



# Navigating Triggers & Past Wounds: A Sun Sextile Chiron Healing Guide



## Introduction: Why Triggers and Old Wounds Resurface

Astrological transits like *Sun in Aquarius sextile Chiron in Aries* offer powerful opportunities for healing and transformation. When this energy activates, you may notice old memories, emotional patterns, or painful experiences resurfacing.

Why does this happen? It's your soul's way of calling for deeper healing.

Triggers are not setbacks( although with a continuous theme of wound identification and healing sometimes it feels this way) they're doorways to release what no longer serves you and reclaim your personal power.

Chiron, is known as the “Wounded Healer,” *highlights areas in our lives where we've experienced deep wounding but also where we possess the greatest potential for wisdom and healing.* This transit asks you to embrace your individuality and integrate past experiences with new consciousness. This can be challenging especially if the event that created the wound has not since been revisited. So its important we give ourselves extra grace during these time. When we go back look into into the past from the point of view of our now consciousness we begin to change and heal ourselves and story.



## Why the Last Six Months Have Been So Intense

The past six months may have felt like a relentless cycle of discovery, triggers, and emotional upheaval—a continuous unveiling of old wounds asking for your attention. I know that for myself, at this point, it feels like that's all I've been doing for quite some time now. It can be exhausting to realize that the work is never truly done. However, when we tackle the foundational work, we can complete it and move on to new things. This is no coincidence. 2025 marks the Year of the Snake—a powerful time of transformation—where shedding old skins is not just an option but a necessity.

IF NOT,  
NOW  
WHEN?

The Snake symbolizes rebirth, healing, and renewal, but the process of transformation can feel raw and uncomfortable. When all we crave is comfort and ease, life seems to push us deeper into the shadows of our unhealed experiences. It may feel overwhelming, but this is a sacred initiation—a chance to release layers of old identity, belief systems, and traumas that no longer serve you. As for myself I feel I have been in this place for so long I truly long to be in a space of comfort and peace. Knowing all too well if it is ignored it will go on unhealed and will need attention at a later time. Why wait when we have the energies supporting us for this shed?



### Why This Happens

- Old wounds must be revealed to be healed.
- Triggers show us what's unresolved—they are mirrors reflecting where we still carry emotional weight.
- Transformation is cyclical, like shedding skin, and the process can be painful before it brings renewal.

### How to Navigate This Constant Review of Wounds



When life feels like a constant loop of revisiting the past, the key is surrender and conscious integration. Fighting the process only deepens resistance. Instead, these steps can help you flow with the energy:

#### 1. Recognize the Gift in the Challenge

Each wound surfaces for a reason: to offer freedom from emotional patterns that keep you stuck. Ask yourself: What is this experience trying to teach me?

#### 2. Allow, Don't Resist

Healing isn't about fixing yourself; it's about allowing what needs to be seen to rise. Create space for it through breathwork, journaling, or stillness. Trust that the wave will pass if you let it.

### 3. Focus on Small, Gentle Steps



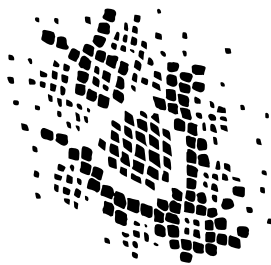
This kind of intense healing can leave you feeling drained. Be kind to yourself. Focus on small actions that ground and nourish you:

- Take a walk in nature.
- Practice one simple gratitude exercise.
- Rest when you need to.
- Take a warm healing bath
- Journal
- Create something

### 4. Celebrate Your Progress

Even if it feels like you're stuck in healing mode, every layer you release is a victory. Acknowledge the strength it takes to do this deep work.

### Year of the Snake Wisdom: Shedding with Intention



The Snake teaches us that transformation is an ongoing process.

As you shed, you're not losing yourself—you're becoming more aligned with your truth.

Every wound you face is an opportunity to let go of outdated versions of yourself and step into a more authentic, empowered state.

Affirmation for this Journey:

*I trust the process of transformation. Every layer I release brings me closer to my true self.*

## Daily Practice for Navigating Constant Healing Cycles

Morning Check-In:

- Take three deep breaths.
- Set an intention: What do I need today to feel supported in this process?

Evening Reflection:

- Journal about any triggers or patterns that surfaced.
- Ask: What part of me is ready to be seen and healed?
- Close with gratitude for your courage and growth.

## Ritual for Letting Go & Moving Forward

Supplies: A candle, a piece of paper, and a quiet space.

1. Write down a pattern or wound you're ready to release.
2. Light the candle, focusing on its flame as a symbol of transformation.
3. Read your words aloud, then visualize the energy of this wound leaving your body.
4. Burn or tear the paper (safely) and say:
5. I release this with love and gratitude. I trust the process of my healing.

## Journaling Section

Use these prompts to deepen your reflection:

1. What patterns keep resurfacing in my life? How do they connect to past experiences?
2. What story am I telling myself about this wound? Is it still true?
3. How can I offer myself compassion in moments of emotional intensity?
4. What would my life look like if I fully released this pattern?

## Closing Note

This is a sacred time of renewal and rebirth. You're not being broken—you're being reshaped into something stronger, more authentic, and more aligned.

Trust in your ability to navigate this process. You are exactly where you need to be. By revisiting broken scared places within ourselves we can go back comfort that past version , send it love and take our wholeness back.

When I set out with the pure devotional intention to truly heal I honestly never realized what I was getting myself into. It is very overwhelming at times and some of the emotions and memories are hard to hold space

for but I have found as long as I don't over identify with the past and focus on who I AM now and where I AM at right now it creates a beautiful bridge.

May we all be held in the arms of the loving universe at this time while we heal ourselves and in turn heal something larger than just individually.

