

**Reflections**



**Sound Bath**

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# Invitations of the January Full Moon

## **Rest as much as possible.**

You need the winter rest to recharge your spirit. You are renewing your body and your spirit for everything to come this year. Make sleep a real priority and add it to the top of your To Do List.

## **Clear your mind.**

Release stress, anxieties, old stories and negative beliefs. Clear your mind of worry and judgement (yourself and others) Be compassionate and loving toward yourself & others. Don't hold onto frustrations

## **Practice non-striving.**

Don't feel any pressure right now to get moving on things – to make big goals, new year plans, etc. Don't beat yourself up for feeling like you need to do more or accomplish more right now. You don't. There will be lots of time for taking action in the future months.

## **Dream.**

Sleep. Lot. You are dreaming the dreams of everything to come this year. You may not be able to see it or feel it, but deep transformation is happening right now. You are receiving spiritual downloads and divine wisdom for the year to come right now, and you need to sleep and dream, in order to full access it.

# Journaling Prompts

## Ask yourself:

- **Where am I right now?**
- **Have my actions been aligned with my priorities?**
- **What is being revealed in the full Moon light? What do I need to see?**
- **What am I being asked to release?**
- **How can you realign with your priorities for the rest of the month?**