



New Moon in Aries Solar Eclipse

Eclipses are transformational and put us back on our soul's true path (whether we like it or not). Themes of endings, beginnings, opportunities, change, soul alignment, intuition, second chances, courage and action are upon us. If the energy is overwhelming then rest. Manifest once it feels right.

Your new moon wishes... I want to manifest the following 5 things...

It's not all down to magic! Write down one thing you'll do to get closer to each wish. Give the universe a sign that you really want it.

Eclipses are like portals - they quantum leap us into a more soul-led existence. Anything that isn't aligned with your soul's purpose might fall away from you at this point. New opportunities might appear. Have you seen any evidence that the universe wants you to transform? What signs have you been given that things need to change? What things do you want to change? Can you take action on them? How?

File this paper and return to it next month to see what you have achieved and whether you need to let anything go.



New Moon solar eclipse in Aries

THINGS TO DO DURING AN ARIES NEW MOON SOLAR ECLIPSE

- What are you no longer aligned with? What doesn't give you pleasure anymore? What doors need to close for others to be able to open? Be courageous and end what needs ending.
- Reset, recharge & be kind to yourself. Eclipse energy is intense.
- Pay attention to the emotions you are feeling. Do you know why you feel this way? These will give you clues about what you need to release during this cosmic shift.
- Hold a piece of labradorite in each hand. Close your eyes and let your mind go quiet. Pay attention to any messages coming through or say, "I welcome change. I am transforming into who I want to be." Jot down any images, words or messages.
- New moon eclipses are highly intuitive times. Notice any coincidences or subtle signs about the path your life should take.
- Light a red candle and focus on the flame. Imagine the thing you are most passionate about. Picture it coming to fruition and bringing you joy.
- This is a super-charged new moon. Spend extra time visualising your dreams coming true.
- Try to keep your ego and anger in check. Aries is fiery and eclipses are a bit wild!
- Smoke cleanse your home or declutter. New moons signify clean slates and fresh starts. Especially this new moon.

AFFIRMATIONS TO SAY THROUGHOUT THE DAY

- I am transforming and changing into who I want to be.
- I boldly follow my dreams and am led by my intuition.