

A COURSE COMPANION ON NOTICING, NURTURING & EMBODYING SABBATHING RHYTHMS  
CREATED BY ANDREA ANGIE PALMER



# monthly sabbathing rhythms

a soul care gratitude journal

*cyclical living for writers + speakers*



monthly  
sabbathing  
gratitude journal

a soul care gratitude journal

cyclical living for writers + speakers

*dedicated to two very important AKA' s in my life: Mary Lakesha Williamson, my sister-in-love & Chloe Anthony Wofford–Toni Morrison, my literary momma.*

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A NOTE TO THE CO-CREATOR:



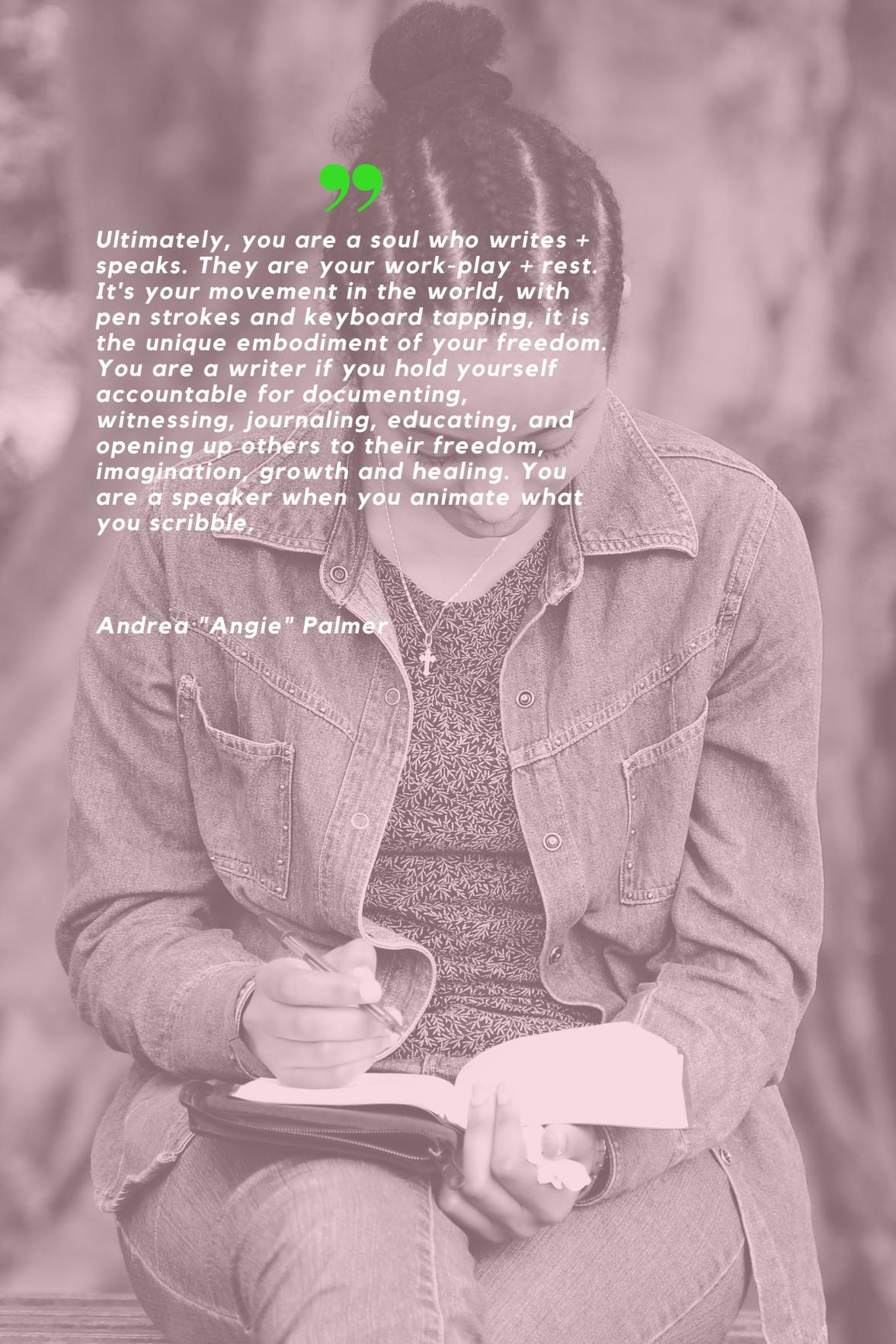
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*An Embodiment Affirmation:*   
*Control is not my focus—giving thanks for authentic connectivity + deep rest are.*



*Ultimately, you are a soul who writes + speaks. They are your work-play + rest. It's your movement in the world, with pen strokes and keyboard tapping, it is the unique embodiment of your freedom. You are a writer if you hold yourself accountable for documenting, witnessing, journaling, educating, and opening up others to their freedom, imagination, growth and healing. You are a speaker when you animate what you scribble.*

**Andrea "Angie" Palmer**





*Breathe. Breathe. Breathe.*

*From an article by Elizabeth Gulino: We breathe in, we breathe out. Thanks to our brains and our reflexes, we don't have to think twice about breathing. Or do we? According to a study published in the International Journal of Sports Physical Therapy—60%-80% of us are actually breathing much shorter and shallower than we're biologically supposed to be. This triggers our sympathetic nervous system, which is the system that automatically regulates body functions such as heart rate and blood pressure, along with our flight-or-fight response.*

*Another study points out that equal parts inhale + exhale as we breathe into our bellies helps to shift the nervous system into a more calm response and gets us out of those stressful, tight shallow breaths in the upper chest, which actually cause a lot of neck pain and tension in the shoulders. Pulmonologist, Rohan Mankikar, MD, says breath should happen through our noses, because mouth-breathing is one of the biggest ways we can mess up our breathing. Breathing through the nose has many functions: "It humidifies the air coming into your lungs, it controls the temperature of the air," she says. Our noses also produce something called nitric oxide, a molecule that increases circulation and therefore energy, and which may help us fight off airborne pathogens.*

*SOULjourner, notice + nurture + embody your breathing—breathe in and out through the nose using your belly (like a balloon).*

***"Then the LORD God... breathed into his [Adam] nostrils the breath of life, and the man became a living being." According to Genesis 2:7 God did not make a body and put a soul into it like a letter into an envelope of dust; rather the body was formed from the dust, then, by breathing divine breath into humanity, the body of dust came to life, i.e. the dust did not embody a soul, but it became a soul—a whole, embodied creation.***



**Psalm 136:7-9**  
**To Him who made**  
**the great lights,**

*For His lovingkindness is everlasting:  
The sun to rule by day,  
For His lovingkindness is everlasting,  
The moon and stars to rule by night,  
For His lovingkindness is everlasting.*

# grateful

THIS JOURNAL

*belongs to:*

*Think creatively. Along with your name, add a fun descriptor that expresses your gratitude for being uniquely YOU!*



WELCOME,  
*Souljourner*

*...To the Mohawkmomma Studio Monthly Gratitude Journal!*

*Gratitude rewires the brain and allows us to heal + connect with the truest part of ourselves as recipients of grace.*

Maybe you already use the *Sabbathing Rhythms Guide + Planner*—now you're pausing to take a moment to meditate as you look back to sensually give thanks.

🙏 **Pastoral Care:** Set aside at least 30 minutes for this **Monthly Moment + Meditation**. One of the best practices for using this monthly journal is to have your *Sabbathing Rhythms Guide + Planner* nearby. It will serve as a reminder of the things that took place in your savoring + scribbling + speaking in your **Weekly** section.

🙏 Does your moment fall on a New or Full moon? (*Flip to the back of this journal for the 2022 lunar calendar.*)

🙏 In the *Sabbathing Rhythms Guide + Planner*, you'll also want to make sure to refer to the New/Full moon musing journaling pages in the **Monthly** section.

We are all familiar with the feeling that things are not as they should be. That you are not where you want to be, or that you are not enough. That you don't have the things you crave. In the last two decades, researchers have been starting to investigate how we can counteract these impulses. And after researching these studies carefully, listening to the specialists and trying out these findings myself, I made a thing: the *Monthly Gratitude Journal*.

It is structured in a way that will make it a bit easier to get into the habit of using your five senses in your gratitude journaling. To mix it up, there are gratitude strategies, and to make it more interesting, there are coloring prompts and space for a monthly lesson theme that you noticed, nurtured and embodied:

*Gratitude is about aligning your whole being from the inside out.*

Creatively cultivate gratitude rhythms,

*Andrea*



PSALM  
8

*This Davidic psalm based on Genesis 1 celebrates not only God's majesty as Creator but also the unique place of human beings in His creation.*

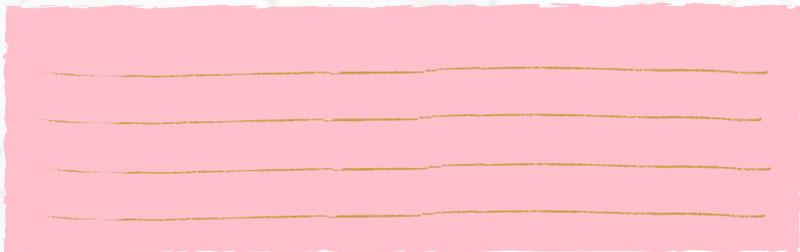
○ Eternal, our Lord,  
Your majestic name is heard throughout the earth;  
Your magnificent glory shines far above the skies.  
From the mouths and souls of infants and toddlers, the most innocent,  
You have decreed power to stop Your adversaries  
and quash those who seek revenge.  
When I gaze to the skies and meditate on Your creation—  
on the moon, stars, and all You have made,  
I can't help but wonder why You care about mortals—  
sons and daughters of men—  
specks of dust floating about the cosmos.  
But You placed the son of man just beneath God  
and honored him like royalty, crowning him with glory and honor.  
You ordained him to govern the works of Your hands,  
to nurture the offspring of Your divine imagination;  
You placed everything on earth beneath his feet:  
All kinds of domesticated animals,  
even the wild animals in the fields and forests,  
The birds of the sky and the fish of the sea,  
all the multitudes of living things that travel the currents of the oceans.  
○ Eternal, our Lord,  
Your majestic name is heard throughout the earth.

*What resonates with you the most from this melodious poem?:*

*verse or word(s)*

*And where do you notice bodily gratitude?*

*(a tingle down your spine, change of breathing, goosebumps on your arms, etc).*





## *sabbathing sync with my waxing 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.



## *sabbathing sync with my waning 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?



# new moon

From the waxing of the follicular phase to the waning of the new moon of the menstruation, respecting + flowing with the movements of your menstrual-moon cycles aligns you with the God-given wisdom inherent in your body. As with all the menstrual-moon cycles, it's about noticing + getting curious, not rigid rules. None of this is fixed, you change from month to month as you transition through distinct phases of your life.

Like the tide, you ebb + flow,  
**physically + spiritually + emotionally + mentally**

Your sacred, inner lunation is mirrored by the transformational phases of the moon.



**Rest is not inactivity. It is a noble redirection of it. Jesus is offering deep soul rest. True soul rest is found in abiding, not achieving.**

**HEALING MOMENT >>> Meditate** on John 15:4, "Abide in me, and I in you." True rest is not in your trying to be good or good enough, but it is in your union and communion with the Messiah, Yeshua. And wherever you abide is where you are earnestly attached and are resourced.

**Your response:**





*you (we) orbit in a  
vast galaxy of  
gratitude.*

*Andrea "Angie" Palmer*





**Gratitude is about aligning your whole being from the inside out.**

Think of the practice of gratitude as a holy, hygiene regimen for your spiritual, psychological and physical wellbeing.

I encourage you to not only give thanks daily as a way of meditation, but to embody it as a healing approach to life. Many scientific studies show how a conscious focus on blessings have emotional and interpersonal benefits. Such as how gratitude influences and improves sleep. It is key to your wellbeing!

Acting grateful can actually make you grateful! How does gratitude do this? One way is by stimulating two important regions in our brains: the hypothalamus, which regulates stress, and the ventral tegmental area, which plays a significant role in the brain's reward system that produces feelings of pleasure.

The word gratitude is derived from the Latin root "*gratia*," meaning grace, graciousness, or gratefulness. All derivatives from this Latin root "have to do with kindness, generosity, gifts, the beauty of giving and receiving, or getting something for nothing."

In essence, gratitude helps you to count your blessings and name them "one-by-one" - these are the many acts of grace in your life.

### **Gratitude Strategies**

Gratitude doesn't protect us from suffering, rather, it dares us to witness God's gifts in the most unlikely places. As we adopt a posture of gratitude, we'll also want to adopt strategies to help us embody the ongoing healing and health effects of gratitude.

**Strategy One:** Practice "interior gratitude." Foremost, notice your emotional state as you keep a daily or weekly list of the things you are grateful for. For example, be aware of your mixed emotions as you list your gratitude moments, whether you are a blend of happy and overwhelmed, excited and scared, etc. This approach helps you to align your mind and body. In other words, it brings the interior/inner thoughts and emotions in line with the exterior/external actions.

**Strategy Two:** Practice "exterior gratitude." Let others know how they show up for you. For example, you could write a thank-you note, mail a care package, email or send a text to a loved one, friend or teammate for supporting you in a small or not-so-small way.

**Strategy Three:** "Be grateful for easily overlooked things." In other words, express thanks for the everyday stuff you usually overlook such as fresh fruit, waking up in the morning, doing the hard thing, dew on the grass, your sense of touch, the sound of your breath, clean water, etc.

INTERNATIONAL CREATIVITY MONTH



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JANUARY

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S	M	T	W	T	F	S
						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	31					

NATIONAL WOMEN'S HISTORY MONTH



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MARCH

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S	M	T	W	T	F	S
		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	31		



# mar ch

*As I ponder my word for this year: \_\_\_\_\_*

*March was my month to notice, nurture and embody:*

A pink rectangular area with four horizontal gold lines, intended for handwritten notes.

DATE: \_\_\_\_\_ CURRENT MOON PHASE: \_\_\_\_\_

*color in the face*  
THAT RESONATES THE MOST



WHAT MADE YOU THINK, "OH, THAT SMELLS AMAZING!" TODAY?

Grid area for writing the answer to the question above.

WHAT GOOD DO YOU SEE IN YOUR PRESENT LIFE SITUATION?

Grid area for writing the answer to the question above.

"I will give thanks to you, LORD, with all my heart; I will tell of all your wonderful deeds."  
*Psalm 9:1*

CURRENT MENSTRUAL PHASE: \_\_\_\_\_



PRACTICING  
*gratitude*

WHAT **SOUND** DID YOU EXPERIENCE TODAY THAT COULD'VE BEEN OVERLOOKED?

---

Blank dotted grid area for writing.

WHAT DID YOU **TOUCH** OR **TASTE** THAT TOUCHED YOU DEEPLY?

---

Blank dotted grid area for writing.

"...Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe..."

*Hebrews 12:28*

*My Illuminations:*

A large rectangular area with a pink background and horizontal gold lines, intended for writing.

*“Is not God in the height of heaven?  
Look also at the distant stars, how high they are!*

JOB 22:12

Documenting your moments of bodily gratitude, even in the undelightful places is proven to reduce levels of depression, help us sleep better, and improve heart + brain health. When life gets hard, self-reflection can be the last contemplative ritual we practice.

This *Sabbathing Rhythms Monthly Gratitude Journal for The Scribbling + Speaking Soul* is a companion to the eCourse + *Sabbathing Rhythms Guide + Planner*. Overall, journaling, expressive writing has been found to:

- Boost your mood/affect
- Enhance your sense of well-being
- Reduce symptoms of depression before an important event (like publishing)
- Reduce intrusion and avoidance symptoms post-trauma
- Improve your working memory

We will compassionately cultivate the art + activism of soul care by choosing gratitude in a culture of chronic discontentment + grind. This is your invitation into the sensual embodiment of a grateful heart—personally + collectively.

**Andrea "Angie" Palmer** is "Mohawkmomma"—an out-of-the-box, sticky notes obsessed, wordsmith soul, author and independent publisher. She creates and pastors at the meeting place of word, image and faith. She lives in Atlanta with her husband, Keith. They are the homeschooling parents of eight children on this earth (and one in heaven). She formerly served as a Women's Pastor and Director at Mosaic Church in Central Florida. She is the host of the podcast, *Mohawkmomma Soul*, a soul-shaping, embodiment-immersed conversation about topics, which address sacred soul care narratives for writers, authors and speakers.

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