

Sabbathing Rhythms

TRACKING THIS MONTH'S/MOON'S RHYTHMIC CYCLES

What is rhythmic + cyclical living, anyway? Although rhythms can be disrupted for various reason, it's living in a way that honors your natural cycles of energy + your body's alignment with your sacred creation/creativity. This guide is to help you Notice/Nurture/Embody your rhythmic, feminine ebb + flow (without judgment). It will not represent what every month is like - you are not even the same every day within the same day. But this guide is like an initial x-ray revealing your biological + spiritual rhythm and energy within a month.

Complete the four sections as they align with the phase you're currently 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. FYI - please, make sure to color in the battery for your energy level at the time of journaling (if you have mid-energy, color the two bottom portions of the battery - you get the idea).

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

Journaling lines for Waxing Moon phase.

Waxing - Begin



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

Full - Open



Journaling lines for Full Moon phase.

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.

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

Journaling lines for Waning Moon phase.

Waning - Inward



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

New - Rest



Journaling lines for New Moon phase.

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. Reflect + scribble.

Notice + Nurture + Embody your Sabbathing Rhythms in your monthly cycle.
(If you are perimenopausal/post menopausal/unsure of your phase, notice the current phase of the moon)

- WAXING MOON = FOLLICULAR BEGIN + PREPARE ○ FULL MOON = OVULATORY CREATIVE + SENSUAL ● WANING MOON = LUTEAL COMPLETE + INWARD ● NEW MOON = MENSTRUAL REST + RELEASE

More Moon/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 joy + fun + 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.

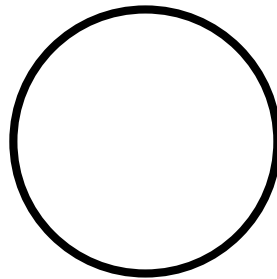
- Looking back on my shedding, what are the things/people that have weighed on me most heavily?
- What/who has caused me to feel disconnected from my body?
- What thoughts/people/things can I release to allow greater flow in my life?

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.

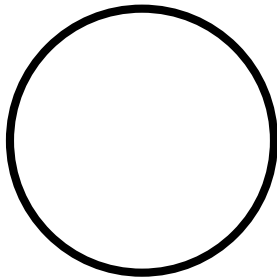
PHASES of the MOON

INSTRUCTIONS: COLOR EACH PHASE OF THE MOON

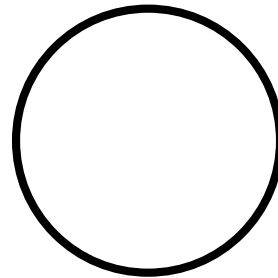
WAXING FIRST QUARTER



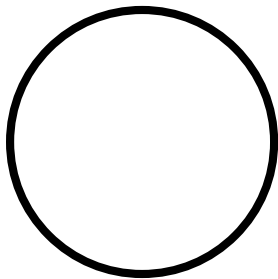
WAXING GIBBOUS



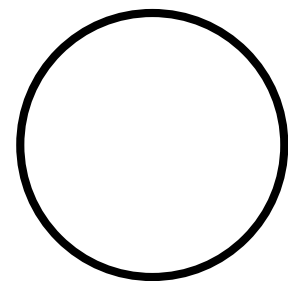
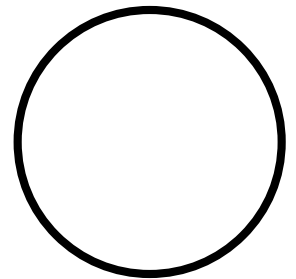
WAXING CRESCENT



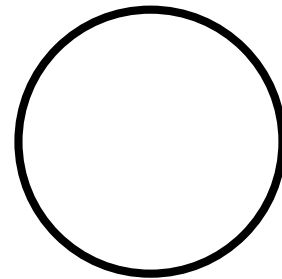
FULL MOON



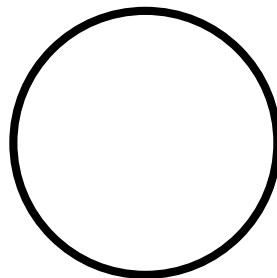
NEW MOON



WANING GIBBOUS



WANING CRESCENT



LAST QUARTER

PHASES of the MOON



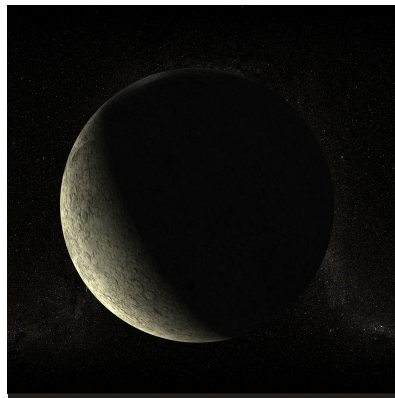
waxing first quarter



waxing gibbous



waxing crescent



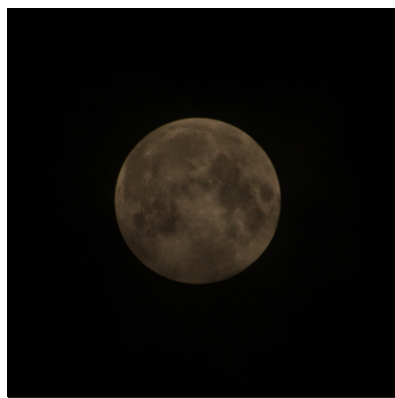
waning crescent



waning gibbous



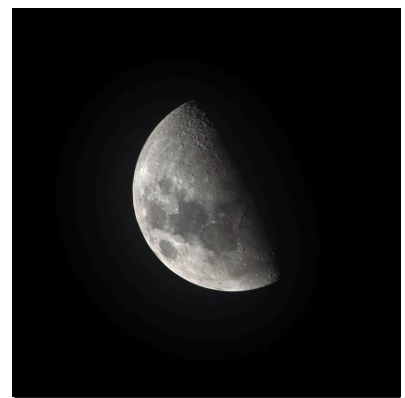
full moon



new moon



waxing crescent



last quarter