

DIGITAL GUIDE

# SEPTEMBER ENERGY CHECK IN



BALANCING OUR ENERGETIC  
FOUNDATION  
[THEWANDERINGLIONESS.COM](http://THEWANDERINGLIONESS.COM)

# SEPTEMBER CHanneled THEMES

Spiritual Inventory - The gift of reflection  
Tending to our roots, honor the ticking of the soul clock.

It is important for us to receive each season.  
Each season allows us a different perspective  
towards ourselves and our lives.

**It's important to take spiritual inventory from time to time so we can note what is supporting or stunting our growth.**

Retrograde seasons equal rest, restoration and reflection. This is time provides the space to not only to see what we are vibing with or not, but to celebrate how we've grown and gain clarity for our path.

**We have to learn to trust in the unknown.** We have to learn to trust that there are greater forces at play, working with us, guiding us, protecting us.

When we are over thinking worst case scenario.  
We actually torturing ourselves. **Over thinking the future is a waste of precious energy.**  
Divine timing is IT

The Root Chakra relates to basic and primal needs of survival, stability, and support.  
Ways to balance our root:

- #1 Connect with the earth.
  - #2 root-based fruit and veggies. Red fruit and veggies.
  - #3 Wear the color red - keep red crystals close
  - #4 Affirmations with I AM
- the root chakra is responsible for grounding us in the physical world.

# Journal Prompts

## Reflections for Spiritual Inventory...

Date:

Notes

What challenges or threats have been present in your life the last month, the last season? How did you respond to them?

Who have been your greatest supporters and cheerleaders?  
Who do you feel doesn't actually wish success for you? How can you establish and maintain better boundaries with the ones who aren't?

In what ways have you been prioritizing your peace in the last month/season. How can you improve?

What false identities about yourself are you clinging to?

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# Journal Prompts

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# ★ SEPTEMBER AFFIRMATIONS

“I AM AT HOME WHEREVER I AM  
AND ALL US WELL IN MY WORLD.”

“I AM GETTING HEALTHIER  
EVERYDAY AND I AM CONSTANTLY  
EVOLVING INTO A BETTER  
PERSON.”

“I AM ALWAYS FINANCIALLY  
STABLE, MONEY FLOWS TO ME  
FREELY. AND I USE MONEY AS A  
POSITIVE TOOL TO MAKE MY LIFE  
AND THE LIVES OF OTHERS  
BETTER.” ★

★ “I AM ALLOWED TO FEEL GOOD.  
AND I AM FULL OF  
UNCONDITIONAL LOVE FOR  
MYSELF AND OTHERS.”

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# SEPTEMBER PLAYLIST

MUSIC TO GET YOU MOVING + CONNECTED  
TO THE ROOT.

"I AM" ON SPOTIFY

(IF HAVING TROUBLE WITH THE LINK - SEARCH 'THE WANDERING  
LIONESS' ON SPOTIFY TO ACCESS PUBLIC PLAYLISTS.)



Thank you beauty!

HOPE TO SEE YOU NEXT MONTH!