



March Full Moon Sound Bath

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Invitations of the March Full Moon

Invite balance into the parts of your life that feel out of alignment.

Look at where things feel out of balance in your life. Where do things feel off-kilter? Where do you feel out of alignment? Are there ways you can bring more balance into those parts of your life?.

Wake up. Time to “Rise & Shine”.

After months of hibernating and focusing inward, it is time to wake up and become alive again. Embrace this new beginning. Ask yourself “What excites me right now? What inspires me? What do I feel drawn toward?”

Open yourself to new beginnings.

You’re moving into a season of phenomenal & monumental growth. And you have the power to grow deeply and profoundly, this season. You do not need to know the what & how! You don’t have to know what’s going to grow for you, you don’t need to know what it looks like or how it’s going to happen. You only need to trust that spring is the beginning of the growth season. Open yourself up to the potential of new beginnings in the weeks ahead.

Tend your soil.

The gardener knows – before any seeds can be planted, the soil must be rich enough to support new life. What groundwork do you need to do before you can support new growth in your life? What do your body & spirit need, in order to provide the rich, fertile soil required for new seeds to take root?

Journaling Prompts

Ask yourself:

- **What do you need to support abundant new growth this year?**

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

 - **What happened?**

- **This full moon I release:**