



NEMZOTICS
HEALING FROM THE INSIDE OUT

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MARCH UPDATES for Nemzotics/Dream Wild Records! with Lisa Nemzo EHP-C CST

In Person & Zoom SESSIONS with LISA NEMZO – 90 minutes
(\$250 - Zelle, Venmo, Cash)

Studio Wellness Centre

Sunday, March 15, 8:15am – 6:30pm

11650 Riverside Drive, Suite 1, Studio City, CA 91602

Text (818) 427-8447 to book a Session

Marina del Rey Office

Weekdays & Saturdays

Text (818) 427-8447 to book a session



Happy St. Patrick's Day, everyone ~

We are clearly heading for rocky waters... What we need to do is stay centered, and out of fear-based thinking — support one another, and most important? Take excellent care of yourself. Mercury just went retrograde until March 20th. Hold off signing contracts, making large purchases, or major decisions, if at all possible. Electronics seem to go a little haywire during this period. So... have patience, grasshopper!

I've given you some tools below to keep you centered during these unpredictable times.

Get a session — and work on having good healthy boundaries. It will serve you well!

The March 3, 2026, a total lunar eclipse (Blood Moon) in Virgo acts as a powerful, karmic turning point, forcing emotional releases and major life shifts. With Jupiter involved, it brings optimistic, transformative energy, encouraging you to surrender control, embrace self-kindness, and balance your career with home life.



11 WAYS TO SUPPORT YOURSELF DURING THIS LUNAR ECLIPSE IN VIRGO

- 1 Pencil in breathing room in your schedule.** During eclipse season, you can always expect the unexpected, and creating some buffers in your calendar (<https://chanishop.com/products/the-2026-astro-planner>) will help you handle any last-minute surprises.
- 2 Hold off on any big moves.** Avoid launching major projects or making life-altering decisions until after March 3rd. You'll have more clarity once this eclipse has passed.
- 3 Streamline your everyday systems.** Give your work routines, wellness regimens, and organizational tools a tune-up. Identify what's helping you and what's getting in your way — then adjust accordingly.
- 4 Reclaim your energy.** Be honest about where you're pouring your time and attention. If you're overextending yourself for others, consider what you can delegate or gently release to lighten your load.
- 5 Confront your inner critic.** Whenever you can, swap self-judgment for a dose of self-compassion. It will help you notice when perfectionism or overthinking is getting in your way.
- 6 Refresh your space.** Virgo loves a thorough cleanse, so scrub, sort, and declutter with intention. It will make room for new beginnings to unfold.
- 7 Rest as much as possible.** Silence your notifications, take a hot shower, or curl up with a good book (<https://allstora.com/pages/the-next-chapter-with-chani-nicholas>). Eclipses can be unsettling, so regulating your system is non-negotiable.
- 8 Embrace simple pleasures.** Think: herbal tea, comfort shows, fuzzy socks, or quality time with pets. Prioritize what keeps you grounded so you can smoothly navigate this turbulent period.
- 9 Track what's shifting, leaving, arriving, or evolving in your life.** These changes are breadcrumbs leading you toward your next chapter. Pay attention.

10 Listen to the Astrology of the Week Ahead podcast (<https://www.youtube.com/@ChaniMedia>) for the week of March 2nd, as well as Your Reading in the "This Week" section of the CHANI app (<https://chani.com/app>). Both of these resources will give you a roadmap for the twists and turns of eclipse season.

11 Work through any emotions that this eclipse brings up with the journal prompts, guided meditation, altar suggestions, and ritual in the "This Week" section of the CHANI app (<https://chani.com/app>). Virgo tends to focus on what's going "wrong," and these tools can help you zoom out, broaden your perspective, and offer yourself more patience.

Here is an Angel Reading just for you!



Red candle represents powerful, active energy associated with passion, love, courage, strength and vitality. Boosts confidence, ignites desire, enhances willpower and provides protection. Catalyst for quick action.

Compass points to true north and direction.

Smokey quartz is a protective stone, known for anchoring scattered energy, neutralizing negativity, and fostering emotional stability.

Chrysocolla (green) express your power w/gentle strength; helpful when feelings of anger, blame, and guilt are present. Divine energy emanates from this stone, helping you to live and speak from your heart. Great for artists and designers!

JOY

Allow yourself to feel uplifted, and have unbounded happiness!

HUMOR

Bring light-heartedness, buoyancy, laughter and compassion everywhere you go!

TRUTH

Reality rooted in divine character, rather than subjective perspectives. Observe rather than interpret.

OBEDIENCE

Do the right thing! Listen and follow the laws of nature.

SURRENDER

Release your ego, the need to control, and trust in the higher power, accepting the present moment without resistance!

FREEDOM

Don't react to the chaos around you! Let go of fear, ego, limiting beliefs, worldly attachments and align with the Divine Spirit and live in peace!



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MUSIC NEWS! DREAM WILD RECORDS PRESENTS

Music is a universal language and it heals the soul...

If you're interested in purchasing Lisa's music on CD or Vinyl, please email dreamwild@lisanemzo.com

— THIS MONTH'S FEATURED VIDEO —

Click to watch, please subscribe and leave a comment!



Originally by The Pretenders – a fun project Craig T Fall and I did ... hope you enjoy it!

To watch the video, please click [HERE](#)



Next month we will be launching a new music video: eX-haled.



Hope to hear from you soon,
Lisa



Graphic design by Judson Kramer

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