

song: **Listen** – Toad the Wet Sproket

listen: (verb: do it)

- to give attention with the ear
- to pay attention; heed; obey
- to wait attentively for a sound or message

accept, admit, adopt, attend, concentrate, hear, monitor, pay attention, observe, receive, take notice, tune in, urge

We all want to be heard. Each of us, with our own unique reality, has a need to convey our thoughts; our side of the story. Sometimes we shout to be heard... yet sometimes silence speaks louder than anything else.

“You’ve gotta cry without weeping, talk without speaking, scream without raising your voice.” –U2

Exhale...and listen:

To someone who loves you: They may need you more than you imagined.
 To your competition: You could learn their next move.
 To your inner child: She may be reminding you of an important lesson.
 To your intuition: The most important of all your guides.
 To the music: It’s art created to move you.
 To the silence: It’s space for you to expand.
 To your body: It’s smarter than you may think.

“Silence is a source of great strength”. - Lao Tzu

ACTION: This week, make it a priority to listen more than you speak. Listen to the words in music instead of singing. Listen to the soundtrack in your home and assess its level of positivity. Listen to someone you care about – and beyond hearing words, listen to the larger message they need to express to you.



When practicing your Cougar Lunge, move low to the ground (cat-like), quietly listening to your body, your thoughts AND the soundtrack around you. Listen, absorb, digest...keep moving.

March Color: Fair Aqua

The color for the month of March is Fair Aqua. This hue evokes empathy, and can be used to connect to others when listening to their needs.

Optimism
Empathy

March Chakra: Heart & Throat

Aqua, a mix of green and blue, is associated with your heart and throat chakras. Balancing the acts of speaking and listening will help regulate your throat chakra; vital for communication and interaction.