



# March New Moon Sound Bath

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# Invitations of the March New Moon

## **Go slow.**

Your spirit is just waking up from the long winters' nap. Avoid trying to do too much, too soon. There will be plenty of time for outward action in the months ahead. Right now, listen to your spirit. Allow space for rest when you need it. This is how you will avoid burnout in the weeks and months to come. Remember if the entire year took place in 1 24-hour period, March would be 5:00am-7:00am. This is the time of day when we are just waking up.. So, honor whatever you are feeling.

## **Be gentle with yourself.**

This time of transition can be hard. The end of winter is a challenging time. Continue to nurture yourself. And don't judge yourself for any emotions or difficulties coming up for you. There is nothing wrong with you. Its just the time in the season.

## **Use the energy to manifest your dreams.**

This moon cycle we begin to see new life manifested in the physical world. You can use this energy, in your own life, to bring things you've been dreaming and incubating deep inside to life in the outside world. Right now, you have the power and potential to grow whatever you want in your life.

# Journaling Prompts

**Ask yourself: If anything was possible, and nothing was holding you back, what would GROW in your life right now? (Don't restrict yourself to something physical or tangible - consider your mental & emotional worlds, as well.). HOW would you grow?**

**My intention this month...**