


made with love from mohawkmommaStudio 

holidays + beyond

a color + journal GIFT GUIDE



gift sets



color + journal
greeting cards



notebooks

and more 

Wholesale pricing available for reselling or company gifting
Minimum order of \$100 and \$85 reorder minimum - MOQ: Cards - 10
Gifts + Ornaments + Notebooks + Journals - 5
Personalization available upon request (\$40 one-time design set-up fee)



color + journal

Every good gift and every perfect gift is from above...

reflect + respond



unleash your tending creativity



amplify child-like wonder



unleash sensual gratitude

sample + enjoy coloring the illustration - To get the full experience, shop the [Melanated Mix + Match Notecard Set](#)

this guide belongs to

Refer to the back of the guide for bonus cyclical womb care
align with your cyclical, feminine wellbeing

luxe gifts are worthy of luxe storage

All stationery orders include one of the following stunning storage SOULutions - For small stationery: the satin peach drawstring pouch. For medium to large stationery: the black velvet drawstring bag. For all cards: the metallic gold fabric envelope.



Stunning, stylish soul care storage to keep it all *pretty* protected!

for small stationery:
the satin peach
drawstring pouch



Peaches & Herb and it feels so
good pouch
inspired by Peaches & Herb

for all cards: the metallic
gold fabric envelope



Livin' my life like it's
golden envelope
inspired by Jill Scott

for medium to large
stationery: the black
velvet drawstring bag



Velvet sky, I'm floating
high bag inspired by
Jhené Aiko

Shop Now!



gift sets



All gift set orders that include cards will automatically receive the fabric gold envelope!

Always FREE shipping + mystery gift

Consider breaking up the gift set to create multiple gift-giving opportunities.
(orders that include kitchen goods will automatically receive a healthy snack!)

gift idea for...

Recipient's name:

Tending 5-Pc Gift Set \$127.50

← This gift would resonate with (blank) because...

[Blank rounded rectangle for notes]

wishlist
(color in the heart-shaped ornament)



Recipient's name:

Gratitude 4-Pc Gift Set \$105

← This gift would resonate with (blank) because...

[Blank rounded rectangle for notes]

puzzle + hardcover bingo notebook + notecards w/
fabric gold envelope + magnetic sticky notepad



Recipient's name:

Tending 4-Pc Gift Set \$117.50

← This gift would resonate with (blank) because...

[Blank rounded rectangle for notes]

1 cup/saucer set + hardcover bingo notebook
+ postcard set w/ fabric gold envelope



e-gift cards
are always
available!

gift sets

All gift set orders that include kitchen goods will automatically receive a healthy snack!

gift idea for...

Recipient's name:

Monstera + Palms 3-Pc Gift Set \$89

← This gift would resonate with (blank) because...

wishlist tracker

(color in the heart-shaped ornament)



cocktail napkin set + Bible study notebook + insulated tumbler



Shop Now!



color + journal greeting cards

Always FREE shipping + mystery gift

Remember, 1% of purchases are donated quarterly to the Beauty Boxx (beautyboxxinc.org)

gift idea for...

Recipient's name:

Christmas Joy + Grief \$25

← This gift would resonate
with (blank) because...



Recipient's name:

Happy Kwanzaa \$25

← This gift would resonate
with (blank) because...

wishlist
(color in the
heart-shaped
ornament)



set of five cards with envelopes to swaddle grievers
at Christmastime



set of five cards with envelopes to celebrate
harvest + elevate African American culture



ornaments

Add an ornament for \$27 when you order the matching greeting card or order multiples wholesale for \$19 each.

Always FREE shipping + mystery gift

Single affirmation porcelain handmade ornaments have a metallic gold back + come with a gold or red ribbon.

gift idea for...

Recipient's name:

Christmas Joy + Grief

← This gift would resonate with (blank) because...



wishlist
(color in the heart-shaped ornament)



3", handmade porcelain w/ metallic gold back

Recipient's name:

Happy Kwanzaa

← This gift would resonate with (blank) because...



3", handmade porcelain w/ metallic gold back



Gold metallic back surface (Gold Back)



notebooks

All notebooks are eco-friendly.

Always FREE shipping

Consider buying wholesale for a group order of 5+

gift idea for...

Recipient's name:

Tending 8x5 Bookbound \$30

← This gift would resonate with (blank) because...



wishlist
(color in the heart-shaped ornament)



Recipient's name:

Gratitude 8x5 Bookbound \$30

← This gift would resonate with (blank) because...



Bingo prompts w/soft velvety touch, college-ruled lines



Recipient's name:

Monstera+Palms 6x8 Spiral \$36

← This gift would resonate with (blank) because...



Bingo prompts w/soft velvety touch, college-ruled lines



soft velvety touch, college-ruled lines

holiday + beyond

GIFT GUIDE

color + journal



Say goodbye to being too busy to nurture your peace!



Soul Care Kit \$105

Optimize your gift-giving with a bundle of goodies or introduce them to the luxe Soul Care Kit, but without the quarterly subscription commitment. A beautiful box comes replete with 6-8 luxe items for all your senses.

Consider getting back into pen pal writing!



Card Set \$25

Introduce them to an assortment of affirmation notecards (or stock-up for yourself!). The card set comes with two postage stamps, envelopes + a fabric gold envelope for safe + stylish storing.

get the gift tag sticker 2 pc set \$13

Prioritize Peace + Pretty Desks



Desk Accessories + Journals Starting at \$8

Little reminders to help us to remember to tend to the landscape of our life garden.

Who has just gotten married or just moved into a new home?

YAY! gift tag stickers are the cherry on the top, literally!



Home Goods Starting at \$26

There are so many pretty things to help you around the house, studio, office + school. Limited edition items are debuting for the holiday season.

When I shop for gifts whether for myself or another, I feel:

Sometimes we're the giver, sometimes -- the recipient.
 Pastor Angie "Mohawkmomma"

the GRATI- TUDE collection



**Because you're a
VIP, that's why!**



**so soft +
grounding
all year
long!**



**get the socks
\$24.99**

The satin tote \$195

Whether you're heading to the office, a social gathering, or a weekend getaway, the original design, handmade Monroe Satin Tote helps you carry a piece of nature's beauty with you wherever you go. Enjoy its smooth, lustrous texture. It's vegan!

The Lined Bingo Notebook \$30

Get into the habit of using your five senses in your gratitude journaling with the bingo-guided prompts! Gratitude is an expression of peace. Whether you're journaling your thoughts, sermon notes, podcast gems, creative ideas, etc., amplify your peace through your senses. 8x5, soft velvety covers, 150 college-rule lined pages.

**make a
wishlist +
collect all
the pieces!**



Cup + Saucer \$66.30

Slow down + savor gratitude as you amplify shalom in every sip. Comes in a set of one, two, three, or four.



Poetry Postcard \$25

Express your sentiment of deep gratitude with this color + journal poetry postcard set. The poem: "You being in my life so blesses me, and nourishes me, sees me, gets me, respects me, supports me. You help me amplify my peace."

**When I shop for gifts whether for
myself or another, I'm quite
deliberate about:**



The art of giving begins with audacious Advocacy.
Pastor Angie "Mohawkmomma"

the DEAR WRITING SOUL, collection



70% of our communication is written. It's not a matter of IF you're a writer—rather, reflect on what kind of writer you are.



Dear Writing Soul Devotional \$36

For twenty-one days, you'll read love notes that will invite reflection + journaling into a fuller human receptivity + response to grace, gratitude, and gutsy living.



Writ-er Mug \$20

The soul care message: She holds herself accountable for documenting, witnessing, journaling, educating, and opening up others to their freedom, imagination, growth and healing.™ Sipping is a deep well from which some of our strongest creative energies flow.



Writ-er Tee \$25.99

The soul care message: She holds herself accountable for documenting, witnessing, journaling, educating, and opening up others to their freedom, imagination, growth and healing.™ Audaciously strut in this tee to remind yourself + others how you move in the world

On the [blog](#) read: The Art of Naming, So You Won't Name Yourself Writer?



Dear Writing Soul Tee \$25.99

Boldly name yourself writer because you are invited by God to co-author your life.



List the writers in your circle of influence:

You are writing many stories. pay attention.
Pastor Angie "Mohawkmomma"

the SABBATHING RHYTHMS collection



The Hoodie \$46

Where shalom meets soul + style, creativity and rest flow. Enjoy your favorite beverage + the comforting feeling of your hoodie.



Tank + Tees \$33-\$36

Timeless simplicity amplifies shalom. Pair with your favorite jeans, leggings, skirt, etc., ensuring a look that's both laid-back + effortlessly stylish



Green Tee + Tote

Mix + match to express your sabbathing rhythms sentiment whenever you strut this soft tee + matching tote.



Black Tee + Tote

Go monochromatic to express your sabbathing rhythms sentiment whenever you strut this soft tee + matching tote. The affirmation: "Sabbathing & Rhythms & Sustainable & Living & Writing."



*Sold out items: you can pre-order when items are out of stock.

Sabbathing rhythms amplify shalom.
Pastor Angie "Mohawkmomma"

Describe sabbath in 3 words:

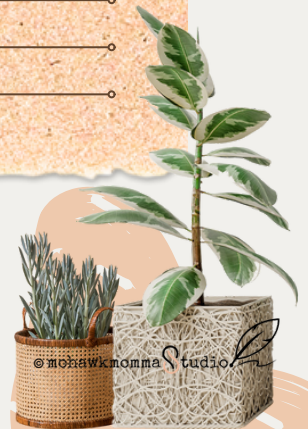
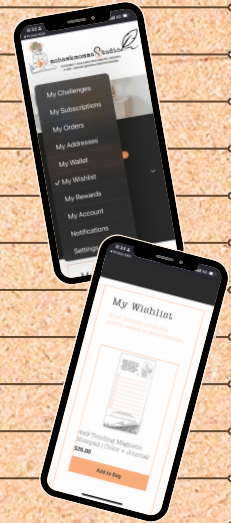
next STEPS for you

To start, jot down the top 3 wishlist items for yourself, then, login/signup on the website to add them to your account.

mohawkmommastudio.com



○ Birthday:
○ Celebration #2:
○ Celebration #3:
○ and so on and so on...



Soul care is a sacred artform + advocacy = (art)vocacy

Pastor Angie "Mohawkmomma"

more

REFLECTIONS +

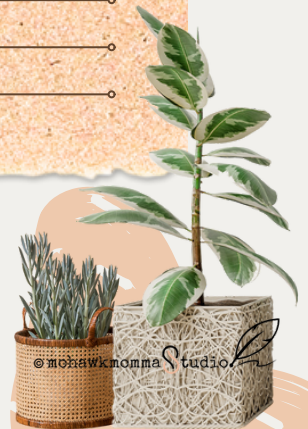
wishlist

Use the remaining journal pages
as you desire to reflect on
what/who helps you amplify your
peace (shalom).

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A large rectangular area with a corkboard texture, containing 20 horizontal lines for writing, each starting and ending with a small circle.



Soul care is a sacred artform + advocacy = (art)vocacy

Pastor Angie "Mohawkmomma"

© mohawkmomma studio

more

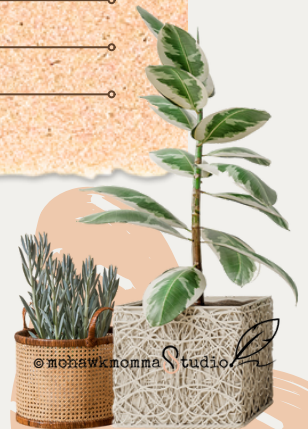
REFLECTIONS +

wishlist

Beyond Stationery,
stunning soul care 24/7



A large, textured, light brown corkboard-style background with horizontal lines for writing, resembling a notepad or journal page.



Soul care is a sacred artform + advocacy = (art)vocacy

Pastor Angie "Mohawkmomma"

© mohawkmomma studio

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

♥ 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 wombsmen 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.

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."**

Align with your cyclical energy. Grace over grind.

four-phase WOMB 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. Please, make sure to color in the battery for your energy level at the time of journaling. Shade in from top to bottom of the battery: bottom = low energy, middle = mid-energy, the tippy-top = high energy.

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

New - Rest

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.

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

four-phase WOMB CYCLE

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, and 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](#) on Mohawkmomma Soul Podcast.

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 + the 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.

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, anti-inflammatory + 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.

PEACE + PLAY SOULUTIONS BY ARTIST ANDREA "ANGIE" PALMER
HELPING WOMEN CREATIVELY, CURIOSLY & COURAGEOUSLY
ATTEND TO THEIR WHOLE BEING
"It's grace to give TO yourself, as much as you give OF yourself."



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