

DIGITAL GUIDE

# FEBRUARY

# ENERGY CHECK IN



CULTIVATING GRACE THROUGH  
TRANSITIONS

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

# FEBRUARY CHANNELED THEMES

Revolution, evolution, rebellion, truth seeking, compassion  
and lots of love.

## **EMBODY THE GRACE OF THE SWAN**

As we navigate transitions.

Find your own pace this month. Find stillness  
amongst the chaos. If not it could lead to  
impulsive behaviour and decisions.

Take hold of your energetic reality. Of where you  
are in your body.

## ASTROLOGY INSIGHTS

### **Cosmic rendezvous:**

Pluto, Mercury, Mars, and Venus and a lunation  
all aligning in Aquarius.

Aquarius is the sign of the free thinker

-Humanitarian efforts

-Raw and unfiltered expression

-Ferocity to pursue our dreams

-Reinventing ourselves

-How do we hold space for others and how do  
we allow others to support us?

While Aquarian energy can bring freedom,  
change, and innovation, it can also be a little  
harsh and impersonal. Be mindful and cautious  
of offending or being insensitive to the feelings  
of others.

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## **February 9th - new moon in Aquarius.**

Emotional freedom around that time. And this coming into yourself. Cautious of unexpected sudden and abrupt shifts. Don't fret! Trust the flow, and unfolding of your life path however it presents itself.

## **Saturday, February 10** the Chinese New Year, kicking off **the Year of the Dragon.**

The Year of the Dragon is said to be a prosperous and lucky one, where we can rise up into a new power. Dragon energy can bring strength, perseverance, and intelligence. We can channel the energy of the dragon to get things done, to be productive, and to find the strength needed to move through our challenges

Set your intentions, strengthen your communities, and really lean into spiritual practices - breath work, meditation, yoga, getting outside, journaling, reiki and massage.

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## **February 19th - Pisces season**

**Pisces known for:** deep emotional sensitivity and intuition. Expect a little amplification in your energetic sensitivities, spiritual connection, vivid dreams - if there is any season to really break out the dream journal it'll be pisces season!

## **February 24th - Full moon in Virgo**

Brings us the awareness of our responsibility to ourselves and others. Embrace that analytical energy of Virgo. Tune into the logical guidance. Organize everything that is chaotic and disorganized.

## **EVERYTHING WILL NOT ALWAYS GO ACCORDING TO PLAN.**

Let us not forget how powerful we are! How much influence we all carry when it comes to change, let us not forget what spiritual gifts and abilities we have to assist us gracefully through the change.

# Journal Prompts

## Reflections for moving forward with purpose

Write a letter to my future self, expressing hopes, dreams, and affirmations for the love and success I wish to experience.

Explore the concept of self-forgiveness. Is there something I am holding against myself? How can I release and forgive?

Explore my relationship with self-talk. Are there patterns of negative self-talk that I can transform into positive affirmations?

Write a love letter to my body, expressing gratitude for its resilience, strength, and the incredible things it allows me to experience.

# ★ FEBRUARY AFFIRMATIONS

I AM DESERVING OF LOVE I AM  
WORTHY OF ALL OF THE LOVE THE  
UNIVERSE HAS TO OFFER

MY HEART IS A SANCTUARY OF SELF  
ACCEPTANCE AND I RADIATE LOVE  
FROM THE INSIDE OUT

I CELEBRATE THE UNIQUE QUALITIES ★  
THAT MAKE ME WHO I AM AND I  
NURTURE MY SELF WITH LOVE  
ACKNOWLEDGING MY WORTHINESS



# FEBRUARY IS BLACK HISTORY MONTH

Every February, on Turtle Island - the U.S. and Canada honors the contributions, hardships, sacrifices of Black people. The US was built on the backs of Black, Brown, Indigenous people. We have helped shape the nation.

**For me personally every month is Black History month. It is my life.** However during February we celebrate the rich cultural heritage, triumphs and adversities of the Black community that has influenced and continues to influence the world.

**February 2024 we celebrate: “African Americans and the Arts”**

**Black art is art infused with our roots. Our lived experiences and the experiences of our ancestors in Africa, The Caribbean, and on Turtle island.**

For centuries Western colonizers denied or minimized the contributions of Black people to the arts as well as history. Our artistry, our creations and inventions were copied and/or stolen.

**THIS STILL CONTINUES TO THIS DAY.**

**There would be no House music, Rock and Roll, Country, Blues, Hip Hop, Soul or Pop music without Black people.**

# FEBRUARY IS BLACK HISTORY MONTH

It is not my job or responsibility to educate others on Black history. As someone who grew up in white spaces, where Black history was merely sprinkled into our education systems in the 90's early 2000's - I still to this day get triggered with the lack of Black education communities receive.

For the most part I do stay quiet on the bullshit I see amongst white healers who seem to be **appropriating our culture rather than appreciating it.**

I do encourage and remind you to educate yourself on African Spirituality and Wellness. So many of the practices, rituals, tools, medicines are all rooted in African wellness.

**As a healer, seer, and witch, who comes from a lineage of healers, seers and witches, I honor those who came before me. Who were forced to hide their practices or felt pressured to stop practicing all together as they migrated to Canada in the late 60's and 70's - in order to "fit in" and not draw attention to themselves amongst racist society.**

I appreciate your continued support in my work. Please support Black and Indigenous healers, teachers, and commerce.



# FEBRUARY IS BLACK HISTORY MONTH

## IMPORTANT LINKS - BLACK EDUCATION SPIRITUALITY & HEALING

### **Uncovering the Power of Hoodoo: An Ancestral Journey**

<https://www.youtube.com/watch?v=BmDvCLFM9b4>

### **A Black Women's History of Hoodoo, Conjure, & Witchcraft:**

<https://www.youtube.com/watch?v=WJuxww4DgRY>

### **How to decolonize your mind with Professor Kehinde Andrews**

<https://www.youtube.com/watch?v=-e6-l-m78ZM>

#### **READ:**

### **“Reclaiming African Herbalism As an Act of Resistance”**

<https://www.yesmagazine.org/health-happiness/2018/02/15/reclaiming-african-herbalism-as-an-act-of-resistance>

#### **READ:**

### **Stolen Religion: Cultural Appropriation, White Friends and Mixed Feelings**

<https://saltyworld.net/stolen-religion-cultural-appropriation-white-friends-and-mixed-feelings/>

# FEBRUARY TOOLS

HEART CENTERED PLAYLIST

“ALL YOU NEED IS LOVE”  
(NOT YOUR SAPPY LOVE SONGS PLAYLIST)

AVAILABLE ON SPOTIFY

SPIRITUALITY AND WELLNESS BOOKS BY  
BLACK BROWN INDIGENOUS PEOPLE:

VIBRATE HIGHER DAILY - LALAH DELIA

HOW WE HEAL - ALEXANDRA ELLE

RETURN TO SOURCE - ARABA OFORI - ACQUAH

INTUITION - AMISHA GHADIALI



Thank you beauty!

HOPE TO SEE YOU NEXT MONTH!