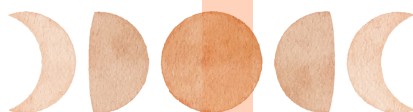
Doing more during this "waxing" time, is supported by the "doing less" in your latter "waning" period. One isn't better than the other.

outward + social + blossoming

Waxing Moon - During this time of the month, let the plan for your 3-5 intentions/ideas blossom with at least one milestone for each intention. Watch your budding energy prepare you for clarity + creativity increase!

magnetic + sensual + expressive

Full Moon - During this time of the month, reflect + celebrate! Where have you + your energy been rooted? Acknowledge what has come to fruition and what is still to come. Notice what/who you're drawing to yourself and how it's affecting your energy. Express your sensuality in a new way under the moonlight. Unhurriedly, savor this time. See your magnificent glow as you witness the moon's glow.



Align with your waning energy. Grace over grind.

waning FEMININE ENERGY

FOR THOSE MENSTRUATING:

Whether you're still menstruating or not, consider this latter "waning" part of the month to welcome your "personal waning." It's a great time to release old versions of self + pursuits. It's key to touch your own roots of desire. To see what no longer aligns. It's about the composting of things that nourish the soil of my soul.

luteal (completion, inward)

Inner Fall/Autumn - Estrogen + progesterone + testosterone reach a peak in the first half of this phase. You're still riding high off your ovulatory phase! Then, in the second half, like the fall, when leaves fall from trees and the energy is going back down into the earth, your hormones begin to descend right before bleeding. Begin to wind down, you DON'T have to hemorrhage your energy –avoid big social events, lots of meetings, or burdensome projects. Do LESS to conserve MORE of your energy, sis.

menstrual (culmination, release)

Inner Winter - Hormonal levels decline quickly to the lowest concentrations, this creates phenomenal communication between both brain hemispheres— incoming information in completely opposite but complementary ways will help you increasingly synthesize communication about how you feel. What does it look like for you to honor pause in order to rest + release + rejuvenate + reimagine?

FOR THOSE NO LONGER MENSTRUATING:

Doing less outwardly will help you take up more space for yourself inwardly. It's more than fine, it's freedom for you to lessen your load mentally, emotionally, physically, spiritually. It's not a sign of lack but of abundance.

inward + intuitive + cocoon

Waning Moon - During this time of the month—simplify, simplify, simplify! Allow transformation in the last quarter of this moon/month's phase to fully emerge with gracefulness not grind. It's OK to remove an intention or two that you set during the beginning of the New Moon/month. Do LESS to conserve MORE of your energy, sis.

release + heal + rest

New Moon - During this time of the month of your luminous release + renewal, set your top 3-5 intentions/ideas. You are cultivating the ground + planting seeds, not harvesting anything.

Start a rhythm of a releasing ritual by incorporating this journal prompt:
What thoughts/people/things can I release to allow greater flow in my life?





We enter the kingdom
by being as a child and
by receiving as a child:
**“But Jesus called them to
him, saying, 'Let the
children come to me, and
do not hinder them, for
to such belongs the
kingdom of God'”**

LUKE 18:15-17





DODDLE + DO WHATEVAH + DELIGHT



My Cyclical Skin + Body

Citation: Dr. Alexis Stephens, An update on the role of the sebaceous gland in the pathogenesis of acne. Evgenia Makrantonaki,^{1,2} Ruta Ganceviciene,³ and Christos Zouboulis corresponding author. Dermatohormonol. 2011 Jan-Mar; 3(1): 41-49

THE WEEK I AM IN MY FOLLICULAR OR spring, waxing phase of life

My body is better able to handle strenuous body movements during this time.

- Notice my skin's natural hydration → Estrogen on the rise
- Extractions, waxing/laser → Endorphins peaking, natural painkillers
- Resume exfoliation → Aloe vera gel is phenomenal
- Sabaceous glands more active → Pores more visible

THE WEEK I AM IN MY OVULATORY OR summer, waxing phase of life

Estrogen + testosterone peak, so detox the excess, otherwise, the result is acne.

- Make doctor appointments → Endorphins still high
- High impact workouts → Increase activity for cortisol flush
- Sexual + sensual feeling increased → Testosterone stimulates the libido
- Skin glowing (gentle toner, facials) → Estrogen makes skin thicker + elastic
- Feeling lighter → Estrogen suppresses your appetite

THE WEEK I AM IN MY LUTEAL OR autumn, waning phase of life

This phase has two parts—lasts from 12-16 days. Hormones plummet in the latter part. Eat nutrient-dense, drink Dong Quai herbal tea, for a hormone rebalancer.

- Heightened focus + awareness → Hormone levels still high in first half
- Avoid high impact workouts + big social events (conserve energy) → Increased progesterone, natural sleep aid + anti-anxiety hormone
- Increased sebum/inflammation → Progesterone declines in second half, foam cleanser = oily or a use a hydrating cleanser = dry

THE WEEK I AM IN MY MENSTRUAL OR winter, waning phase of life

My body is not able to handle strenuous body movements during this time.

- Skin barrier is thin + the most vulnerable on day 1 → Decreased levels of estrogen, a natural moisturizer
- Avoid exfoliants + harsh cleansers → Oatmeal masks, Vitamin C serum, antiinflammatory + gentle moisturizers.
- Avoid retinol (Vitamin A) → Skin extra sensitive, take a break
- Use hyaluronic acid (HA) → Apply to damp skin, increase moisture

Daily Diversions + Decisions

TODAY, WHEN I AM interrupted/distracted

I will decide to realign + refocus + regroup myself as I resume my holy traction with my intrinsic worth + wholeness in view. I will compassionately tend to my humanity + energy with grace over grind.

TODAY, WHEN I ENCOUNTER stagnation or blockage

I will decide to move my body, move my body, move my body in order to move the stagnation + blockage through me. Beyond the edge of my disappointment, frustration, grief, and despondency, I will explore with tender curiosity + courage the root of the stagnant energy and let people who love me know where I'm at and how I'm feeling.

TODAY, WHEN I ENCOUNTER overwhelm

I will decide to engage breathwork + affirm that Jesus grew in wisdom and stature—His human experience + wisdom widened with the years, and it incrementally increased through the same channels and by the same developmental processes as the souls of all humans.

TODAY, WHEN I ENCOUNTER a small win/victory

I will not minimize it or trivialize it. I will decide to audaciously pause to celebrate—whatever the celebratory pause (sabbath) looks like, it will be to savor the faithfulness of the Messiah embodied through my childlike, living faith, hope, and love.

Weekly Withdrawal + Woo

THE WEEK I AM IN MY FOLLICULAR OR spring, waxing phase of life

I will withdraw from demanding ripening in order to notice + nurture + embody woo. I will patiently witness my new rising + expansion + beginnings + blossoming. I will remove winter's insulating layers (literally + figuratively). I will sync appointments and commitments with the interior + exterior spring, waxing bloom of my life.

THE WEEK I AM IN MY OVULATORY OR summer, waxing phase of life

I will withdraw from shrinking back. This is the season of acceleration, shine and journey. I will engage the magnetic draw of the Spirit wooing me. I will notice + nurture + embody my magnetic draw as I sync appointments and commitments with the interior + exterior summer, waxing shine of my life.

THE WEEK I AM IN MY LUTEAL OR autumn, waning phase of life

I will withdraw from the woo of adding the new. Harvesting what ripened in my inner summer or ovulatory phase is my focus. I will notice + nurture + embody gratitude as I organize + finalize as a symbol of falling back to earth like the leaves. I will sync appointments and commitments with the interior + exterior autumn, waning harvest of my life.

THE WEEK I AM IN MY MENSTRUAL OR winter, waning phase of life

I will withdraw from doing as much as I have been previously. It's time to shed in this season of going inward, being an open channel, releasing, composting and tending to the woo of my roots. I will sync appointments and commitments with the interior + exterior winter, waning release of my life.

Monthly Moments + Meditation

WAXING - ROSH CHODESH (NEW MOON)

"He made the moon for the feasts/seasons (moedim)" - Ps. 104:19

Chodesh (New Moon) is a Hebrew word from the root meaning new or renew.

Ponder Leviticus 23:24-32 Rosh Hashanah/New Moon

Although Chanukah extends into a New Moon phase, Yom Teruah or Rosh Hashanah (Trumpets) is the only feast day that begins on the New Moon. Rosh Hashanah heralds the sabbath/seventh month + the coming of Yom Kippur (Day of Atonement), which is the Jewish New Year. These days are called the Days of Awe and throughout this time, the moon grows fuller and fuller. The New Moon brings promises of more light, more awareness. There's an escalation that begins with this New Moon feast that will culminate on the Full Moon at the festival of Tabernacles/Sukkot (The Ingathering).

WAXING MOON

"The moon and the stars, You have set in place" - Ps. 8:3

Ponder Leviticus 23:15-22; Acts 2 Pentecost/Waxing Moon

When the day of Shavuot (Pentecost) has "fully come" the moon waxes toward fullness and we begin to overflow with the fullness of the Torah and the Holy Spirit. Pentecost is the holy day that commemorates the gifting of the Torah and the indwelling of the Holy Spirit. The significance is that this festival + season + phase of the waxing moon is a time of manifestation, acceleration, expansion and taking action.

FULL MOON

"This month shall be the beginning of months for you" - Ex. 12:2

Ponder Leviticus 23:33-44 Passover marks the beginning (Tabernacles the end).

Two of the three pilgrimage feasts, Pesach/Passover (departure through God) and Sukkot/Tabernacles (dependence on God), occur on the Full Moon. These festivals bookend the Hebrew calendar. The light of the moon offers a radiant night sky for worshippers to gather together. During Passover, just as the mixed multitude made an exodus through the sacred bloody door of the covenant, a woman's sacred blood is cleansing whether it is menstrual or from birth. Both speak openness, life, birth, release and renewal. The shedding of blood cleanses—creatively, spiritually, physically.

Good to Know: Purim occurs on the Full Moon

WANING MOON

"God made the two great lights..." - Gen. 1:16

Ponder Leviticus 23:6-14 In the spring, just after the Full Moon of Passover, come the days of Unleavened Bread and Early Firstfruits.

The moonlight begins to gently decrease. Diminishing, decreasing light isn't a negative thing, sometimes it is a very essential + holy act infused with the themes of rebirth + resurrection. Perhaps that is why more feast days occur at this waning moon phase than any other—Shemini Atzeret/Simchat Torah (the eighth day of Sukkot) and Chanukah. Did you know the Hebrew month (as well as the day) begins in the evening with the moon?

Annually Attune + Abandon

MY ANNUAL WORD FOR THE YEAR

will help me attune my heart

I will lean into this word's depth as it helps me welcome the full spectrum of this life I have. This word will surround me during volatile fluctuations + vital fellowship.

My word is:

MY ANNUAL REFLECTION

will help me attune with my hindsight + insight + foresight

Looking **back** (hindsight), looking **now** (insight), and looking **forward** (foresight), what's one obstacle I overcame last year and how did it help me deepen my peace, rest and soul nourishment?

MY ANNUAL INVENTORY

learning is not merely about mental ascent, it's about alignment

What did I learn that was transformational? And how did I align myself?

MY ANNUAL INVENTORY

what's next in aligning my life?

What was I unable to spend enough energy on last year? What will it look like for me to take one baby step towards stepping into a new phase, project, etc.?