



February Full Moon Sound Bath

Robin Rosenstiel

Invitations of the February Full Moon

Rest and soak in the last of winters' vibes.

Winter is not over. So indulge yourself by resting and relaxing. There will be plenty of time for action in the months to come. Give yourself permission to enjoy the last of the winter vibes.

Practice observing and being in the flow.

February is a month of transition. Just observe how you feel and let the energy flow. Notice without judgement. Notice what parts of your life feel difficult right now.

Be kind and gentle to yourself.

Your mantra for this month "There is nothing wrong with me!". It is OK to let emotions come to the surface. These emotions are ready to be released so that you can plant new seeds for a new season.

Practice grounding.

The best way to address the fluctuating energy pattern of February is to ground yourself. Go outside and talk to the weather. Go for a walk out in nature. Try Qigong.

Journaling Prompts

Ask yourself:

- **What are you going to let go of, (mentally, emotionally, physically, or spiritually) in order to make space for something new you are creating and calling into your life?**

- **Last Month Full Moon:**
 - **What did you release?**

 - **What happened?**

- **This full moon I release:**