sabbathing

RHYTHMS

cyclical living for scribblers and speakers

mohawkmommastudio

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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.*

☀ SOLAR ☀

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.)

● LUNAR ●

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 ❤

Tracking My Monthly
rhythmic cycle

Complete the four sections as they align with the current phase you're in. If you aren't menstruating, you can work with the New Moon as an indicator of a new cycle. To go deeper, enroll in the Sabbathing Rhythms online course. **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 the tippy-top only = 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.

DATE

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.

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

Full - Open

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.

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.

DATE

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.

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 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 menstrual cycle.
(If you are perimenopausal/post menopausal/unsure of your phase, notice the current phase 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:	FOR THOSE NO LONGER 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.	Doing more during this "waxing" time, is supported by the "doing less" in your latter "waning" period. One isn't better than the other.
follicular (begin, prepare)	outward + social + blossoming
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!	**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!
ovulation (creative, sensual)	magnetic + sensual + expressive
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!	**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 NEW 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: / /

I'm Spotlighting

date: / /

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

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´*

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date: / /

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MONTHLY PHASE

sabbathing sync with my waning energy

FOR THOSE MENSTRUATING:	FOR THOSE NO LONGER 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.	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.
luteal (completion, inward)	inward + intuitive + cocoon
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.	**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.
menstrual (culmination, release)	release + heal + rest
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?	**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: / /

Releasing Ruminations

date: / /

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

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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

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, antinflammatory + gentle moisturizers.
Avoid retinol (Vitamin A)	→	Skin extra sensitive, take a break
Use hyaluronic acid (HA)	→	Apply to damp skin, increase moisture

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. Dermatoendocrinol. 2011 Jan-Mar; 3(1): 41–49

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?

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:

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?

MOON PHASES
at a glance

new moon
SET INTENTIONS

waxing crescent
PLAN + OUTLINE

waxing first quarter
TAKE ACTION

waxing gibbous
EDIT + REFINE

full moon
REFLECT + CELEBRATE

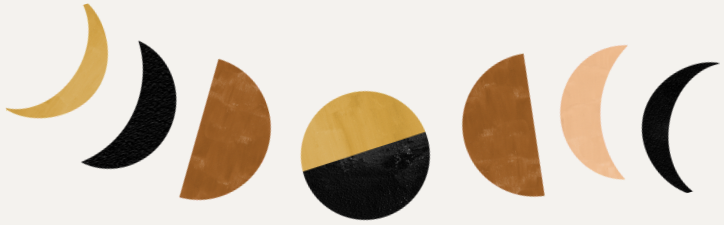
waning gibbous
RELEASE + RECEIVE

last quarter
TRANSITION + RELEASE

waning crescent
REST + RESTORE

MY JOURNALING

ruminations + responses



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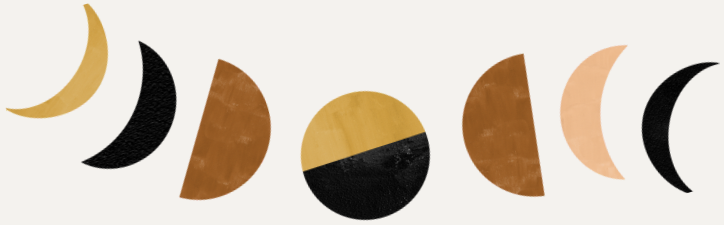
ruminations + responses