

NEW MOON ENERGY

April New Moon in Aries & Total Solar Eclipse

NEW MOON / SOLAR ECLIPSE ENERGY

All new moons are a time for new beginnings & to plant new seeds for the coming cycle, however this New Moon falls in the sign of Aries which is the first sign of the Zodiac and it comes with a **Total Solar Eclipse so this New Moon is supercharged!**

Solar eclipses always happen on a new moon and with this eclipse we are headed **towards our fated destiny**. It may bring **new opportunities, new pathways & new ways of being**.

The seeds we plant or the intentions we set for this Aries new moon in April are in alignment with our highest destiny and path forward. Perhaps take a fresh look at your intentions think about a new things or a new approach to what you are wanting to bring into your life. **Push yourself out of your comfort zone and dream BIG.**

Aries represents our **sense of self, our identity and I AM presence**. So put yourself first. Are there parts of your life you are living for others? Do you need to set stronger boundaries with any relationships in your life?

Chiron (the *wounded healer* planet) is exactly between the sun and the moon on this solar eclipse. So before jumping into the new we are being invited to release and heal our old wounds. We've been talking about this for a few weeks now, and this is the **culmination of all the work you've been doing**.

It's time to **let go of old patterns and ways of doing things** to make room for the new. Our biggest wounds always bring us our greatest learnings so bring the wisdom, knowledge and the teachings and use that energy to co-create your future.

This is a great time to do shadow work, looking at anything in your life that casts a shadow and does not serve your highest good. Remember **you can't have a shadow without light - so find the light**.

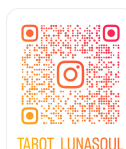
You may be experiencing a lot of chaos and uncertainty with an eclipse, a new moon and the planet mercury in retrograde. So take the time to **revisit, review and reflect on what's been happening particularly in the last six months**. Clean your spiritual and physical house and get grounded. This will clear a path and receiving the new.

It's important to stay open to unseen possibilities and opportunities as hard as it may be. **Practice gratitude** even when things don't go to plan e.g. if you don't get a job or miss an opportunity, it's the universe's way of making time and space for the new. Remembering that some possibilities and pathways may not have even existed before and don't look like you had planned. Always include the **'this or something better'** clause in your intentions and ask for it to be in your highest and best good.

JOURNAL PROMPTS

- **I AM practice.** Write in a journal or say out loud all your I AM statements, make them positive and in present tense.
- **Review your Intentions.** Have you been asking for the same things? Can you supercharge your intentions to align with your destiny?
- What is the **wisdom in my wounds?** How can use this wisdom in my future?
- How has my life **changed in the past 6 months?** What has happened in your life how has it impacted you?
- Where can I **let go of the need to control?** Am I open to new ways of doing things and unseen possibilities?
- **Gratitude practice.** In this moment I am grateful for?

If you'd like a to work with me - personal Intuitive Tarot Readings are available by appointment. x



NEW MOON MEDITATION

April New Moon in Aries

As you lay down and move into a comfortable position. Feel into your body where it rests on the surface underneath. This is your time, a time to relax and let go of the outside world now as you surrender to a place of peace and calm and feeling safe.

Close your eyes and bring your attention to your breath, take a few deep breaths now breathing up into the top of your head and breathing out down through the soles of your feet washing away any negativity and heaviness deep into Mother Earth for it to be cleansed and renewed. Use these breaths to ground yourself and be present in this moment.

Continue to breathe comfortably and at your own pace and remember during this meditation if your mind should wander I invite you to come back to your breath with ease and grace.

This meditation takes you on a journey under the energy of the new moon in Aries and a powerful Solar Eclipse. A solar eclipse happens only on a new moon and brings with it great transformation energy. This eclipse is in our North Node of destiny so we will use our soul's core lessons to propel us into our highest path forward.

This time also opens up a powerful healing portal, and eclipses always put us where we need to be. Our old wounds the ones that stay with us and shape who we are ...are a source of great wisdom. We may come face to face with our old wounds now and we have the opportunity to transform these wounds by releasing our attachment to these old karmic patterns and use them as a source of power to push yourself forward toward our destiny.

Mercury the planetary messenger is in retrograde so this energy is a good time to revisit and review our old traumas and wound healings and listen for their messages. Often when we are in a hurry to move past these wounds as they can be painful we may miss the messages they carry for our soul.

Aries represents our sacred warrior within so we can now use our wisdom and knowledge gained to heal and nurture that warrior part of us that has had to fight hard through our healing journey. It's important to love this inner warrior as eclipses often bring chaos but if our warrior self is armed with knowledge, wisdom and grace acting with fire and passion they can help us achieve our greatest potential. I'd like you now to tune into your higher self and think about the new. This new moon solar eclipse is a supercharged time for inviting in the new. Allow your higher self to imagine your perfect life, think of new beginnings, a new cycle, new ways of doing things, new directions. As you look through the eyes of your higher self you have no restrictions, you are also free from any conditions you may put on your dreams.

New moons always bring in the new but new beginnings are highlighted at this moment. Especially in alignment to your destiny. Now is your time to dream and dream big. What is your fated destiny? How can you get comfortable with the uncomfortable and push forward toward to dream of your highest potential.

With great transformation comes profound change so it's a time to surrender and trust. Knowing that although we set intentions and plant seeds the way forward may not look like what you had planned. Opportunities that seemed impossible may become possible, pathways that were never there may appear. Stay present, listen to your inner guidance and remember wherever you are is where you should be in that moment.

Aries is all about me! Yes that means it's all about you. This new moon will highlight your identity and who you are in the world. What is your true sense of self and questioning are you living your life for you? A great potential for healing and self-empowerment. A time value your independence by setting healthy boundaries and making time for self and ensuring you fill your cup.

Now SURRENDER into this moment, breathe deeply and feel into what surrender feels like for you. Let your body fall into the surface under you and drift into surrender and acceptance. Practicing surrender will assist when you are facing uncertainty and particularly when you can't see a clear path towards your intentions. Surrender and let the eclipse do its magic.

When setting your intentions and planting your seeds with the new moon always affirm them in the present tense like they have already manifested into reality. A big part of intention setting is to TRUST. I invite you now to breathe deeply into TRUST, the trust that you will manifest what's in your highest good and you are following your highest timeline forward.

We need to ALLOW space in our life for our intentions or something better to come into being. The path may not be what you imagined so step out of the way and ALLOW it to flow.

Intention setting, planting seeds and healing our deepest wounds can be very hard work and often painful or emotional. Stay grounded and take the time to rest your body and spirit.

With so much chaos happening in the universe it's important to act and speak with love towards self and others.

Give thanks to self for taking this time to be still and allow your beautiful essence a chance to dream and wonder of the possibilities coming to you in this next lunar cycle and beyond. Move into this new moon energy with passion and love for you are truly deserving of your dreams transforming into reality for the highest and best good of all.

Take a few deep breaths and move your hands and feet slowly to come back into the room and when you are ready open your eyes. Take a few moments in the coming hours / days to reflect on this meditation and write any important themes that came up for you.