

# sabbathing

RHYTHMS

cyclical living for scribblers and speakers



mohawkmommastudio

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# MY STORY

As a perimenopausal womban, I co-witness as a poet, preacher and podcaster to herald the "good news" about syncing with our sacred, feminine rhythms.

Mohawkmomma Studio provides sustainable, stunning soul care–designed stationery + gifts to come alongside other womb walkers as heaven + hormones commune.

All paper + gifts come with a guided experience that assists you to come home to amplify your peace + play in childlike wonder.

We are based in Stone Mountain, Georgia.



## PAPER + PEACE + PLAY

Hello! I'm Andrea "Pastor Angie" Palmer, founder, owner, and Chief Empathy Embodiment Officer (CEEEO).

As a neurodiverse mother of 8+ neurodiverse kids, I find solace + creativity in storytelling using poetry, coloring, and doodling. Childhood memories highlight my love for nature, pen pals, and the color peach.

It all fuels my passion for pastoral care. In 2016, I resigned from serving on staff to birth my soul care stationery + gifting studio.

Welcome to your peace at Mohawkmomma Studio:  
Sync your feminine rhythms with the neuroaesthetics of  
paper. pastoral care. play.  
(and luxe gifts)

neuroaesthetics is the neural bliss to beauty that measurably changes the body, brain, and behavior.

WE ARE A MELANATED MUSING SOUL CARE SPACE FOR ALL!

Grace-pace  
yourself as you  
color + journal,  
rhythmically. See  
the Sabbathing  
Rhythms guide  
towards the back.



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.

SABBATHING MOMENT >>> **Meditate** My hope is that you will now begin to meditate on the moon phase as you consider the Hebraic *moedim* cycle of God's -infused ritualholy days.

Your response:



**Tending to me,  
guilt-free**





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 to engage our diaphragm 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 and overall wellbeing. 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 diaphragm.

**"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.**



”  
Didya Know?

## Journaling + Coloring Reduces Stress and Unleashes Creativity

Clinical psychologists say that bringing pen to paper helps alleviate anxiety + stress, increase IQ + memory + heal trauma.

Coloring has been found to activate the areas of the brain related to creativity + logic. It calms the brain and helps the body relax by focusing awareness on the present moment. Moreover, it can increase the production of dopamine, a neurotransmitter associated with feelings of pleasure + reward. This can improve sleep, and enhance mood while decreasing fatigue, body aches, heart rate, respiration, and feelings of depression and anxiety.

We combine the healing ARTvocracy of coloring + journaling to tend to our neurology with soul to amplify peace + play, unhurriedly.

Beyond an individual act, we encourage cultivating solidarity with others in your rhythmic journaling + coloring journey. We give TO ourselves personally + collectively as much as we give OF ourselves personally + collectively.

This is our audacious, personal + collective oxygen mask of sacred self-nurture, sistahs!

**Didya know the state of play in your nervous system is the biochemical opposite of trauma?**

**Throughout this soul care coloring book, dare to stimulate your imagination + encourage neural pathways associated with coloring as a creative, healing state of play. Have an in-person or virtual play date with family or friends to amplify breathing childlike wonder. Please tag me on Instagram or LinkedIn to share your creative masterpieces!**

# SOLAR + LUNAR rhythms

*"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.*

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.

**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 rhythmic beings—creation is rhythmic. By tuning into our sacred, natural rhythms (circadian, infradian, ultradian and many others not mentioned) we get to reclaim + explore + embody a dynamic, self-care and soul care rhythm—Sabbathing Rhythms—personally + collectively.

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

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♥ SIGN YOUR NAME HERE, SIS ♥

# sistahs

## FIVE THINGS I WANT YOU TO KNOW



1

I've been perimenopausal since 2019. And I wasn't taught to look forward to this transition or to appreciate my body's rotating wisdom. On the contrary, I wasn't taught anything about the lifespan of my womb. What about you, sis?

2

**"I don't like to call them hot flashes, I prefer the term power surges."** - Mary Christine Anthony. I laughed out loud when I first read this quote in chapter 9, "A Menopausal God" in the book, *Theology of The Womb*, by Christy Angelle Bauman. Sis, get this book! And when I do have those few 'power surges,' I engage slow breathing, misting with my Rosewater toner and my handy fan.

3

**REMEMBER** we are cyclical beings. And there's an unfolding divine story being told about how we mirror the image of our benevolent Creator every month. We are co-creators who are significant throughout all of the stages of our lives. I love the cyclical illustration in chapter 9, "A Menopausal God" - Our four phases of self-care begin with puberty, we **Create** in our menstrual phase, **Bury** in the Luteal, and **Wait** in the follicular + ovulation phase.

4

**SELF-CARE WITH HERBS + TEAS + OILS** My top go-to's: ECO. Modern Essentials Women's Wellness essential oil box kit comes with five oils, my favorite is the 'women's blend' - it includes geranium + lavender in this blend. The kit also comes with a handheld, rechargeable petite diffuser. Increase your herbs, sis! I use Cinnamon + Ginger Root + Beet Root + Rosemary daily. Water is key hydration, plus I delight in loose teas: Dong Quai (comes in extract), Hojicha, Chamomile, Moringa, & Pukka Organic 'Womankind herbal tea.

5

**SISTERHOOD + SUPPLEMENTS** The stories + sacredness of our wombs are more communal + generationally connected than personal. We get to give one another the gift of edifying + elevating our ever-expanding sisterhood circle of womb walkers. And we get to boldly heighten the awareness of our cyclical rhythms with the men we engage. No more hiding, whispering, or shame around the power, pleasure, and pain we wombmén experience.

I have experimented with many supplements with my team of healers (medical + holistic caregivers). Here are the two I stand by. 1) **Vitamin D3K2 by Necessary Nutrition, Inc.** It's a game-changer (vegetarian, vegan), a powerhouse for the Endocrine system 2) **Premium DIM + BioPerine 400 mg** by NutriFlair. It's your estrogen-friendly supplement. DIM has been shown to support all the side effects of imbalanced hormones, and I'm a witness to its wonder-working power. Hormonal acne, hot flashes, memory fog—gone!

As soon as my daughters enter the "red tent" community, I start them on DIM. There's no need to wait until symptoms begin. My youngest started at 10 years of age and she has had healthy hormonal health. Do your research, and consult with your healing caregivers.



TO MY DEAR PREMENOPAUSE

sistahs

## FIVE THINGS I WANT YOU TO KNOW



1

**Do you still bleed?** It's not a curse. It's not a weakness - it's our divine power in these bodies! I was taught a little about tracking my cycle and the basics of *"Take this pill for cramps (Pamperin was what I grew up on), here's a heating pad, and don't wear white during your period."* But I don't blame the women in my life. I'm constantly seeking Sankofa + coming back home to myself (and teaching my daughters). No matter our womb narratives, we can self-advocate + align with **cycles of life, death, and rebirth** through syncing our 4-faceted self-care living. Start by going beyond tracking your period with this app <http://bit.ly/myfloapp>.

2

**The pill wrecked my cycle while I was off/on during my 20's + 30's!** That's because hormonal contraceptives (powerful endocrine disrupters) completely shut off the menstrual cycle which meant no periods, no ovulation. While it was great for preventing pregnancy in most cases, it was completely horrible in every other aspect. The pill/patch impacts every system in the body, not just the reproductive system. **Detoxing is possible** - visit <http://bit.ly/birthcontroldetox>.

3

**REMEMBER** Just as the plants and trees have their energy in their roots, I find that when I have symptoms, it's an invitation for me to go to my roots. Symptoms are useful information, not the problem. Going to my roots can manifest in my dreams at night, especially during my Luteal + menstrual phase. It also includes reaching out to my mom, aunties, daughters, & friends. As well as herbal roots to support me both physically + energetically.

4

**SELF-CARE + LAMENT + LIBERATION** Bearing children is a blessing, BUT biologically bearing a child is NOT the pinnacle of your creative center, sis. No matter what we've been taught - it can be unlearned. For those of us who have struggled with infertility, miscarriages... and the host of emotions that ebb + flow around the grief stories of our wombs, it's our sacred right and liberation to lament. And in your healing lament, when you are doing what you love, you're also tapping into your ancestral gifts + blessings. Your creative gifts + exploration of them is a way to engage your fruitful lineage.

5

**SISTERHOOD + SIPPING** The stories + sacredness of our wombs are more communal + generationally connected than personal. We get to give one another the gift of edifying + elevating our ever-expanding sisterhood circle of womb walkers. And we get to boldly heighten the awareness of our cyclical rhythms with the men we engage. No more hiding, whispering, or shame around the power, pleasure, and pain we wombmén experience. **A recipe for your inner + outer Winter Sabbathing Sipping:**

1 part ginger root + 1 part cinnamon chips or crushed cinnamon stick  
2 parts sarsaparilla root + 4 parts chicory root w/a splash of vanilla

This warming blend is helpful for digestion physically + energetically. It's also supportive to reproductive health and hormonal balance. And it smells liberating + lovely! **Simply add 1 Tbsp per cup of water. Simmer in a covered pot on low for 15-20 mins. Strain and savor. Add milk of your choice for a morning "latte."**

# Tracking My Monthly rhythmic cycle

Complete the four sections as they align with the current phase you're in. If you are no longer menstruating, you can follow the New Moon "Rosh Chodesh" as an indicator of your new cycle. To go deeper, become a SOS (Space of Shalom) member. You may also receive assistance via a Pop-up Journaling Retreat facilitated by Pastor Angie. **Please, make sure to color in the battery for your energy level at the time of journaling.** Shade in the two bottom portions of the battery = mid-energy, shade in up to the tippy-top = high energy. You get the idea! Each day you set your intentions, you'll also track these monthly cycles.

**Waxing Moon - Begin + prepare projects/ideas: FOLLICULAR RISING helps you put those new cycle intentions into place that you set. Your energy is peaking.**

In the follicular phase, what you let go in the new moon/menstruation, has left space for new opportunities + ideas to flourish. Reflect + scribble what you're reading or listening to that's new. Learn something new, or review/reiterate intentions for the month.



DATE

**Waxing - Begin**  
(This can be the Waxing Crescent, First Quarter, or Waxing Gibbous)



When did you sit to reflect? (underline or circle) AM or PM



DATE

**Full Moon - Celebrate + amplify your energy: OVULATORY CREATIVITY helps you make the most of this sensual time by connecting with your body. Sexual desire reaches a high around this time.**

List who to connect with. Your verbal + social centers are hormonally supercharged during this phase, so each day focus on connecting with your community in some way. Or list what has come to fruition and what hasn't. Reflect + scribble.

**Full - Open**

When did you sit to reflect? (underline or circle) AM or PM

**Waning Moon - Complete: LUTEAL INCUBATION helps you go inward. The truth speaking, luteal phase isn't so highly praised. But this is a time when your true feelings may surface so pay attention to your overnight dreams.**

Start to slow down. Trust the Spirit to guide your intuitive movements. It's a wonderful time for solo projects + nesting. We naturally become more sensitive and have a heightened awareness the closer we get to a new cycle, the more we have a lower threshold for bs. What are you taking off your to-do list? Reflect + scribble.



DATE

**Waning - Inward**  
(This can be the Waning Gibbous, Last Quarter, or Waning Crescent)



When did you sit to reflect? (underline or circle) AM or PM



DATE

**New Moon - Set Intentions: MENSTRUAL RELEASE - let go of anything that you no longer need to hold physically, emotionally, or energetically.**

(The New Moon "Rosh Chodesh" is considered a Sabbath) New beginnings. Journal about life shifts + what you're grateful to be 'shedding' today. No matter how messy, it's a necessary rest + release + renewal. Surrender it, sis. Let the energy move through you. Stagnant energy is inflammatory. Reflect + scribble.

**New - Rest**

When did you sit to reflect? (underline or circle) AM or PM

Notice + Nurture + Embody your Sabbathing Rhythms in your sacred feminine waxing + waning.  
(If you are perimenopausal, post menopausal, or unsure of your phase, follow the phases of the moon.)

● WAXING MOON/FOLLICULAR ● FULL MOON/OVULATORY ● WANING MOON/LUTEAL ● NEW MOON/MENSTRUAL

Follicular (inner spring): BEGIN + PREPARE Ovulatory: (inner summer) CREATIVE + SENSUAL Luteal: (inner fall) COMPLETE + INWARD Menstrual: (inner winter) REST + RELEASE

# MONTHLY journaling prompts

## Discover the Moon Phases

### Follicular/Spring 🌙🌸

After menstruation, we flow into the follicular phase. The follicular phase is associated with the season of spring and the waxing moon. Our hormones are beginning to wake up again and that brings our mood up. (The most variable phase. If your cycle is less than 28 days you may skip this phase altogether)

In the follicular phase, we are more social, energetic, curious, and outgoing. With the energy of the last cycle shed, we are faced with something brilliant—an opportunity.

- What am I making space to create or experience in this new cycle?
- What opportunities are available to me?
- How am I connecting with exploration + joy + creativity?

Let your imagination expand, connect with friends, channel your excess energy into movement. This energetic phase gives you a boost to move towards goals that matter most to you or simply enjoy the pleasure of being in an outward flow of energy.

### Ovulation/Summer 😊☀️

Ovulation is associated with the season of summer and the full moon. Savor this culmination of all the hard work your body has been doing over the previous weeks. The energy is outward and our senses have peaked. If you are not menstruating, work with the phase of the full moon's amplified luminosity.

(only 10% of women ovulate on day 14) it lasts for 3-4 days in the middle of your cycle.

- What are you most excited about right now?
- What turns you on?
- What is turning you off these days?

This is a great time to connect with your body. 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!

### Tune in to my Sensual Gratitude podcast series.

And, go out and get some of that moonlight on your skin!

Full Moon Herbal Bath Recipe:

rose petals - skin moisturizer + high in vitamin C  
2 drops of Ylang Ylang or Lavender - calm mind + uplift mood  
2 drops of damiana - emotional balance + restorative  
sprigs of rosemary - anti-inflammatory & antioxidant  
1-2 c Epsom salt - to detoxify the body  
1/2 c Pink Himalayan salt- anti-inflammatory + mental balance

Warm soothing baths are healing. Avoid taking hot baths that strip the skin of natural oils. If you don't have a bathtub, place the blend in a warm pitcher to dissolve salts. Then, pour it over you after your shower. Don't rinse. Immediately moisturize while damp to better absorb beyond the top layer of your skin. Allow yourself to air dry.

### Luteal/Fall 🌙🍁

The luteal phase (loo-tee-yol) is a week or two prior to menstruation - the longest phase (it has two parts). 11-17 day window is almost always the same length even if your cycle is irregular.

The luteal phase is associated with the waning moon + season of fall. In the fall, leaves are falling from trees and the energy is going back down into the earth. The moon is getting darker in the sky and our guiding light comes from within.

- How have your feelings changed about the people, projects, or situations in your life?
- Noticing any cyclical thoughts?
- What are the most common themes that seem to present themselves during your luteal phase?

As cyclical beings, we thrive when we can honor ourselves + our bodies through all of our God-given phases. In your next luteal phase take a walk under the waning moon, or integrate movement that feels good for your body, and receive wisdom from within.

### Menstruation/Winter 😞❄️

Menstruation is the culmination of your hormonal cycle, NOT the beginning! It is associated with the season of winter and the new moon. For those of us no longer physically shedding/bleeding or irregular (for whatever reason), we are shedding/bleeding in a different way each month when we let go of or release—we aren't purely physical beings! Menstruation is also a time of releasing emotions + energy that has accumulated in a cycle. It's natural to feel like we need to go at a slower pace and have more time to ourselves.

Typically, the things/people that are causing the most friction in our lives are highlighted just before menstruation. Start a rhythm of a releasing ritual by incorporating these journal prompts.

- Looking back on my shedding, what are the things/people that have weighed on me most heavily?
- What/who has caused me to feel disconnected from my body? How am I detoxing excesses (physically + spiritually)?
- What thoughts/people/things can I release to allow greater rest in my life?

Make sure to answer these questions from a place of gentle curiosity. Whatever the answer is, let it come to the surface without placing guilt or blame on yourself or anyone else.



# MONTHLY PHASE

## 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.



## FULL MOON

This is as close as we come to seeing the Sun's illumination of the entire dayside of the Moon.

The Full Moon is also connected with gratitude, manifestation, celebration, and harvest. You orbit in a vast galaxy of grace. I want to invite you to celebrate the harvest of something that has ripened from your creative heart. What have you noticed that has ripened for you (from within or without)?



# WAXING FULL MOON

## Spotlight

This first section is dedicated to celebrating what came into fruition last month + what is still to come—the second section is for next month. This is a time of amplified energy for the moon. It's also an optimal time for me to be specific + amplify my praise energy. I will bask under the moonlight in my unique + sensual way as the canopy of its glow from the sun's light reminds me that my glow comes from the Son's light. Amen + Ase'



I'm Spotlighting

date:    /    /

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I'm Spotlighting

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I'm Spotlighting

The golden glow of the moon reminds me to "live my life like it's golden." - Jill Scott

# WAXING FULL MOON

## Spotlight

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I'm Spotlighting

date:   /   /

I'm Spotlighting

date:   /   /

The golden glow of the moon reminds me to "live my life like it's golden." - Jill Scott

# MONTHLY PHASE

## 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, 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 and 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.

For whatever reason, if you no longer bleed—notice, nurture, and embody how your inner lunation reflects the transformational phases of the moon.

Like the tide, we ebb + flow, **physically + spiritually + emotionally + mentally**. And there is no right or wrong lunar phase to bleed in, each simply represents different phases of life we could be in. And bleeding during the waxing or waning moon also holds significance.

### White Moon Woman

bleeds with the new moon

### Red Moon Woman

bleeds with the full moon

### Purple Moon Woman

bleeds with the waning moon

### Pink Moon Woman

bleeds in between the new + full moons or  
near the waxing crescent moon



# WANING NEW MOON

## Release

As I step into this new month, I release + lighten my load. As the moon is at its lowest energy, I thank you Holy Spirit for helping me lean my energy towards more rest as I prepare to be tender with myself. I will list or doodle the thoughts, people, energies, places and things. I'm FREE to release to allow greater flow in my life! This first section is dedicated to guilt-free, self-reflection of what **did + did not** serve me last month—the second section is for next moon's/month's meditative moment. ***Be specific + feel free to rip out the page if it will complete this holy release + journaling ritual.***



### Releasing Ruminations

date:   /   /

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### Releasing Ruminations

date:   /   /

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As I release, I hear, "Come to Me, and I will give you rest + renewal." - Jesus



# WANING NEW MOON

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I'm Releasing

date:    /    /

I'm Releasing

date:    /    /

As I release, I hear, "Come to Me, and I will give you rest + renewal." – Jesus

# My Cyclical Skin + Body

Citation: Dr. Alexis Stephens, An update on the role of the sebaceous gland in the pathogenesis of acne. Evgenia Makrantonaki,<sup>1,2</sup> Ruta Ganceviciene,<sup>3</sup> and Christos Zouboulis corresponding author. *Dermatoendocrinol.* 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 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 abandon (surrender) myself to 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 INVENTORY

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 rest and soul nourishment?

## MY ANNUAL INVENTORY

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

What did I learn that was transformational? And how do I feel about it?

## MY ANNUAL INVENTORY

what's next in attuning 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 abandoning myself to this idea/goal?

**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. Rest doesn't renounce work, it disrupts + dismantles all systems of oppression that exploit work from the inside out.**

**SABBATHING 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:

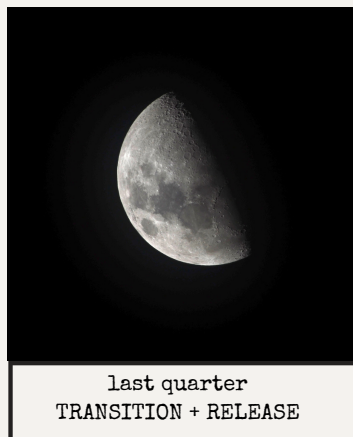


"for anyone who enters  
**God's rest also rests** from  
their works, just as God  
did from His."

HEALING MOMENT >>> **Meditate** on Hebrews 4:10. How is this passage illuminating your understanding of resting from your works?

Your response:

# MOON PHASES at a glance



[illegible]

[illegible]