

The background of the image is a soft, ethereal winter scene. It features snow-covered pine branches in the upper right corner, with a gentle glow of light in shades of yellow, orange, and pink on the left side, transitioning into a cool blue and white on the right. The overall atmosphere is serene and peaceful.

**February
New Moon
Sound Bath**

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Invitations of the February New Moon

Go slow.

There's no rush to get moving. These are still restful, sleepy days. We are still in the season of stillness, of doing nothing. While your spirit will, undoubtedly, begin to feel more awake in the coming weeks, make sure you continue to prioritize rest where you can. This is still your most important work. (Remember the energy: we are in the earliest hours of the day. What does your spirit crave most at 3am?)

Dream.

In winter, you are dreaming up all the new dreams of things to come in the year ahead. This is where you discover exciting new ideas, new plans, new directions for your life – your winter dreams will become the seeds you will plant in the seasons ahead.

Celebrate the tiniest sparks of new life waking up within you.

You cannot see it yet, but new life is buzzing deep within you. This new life holds within it, the potential to grow into anything you can dream for yourself.

Challenge yourself to be uncomfortable.

As new life grows, you're forced to stretch & expand in ways that don't always feel good. Meaningful change is hard. It requires you to leave things that are familiar & comfortable, abandon ways of doing things that felt safe & easy. We have to feel the fear & uncertainty that comes with doing something new. We have to let ourselves sit in the discomfort.

Journaling Prompts

Ask yourself: What are your most vivid dreams for yourself? What do you want to dream up for life this year?

Do you have the strength & courage to leave what is comfortable and step into the new life you're dreaming for yourself?