

March 2026 -  
The Sun-  
kissed Rose

A Monthly Workbook  
from Serenity in Motion

My Love,

March is the gentle unfurling — the first golden breath after stillness. The light lengthens, and so do you.

This month, we turn our faces toward the sun. We welcome warmth, energy, and joy as sacred medicine for body and soul. Vitality is not rush; it's radiance returning to your rhythm.

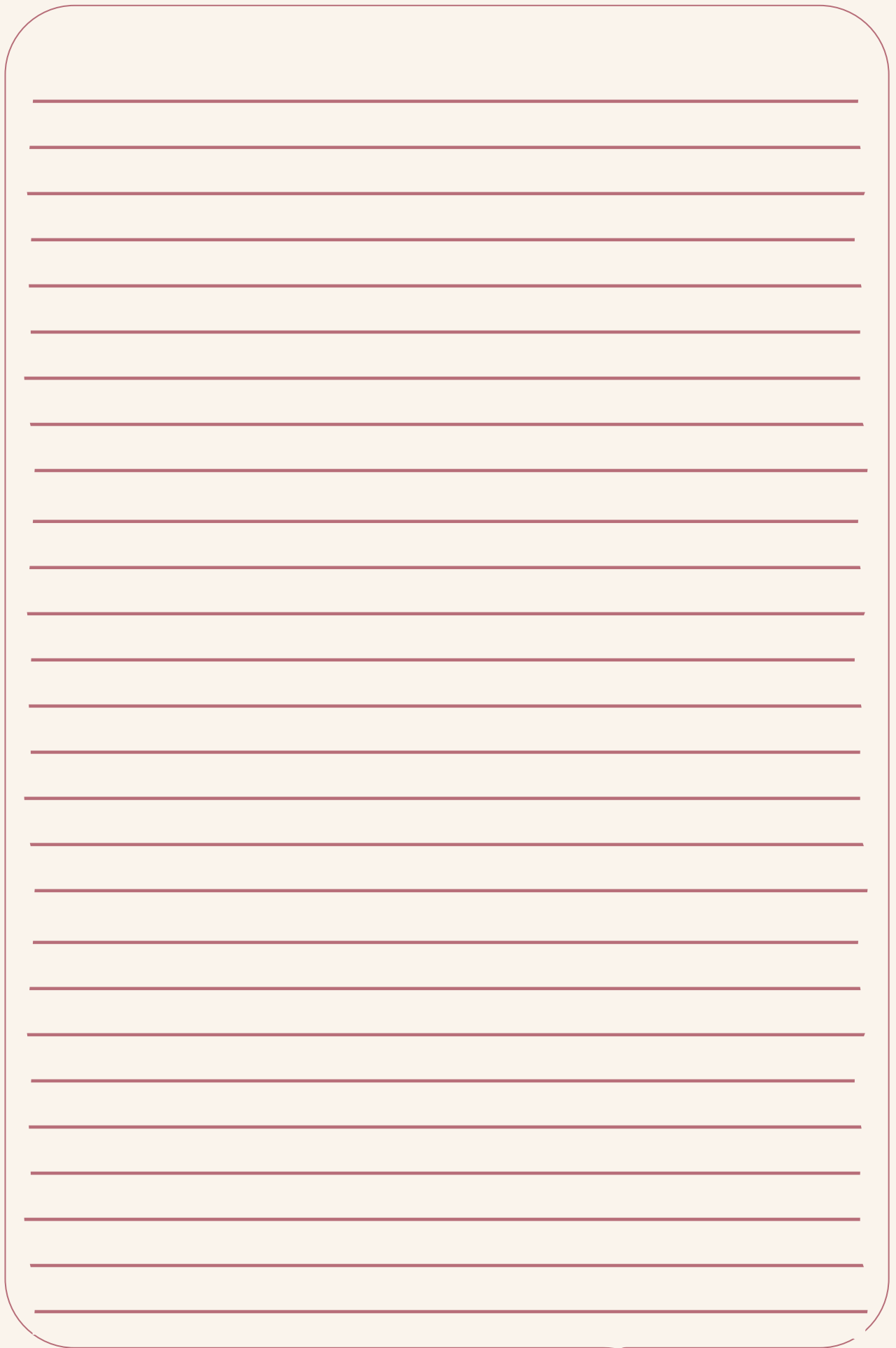
With love,

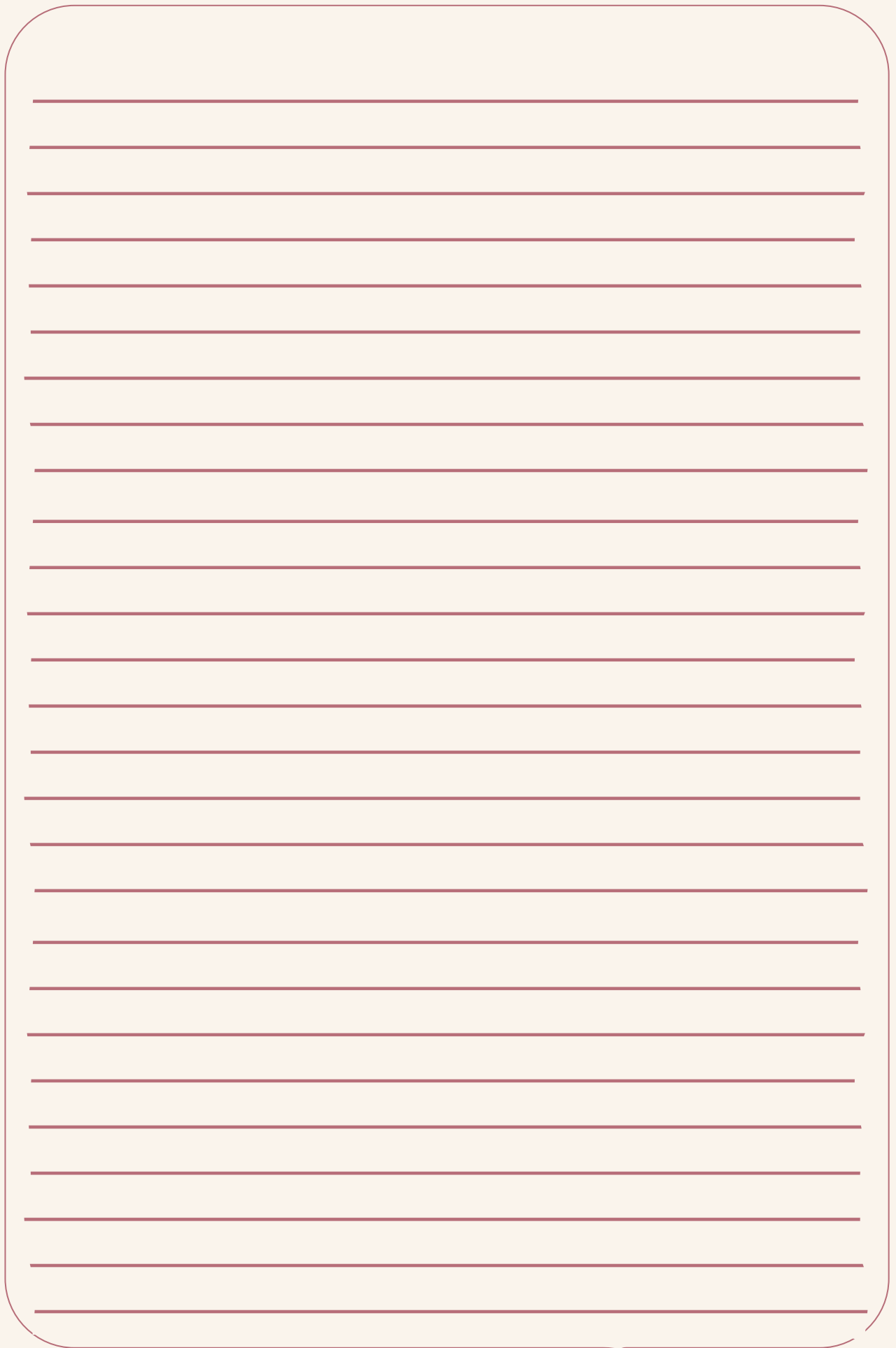
Lily

*“If you tend to a rose, it  
will bloom, no matter how  
long the winter”*

## *Journal Prompts*

1. What activities, people, or places make me feel most alive?
2. How does the changing light of spring affect my mood or body?
3. Where might I invite more warmth and play into my daily life?
4. What does “radiance” mean to me — and how can I embody it softly?





## *Affirmations*

- I allow life to move through me with ease.
- My energy expands as I rest into joy.
- I am awakening in harmony with the light.
- Vitality is my natural state.

## *Ritual Practice — Sunlight for the Soul*

On a mild morning, step outside or sit by a bright window.

Close your eyes and feel the sunlight touch your eyelids.

Inhale warmth for four counts, exhale tension for six.

Whisper: *I am kissed by light. I am alive.*

Repeat until you feel the quiet hum of aliveness beneath your skin.

## *Sensory Moment*

Mix a teaspoon of honey with a few drops of rosewater and swirl into warm water or milk.

Sip slowly — let the sweetness awaken your senses.

Afterwards, apply a little facial oil and gently press your palms into your cheeks, as if sealing sunlight into your skin.

## *Movement Ritual — “A Rosy Return”*

Recline in bed or on a soft mat.

1. Inhale, sweep your arms overhead.
2. Exhale, draw knees gently to chest.
3. Inhale, open the knees apart like petals.
4. Exhale, hug them back in.

Move with your breath — not for effort, but for awakening.

End with palms on heart and belly, smiling softly into your own warmth.

## *Closing Reflection*

The rose opens only when the sun calls her by name.

This month, let joy be your sunlight. Let every gentle act of care remind your nervous system that life is safe, rich, and ready to be lived again.

