

A SABBATHING RHYTHMS GIFT FOR YOU



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MY STORY

Hello! I'm Andrea "Angie" Palmer. I'm an autistic, dyslexic momma of eight neurodiverse children (and one cherished memory in heaven). I find solace + creativity in storytelling through poetry, coloring, journaling and doodling.

Childhood memories highlight my love for nature, pen pals, and the color orange—threads that still color my days.

After decades in pastoral care, I followed my soul's nudge in 2016 and resigned from church staff to birth my diverging soul care gifting studio.

As the founder + designer of Mohawkmomma Studio, I delight in heralding the "good news" of amplifying our peace + play vibes, especially through sacred, feminine "Sabbathing Rhythms."

Rooted in an intersectional, neurodivergent-affirming audacity, I welcome ARTvocacy + revolutionary hospitality—particularly for Black neurodivergent women + girls—into every creation.

Mohawkmomma Studio Boutique is how I shine the light for sustainable, soul care—designed home goods, stationery, gifts, and party essentials, all crafted to awaken you to amplify soulful gifting for social change.

From my creative sanctuary in Stone Mountain, Georgia, I invite you to join my SOULjourner Collective in savoring nature, celebrating YOUNiqueness, and prioritizing childlike wonder—one thoughtful gift, one liberating moment at a time.



HOME + GIFTS + PARTY

WE ARE A MELANATED MUSING SOUL CARE SPACE FOR ALL!
HOME OF NATIONAL BLACK STATIONERY WEEK

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



SOLAR + LUNAR rhythms

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.

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 tides, 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.

I AFFIRM MY RHYTHMIC LIFE

♥ SIGN YOUR NAME HERE, SOULJOURNER ♥

sistahs

FIVE THINGS I WANT YOU TO KNOW



1

I was perimenopausal for four years. My period stopped when I was 50, and I wasn't taught to look forward to this transition or to appreciate my body's cyclical wisdom. I knew very little about the lifespan of my womb. What about you?

2

"I don't like to call them hot flashes, I prefer the term power surges." - Mary Christine Anthony. I resonated when I first read this quote in chapter 9, "A Menopausal God" in the book, "Theology of the Womb," by Christy Angelle Bauman. When I do have my power surges, I mist with my toner and turn on my handy fan.

3

REMEMBER, we are cyclical beings. And there's an unfolding divine story being told about how we mirror the moon every month. We are co-creators who are beautiful throughout all of the stages of our lives. I love this cyclical illustration, again, 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

HERBS + TEAS + OILS We each have different sensory sensitivities, so I am only sharing what I discovered works for me. My top go-to essential oils by ECO Modern Essentials Hormone Harmony Bundle come with three oils: Geranium, Clary Sage, and Ylang Ylang. My daily herbs are: cinnamon in my herbal tea, and I sprinkle it on my breakfast sweet potato. Daily, I eat a slice of fresh Ginger Root. In my morning water, I add a tablespoon of ground flaxseeds. Overall, I've found hydration to be key because it reduces my hot flashes. My favorite teas: Dong Quai, Hojicha, Chamomile, Matcha, Moringa, Valerian Root, Green Tea, Peppermint, and Red Clover.

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 an 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. My hormonal acne (gone), hot flashes (rare), memory fog (gone).

Do your research, experiment, 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 ARTvocate + align with **our** cycles through syncing our 4-faceted Sabbathing Rhythms. Suggestion: Go beyond tracking your period with this app <http://bit.ly/myfloapp>.

2

You don't have to punish yourself into healing or health. Violence is never regenerative—pause to breathe that in. Healing and health don't have to be self-disciplined. It doesn't have to include willpower. Rather, you get to choose a more hospitable path to honor your humanity—a soulful path of devotion that nourishes your unique being + body with soft, playful compassion. Be patient, SOULjourner.

3

REMEMBER, just as the plants + 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 when I was menstrual during my luteal + menstrual phases. It also includes reaching out for herbal root support—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. 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 + liberation to lament. And in your 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. 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.

Lastly, a recipe for your Sabbathing Sipping:

Add the following to an 8 oz of hot milk of your choice for a morning latte: 1 tsp ginger root powder + 1 tsp cinnamon + 1 TBSP liquid sarsaparilla + 1 tsp chicory root (powder or liquid) + vanilla to taste + your preferred sweetener. I go one extra step to froth it in the blender.

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 as an indicator of your new cycle.

1 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

Full - Open



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.

3 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 of God to guide your 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



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. 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

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. 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 choose grace over grind and
communicate to others how I'm affected + what I need.

TODAY, WHEN I ENCOUNTER
stagnation or blockage

I will decide to compassionately move my body to move the
stagnation + blockage through me, beyond the edge of my
disappointment, frustration, grief, or 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 get stimmy.

TODAY, WHEN I ENCOUNTER
a small win/victory

I will not minimize it, ignore it, or trivialize it. I will decide to
audaciously divert my energy + attention to celebrate—whatever the
celebratory sabbath pause looks like.

Weekly Withdrawal + Woo

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

I will withdraw from pushing myself to grow quickly. Instead, I will patiently allow myself to rise, expand, and do new things at my own pace.

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

I will withdraw from playing down my shine. This is a heightened time of my magnetic creativity.

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

I will withdraw + pause on starting new things and instead focus on gathering and appreciating what has already matured. My priority is to notice, nurture, and embody gratitude as I organize and bring things to completion, much like leaves returning to the earth in autumn.

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

I will set aside one recurring day each week to withdraw from my usual activities. During this time, I'll focus on letting go, reflecting, and caring for my core needs. I'll use this day to release what's no longer needed and to nurture regenerative practices that honor this dedicated rhythm of rest + renewal.

Monthly Moments + Meditation

You can write, voice record, draw, or use whatever medium feels most accessible.

WHAT WAS ONE CHALLENGE OR SUCCESS FROM
THE PAST MONTH?

IS THERE SOMETHING YOU NEED MORE OR LESS OF
THIS MONTH?

THANK YOURSELF FOR SHOWING UP THIS MONTH IN
WHATEVER WAY YOU DID.

WHAT INTENTION OR GENTLE GOAL DO YOU WANT TO
SET FOR THE COMING MONTH

MORE MONTHLY

Sabbathing Rhythms Reflections

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 diligent 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.

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

You may notice you enjoy being around your family/friends/community during this time. Pay attention to your magnificent, magnetic, creative flow.

If possible, go outdoors to linger under the full moon's light.

Luteal/Fall

The luteal phase (loo-tee-yol) is a week or two before menstruation - the longest phase (it has two parts). An 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.

- 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 phases. In your next luteal phase, take a walk under the waning moon, or integrate movement that feels good to 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—we are indeed shedding/bleeding in a different way, when we let go of or release. This is a time of releasing emotions + energy that have accumulated. 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.

Annually Attune + Abandon

MY ANNUAL WORD FOR THE YEAR

will help me attune my heart

I will attend to this word's depth + breadth as it helps me celebrate the full spectrum of this life I have.

My word is:

Where will I go for my annual abandonment + attunement?
(whether for the day, overnight, or weekend, etc.) When will I go?
(winter, spring, summer, or fall)

MY ANNUAL INVENTORY

will help me attune with my hindsight (past)

Reflecting on the past:

What is one challenge I overcame last year?

MY ANNUAL INVENTORY

will help me attune with my insight (present)

Reflecting on the present:

What lesson has it taught me that I carry with me now?
And how do I feel about it?

MY ANNUAL INVENTORY

will help me attune with my foresight (future)

Reflecting on the future:

How will I use this wisdom to shape the culture I want
to create moving forward?

”

Journaling + Coloring Reduces Stress and Unleashes Creativity

Clinical psychologists affirm that putting pen to paper eases anxiety, melts away stress, and supports healing from trauma.

Coloring isn't just child's play—it activates brain regions tied to creativity and calm, gently guiding your body into relaxation by anchoring your awareness in the present moment.

Plus, it sparks dopamine—the feel-good neurotransmitter-boosting mood, enhancing sleep, and easing fatigue, aches, heart rate, and anxiety.

At Mohawkmomma Studio Boutique, we blend the healing ARTvocracy of coloring + journaling to nurture our neurology with soul, amplifying peace + play in an unhurried, sacred rhythm.

Didya Know?

The state of play in your nervous system is the biochemical opposite of trauma.

Coloring is a powerful + transformation.

Dare to Play: A Creative Invitation

Envision your coloring practice as a Sabbathing Rhythms Ritual—a soul care meditation where every brushstroke declares:

I choose to play.

I choose healing.

I choose to tend to my nervous system.



A COLORING INVITATION FOR YOU

Rest is not inactivity.
It is a noble redirection
of it.

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

PASTOR ANGIE

with love, from mohawkmommaStudio.

embodied + diverging soul care

A COLORING INVITATION FOR YOU



Tending to me, guilt-free.

Feel free to respond by coloring, journaling or doodling

