

Moon in Aries

The moon has entered the fiery and passionate sign of Aries. As the first sign in the zodiac, Aries is ready to face new challenges with courage and strength.



1. Rest your hands on your thighs with the right palm facing up and the left palm facing down.
2. Close your eyes and begin to go within. Relax your body.
3. Visualize a warm and vivid fire burning in the upper belly. Imagine the fire of Aries to be like a blazing torch that lights the dark path ahead. You no longer fear the unknown. You walk forward on your journey with confidence and enthusiasm.
4. One of the animal totems of Aries is the tiger. This animal is strong and brave. Visualize that you are walking through the jungle with a tiger at your side. This jungle represents the challenges and uncertainty in your life.
5. You walk through this dark jungle with the moon glowing brightly above. Your belly emanates a powerful fire that helps to light the way. Your tiger friend walks at your side and reminds you of your courage and strength.
6. With each step, the jungle begins to transform. It becomes vivid and bright. No longer filled with dangerous things, this jungle becomes a playground of experiences, a world of interesting challenges and triumphs.
7. With each step, you silently repeat this affirmation:
"I am strong. I am brave. Nothing can hold me back."
8. Feel the power within you. Delight in the strength you embody and the passion you emanate.