

# COLOR + JOURNAL

## Why Rhythmic Coloring + Journaling Matter

ELEVATED, immersive Journaling experience for writers + speakers  
(even if you don't think you're one...)



mohawkmommastudio

# DIDYA KNOW

## rhythms

Journaling + Coloring Reduces Stress and Unleashes Creativity

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

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

We combine the healing ARTvocracy of coloring + journaling for the soul to amplify peace + play, unhurriedly.

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

NO ONE SHOULD FEEL LIKE THEY ARE GOING AT IT ALONE.

This is our audacious, personal + collective oxygen mask of sacred self-nurture. Sis, enjoy amplifying your peace + play with this Color + Journal toolkit. Shalom!

Soul Care Stationer + Shepherd,  
Pastor Angie



color me.

## Tending to me, guilt-free.

Finish the "I will" affirmation below. Go at your own rhythmic pace.

### JOURNAL PROMPT

I will...

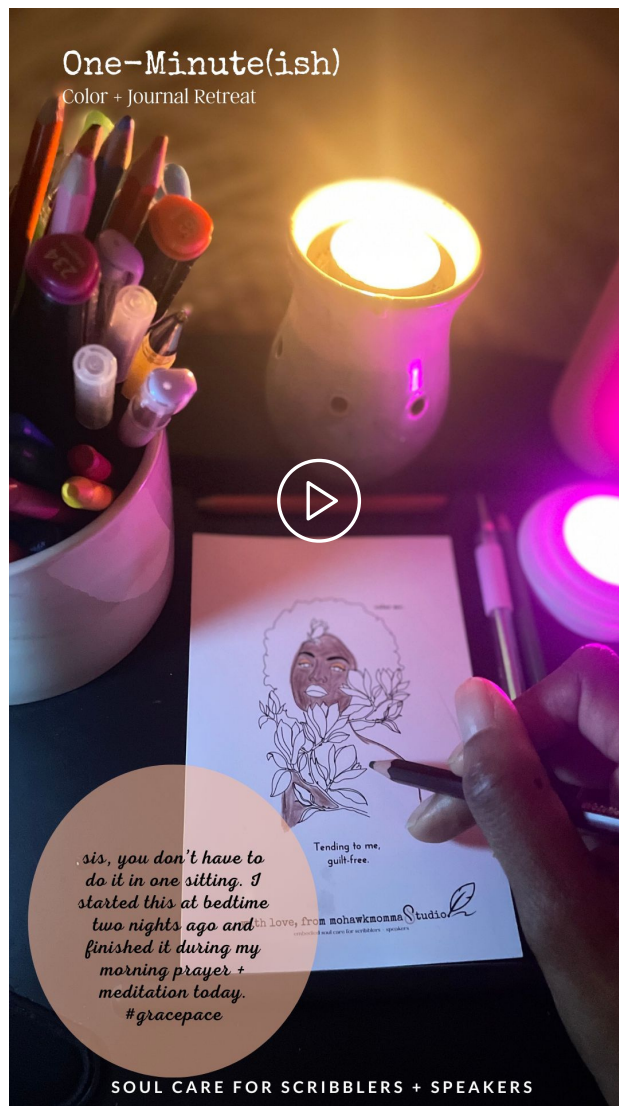
*An Embodiment Affirmation: The healed me + the healing me are both worthy + beloved + belong (periodt!).*



PLAY | PEACE | PAPER

Sustainable Stunning Luxe  
Soul Care + Paper

Relax in a  
1 Retreat-minute Color + Journal



tap or click the image  
to play the meditative  
video.



PLAY | PEACE | PAPER

Sustainable Stunning Luxe  
Soul Care + Paper

Shop with soul

Amplify Sustainable Journaling  
**Start with Bestsellers**  
(color + journal notecard set)



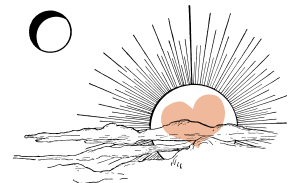
10-Pk Tending to Me Color + Journal Notecard Set | Wholesale Available  
From \$25.00  
Free Shipping

Add to Cart



10-Pk Black Girl Joy Color + Journal Notecard Set | Wholesale Available  
From \$25.00  
Free Shipping

Add to Cart



# SOLAR + LUNAR rhythms

*"Let lights appear in the sky to separate the day from the night. Let them signs to mark the seasons, days, and years. Let these lights in the sky shine down on the earth." And that is what happened.*

Our femininity flow is rooted + grounded in our two unique biological clocks—our solar and lunar rhythms. In particular, the moon mirrors back to us our waxing + waning, our changing seasons, days and years. *And God saw that it was good.*



The well-known, 24-hour circadian rhythm (circa "around" + diem, "day"). It describes the solar cycle of one day, which governs the hours we sleep and are awake, and how we schedule work-play. (Worth noting: part of our sleep rhythm falls under the ultradian rhythm, our natural, rhythmic, healing response of the mind + body. This happens during the 90-to-120-minute cycle of rest + activity of the brain hemispheres—this occurs within the larger 24-hour circadian rhythm.)



The lesser-known, 28-day infradian rhythm (infra "beyond" + diem, "day"). It translates to "beyond a day." The most common infradian rhythm is the menstrual cycle. Noticing + nurturing + embodying the gift of infradian rhythms can help us to understand + embrace the monthly flow of the body's cycles, whether you are menstrual or not.

**The fact is that our bodies are 80% water, and all water has its gravitational movement influenced by the moon—we all ebb and flow—like the tidal, we rise + fall throughout the month.**

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

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

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♥ SIGN YOUR NAME HERE, SIS ♥

# Tracking My Monthly rhythmic cycle

Complete the four sections as they align with the current phase you're in. If you are no longer menstruating, you can follow the New Moon "Rosh Chodesh" as an indicator of your new cycle. **Please, make sure to color in the battery for your energy level at the time of journaling.** Shade in the two bottom portions of the battery = mid-energy, shade in up to the tippy-top = high energy. You get the idea! Each day you set your intentions, you'll also track these monthly cycles.

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

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



DATE

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



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

**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.**



DATE

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



DATE

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

**New - Rest**

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

Notice + Nurture + Embody your Sabbathing Rhythms in your sacred feminine waxing + waning with the [Intentions Journal](#).  
(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