



# SOLAR ECLIPSE ASCENSION WORKSHOP

Aries New Moon Solar Eclipse  
April 2024

[THEWANDERINGLIONESS.COM](http://THEWANDERINGLIONESS.COM)

# ARIES NEW MOON SOLAR ECLIPSE

*Hi beauties!*

The April 2024 total solar eclipse on April 8th will set you on a new path that you might not have imagined for yourself. We tend to have a more finite focus as humans. It can be challenging to see the big picture, and only focus on what's in front of you, or what we can see.

Eclipses help us to see the bigger picture.

With Chiron helping us to unlock lessons and wisdom from our trauma, hardships and Mercury in retrograde = Revision, Redefine, Reconsider, Reclaim. The cosmos is working with us to help our ascension journey.

Release expectations of what may or may not occur for you. Let go of any sense of control. Be open to what the eclipse may show you and be receptive to the information. The time is now to make space for abundance, upgrades in our life. On an energetic level, on a physical level on a collective level. We've got this!

*Krystie Ann*

## ABOUT ME

It is my passion & purpose to support others in the understanding & integration of spiritual experiences. & provide a safe & trusting space for others to share, explore & expand on their own spiritual experiences & connection to what it is to be a spiritual being having a human experience.



# TOOLS TO HELP NAVIGATE SPIRITUAL AWAKENINGS



Spiritual awakenings are life long occurrences and involve an awakening to a higher truth or reality beyond the confines of everyday experience. We see beyond the limitations of the ego or the physical world. These spiritual awakenings are both exhilarating and challenging at once. To navigate these spiritual changes and shifts:

Journaling, and meditation practices can be helpful for creating space to reflect, to gain clarity and insight.

Connect with supportive communities of like-minded individuals who can provide a safe space for sharing and growth. Mentors, guides and healers can also help provide safe space.

Grounding practices - getting plenty of rest, connecting with the earth, eat nourishing foods, ample physical movement, and creative play and expression.

Gratitude and surrender. Surrender to the flow of life and release expectations to outcomes. Gratitude for the blessings and lessons that come with your spiritual awakening journey.

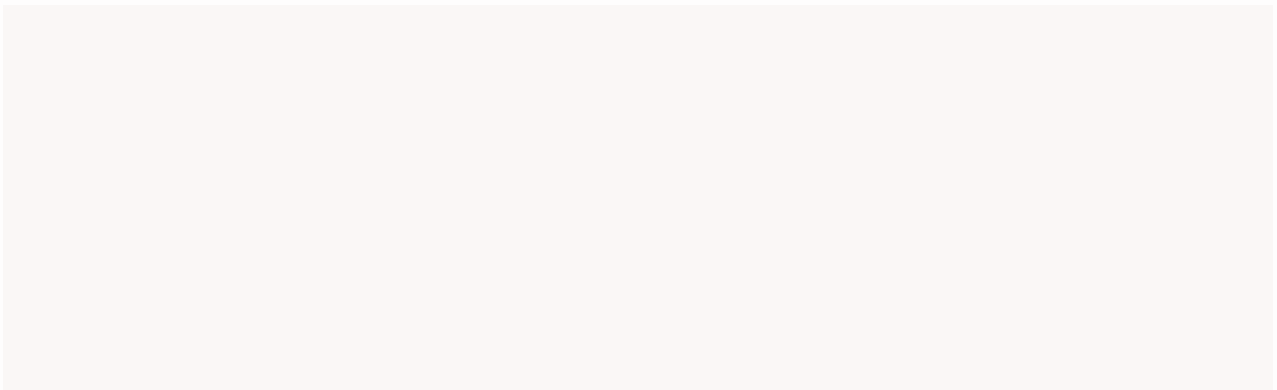
Trust in the divine timing of your awakening journey. know you are always being divinely guided, divinely aligned, people, places, teachings arrive to us divinely timed so we are always supported every step of the way.

# JOURNAL PROMPTS TO SUPPORT ECLIPSE REFLECTIONS

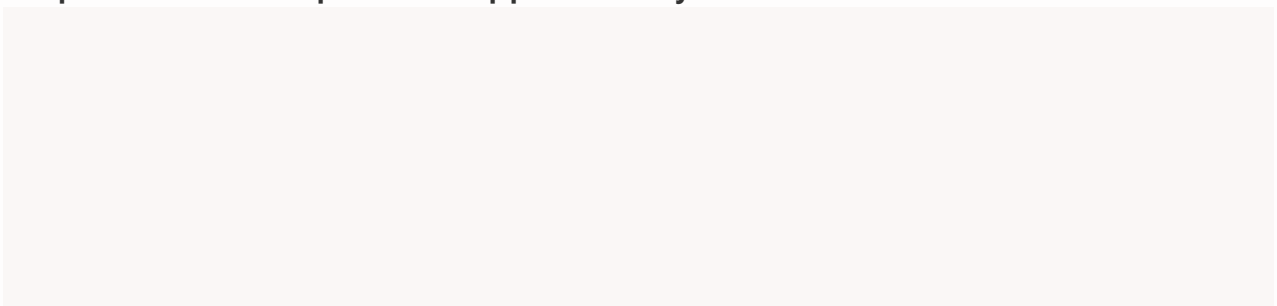
**How does the darkness of the eclipse, resonate with areas of my life where I may be seeking clarity or illumination? Where in my life do I feel “in the dark”?**



**What motivates me to take steps on my life path, even when the journey feels scary or unknown?**



**How do I respond to pressure? Do I use it as fuel for my journey and to cultivate courage, or do I let it overwhelm me? If I feel overwhelmed, what steps can I take to provide support for myself?**



# JOURNAL PROMPTS TO SUPPORT ECLIPSE REFLECTIONS

**In what areas of my life am I being called to take on a leadership role? How can I step into my power as a leader and inspire others through my actions? How can I allow myself to be more seen? To take up more space in work and creative projects.**

**What is the greatest life adventure that I could take this year?**

**What does the archetype of the warrior mean to me? How can I embody qualities such as courage, assertiveness, and determination as I navigate life's challenges?**



# OUR INNATE SPIRITUAL ABILITIES



Spiritual abilities are innate gifts we all possess, BUT because of the way our society is structured, or because of trauma we may have experienced, or how our caregivers raised us, these abilities may be laying dormant within us. These are:

Intuition, Empathy, Psychic abilities, Telepathy, Mediumship  
Energy Healing etc,

We all have the ability to develop these gifts to some extent. Some may be more naturally stronger in some areas. Some are meant to utilize these abilities for work, in service. Or just to help navigate your own life.

Allow ample time to connect with YOURSELF during this eclipse season to allow these gifts to awaken and strengthen. Seek support with like minded friends & family, or with a therapist or spiritual coach. Order the books you may have been holding off on ordering, or take the development course you have been putting off.

You were born with incredible spiritual abilities to help you navigate this life's journey to its full authentic power. **Don't sit on your brilliance!**



## SEEKING SUPPORT?



I am happy to hold space in a 1:1 private session to even further provide guidance, insights, and support for your spiritual growth and or healing.

Connect with me for more information!

[SUPPORT@THEWANDERINGLIONESS.COM](mailto:SUPPORT@THEWANDERINGLIONESS.COM)

Thank you bringing your energy to our beautiful healing circle! Wishing you a beautiful eclipse season  
Hope to see you again soon!

*Keystie Ann*