



January ASTRO-HEALING CIRCLE

With Sasha and Valanne
ToolsForTransformation.ca



Sacred Story 2026

Midwifing Your Year
with Moon Magic

Join Us
Feb 1, 2026

toolsfortransformation.ca/sacred-story

Greetings,

As you embark on the initiation of your calendar year, recognize that this year will be like no other.

There is much that will transform over the course of this year, but you are planting the seeds right now for what will manifest. For each of you personally, your path aligns to your own unique way of being in your material world. Each one of you must follow your own path, but know that it is of great assistance at this time to have your own support system in whatever way works for you.

As you strive to be your own unique self, acknowledge it is not a time to do this on your own. Find those that celebrate your uniqueness, that allow you to explore who you are, and know that this leads to a new unfolding of your authentic self which will begin to take form over this year.

Honour the challenge this presents, acknowledge the courage it takes to walk this path, and know that you are never alone. You are assisted, you are guided, you are loved. There are many who walk this path with you, and you can ask for their help always.

Prepare for Your Next Chapter



Capricorn Stellium. Personal Planets in Capricorn until January 20th

Capricorn: Ambition • Discipline • Responsibility • Structure • Mastery • Authority • Perseverance • Integrity • Practical wisdom • Commitment • Patience • Achievement • Overwork • Fear of failure • Control issues • Emotional reserve • Pessimism

- **Be intentional about what you are building for the long term**
- **Be discerning about what you initiate** (Mars in Capricorn)
- **Take stock of your energy: use it where it aligns with your emerging sense of self and purpose**
- **Be realistic, mature & responsible to yourself: examine what is truly yours to carry**
- **Notice where outdated patterns of self-judgement & fear of failure limit your forward movement**
- **Have patience: The structures you create now are meant to support your future; solid foundations take time**

A close-up photograph of a person's hand holding a clear plastic pen with a silver clip. The hand is writing in a white notebook with a dark green cover. The notebook is bound with a red and yellow string. The person is wearing a brown jacket and a white shirt. The background is blurred, showing more of the person's clothing.

FOCUS

Be discerning about
what you initiate.

PROMPT

What desires feel mature,
grounded, and ready to
take form, not chased?

Initiate from alignment
and a deeper knowing of
what's truly yours to tend.

Heart-Centred Courage



T-Square - Chiron/Eris to Jupiter and Capricorn Planets

Chiron Turned Direct in Aries January 2, 2026, Eris Turns Direct January 11, 2026

Chiron: Healer, Mentor, Teacher, Core wounds, Healing journey, Vulnerability, Embodied wisdom, Victim consciousness, Pain avoidance

Eris: Disruptor, Catalyst, truth-teller, Outsider energy, Righteous anger, Uncompromising authenticity, Reclaiming voice

- Embrace insights gained around self-awareness & self-acceptance (Chiron Rx July 2025- January 2026)
- Take a stand for your right to be who you truly are and chart your own path (Eris in Aries conjunct Chiron)
- Draw on the emotional wisdom of what nurtures and sustains you as you prepare for your future (Jupiter in Cancer Opposite Capricorn)
- Release old structures you've relied on for safety (roles, relationships, external security, old expectations)
- Choose a courageous action that aligns responsibly with your emotional truth & integrity (Cardinal T-Square)
- Heart-centred choices shape your new beginning



FOCUS

Release outdated structures
you've relied on for safety (roles,
relationships, external security,
old expectations)

Heart-centred choices shape your
new beginning

PROMPT

What becomes possible when you
honour your vulnerability as a form
of power?

Re-Membering Your Future Self



Aquarius Stellium: Personal Planets and Pluto in Aquarius after January 20th

Aquarius: • Authenticity • Community • Future-focused • Innovation • Freedom • Vision
• Higher perspective • Awakening • Individual truth • Collective change

- Shift into 'future gear': release outdated structures, birth the new in tangible ways, embody the higher frequencies you're moving into
- Align with your authentic values, perspective, self-expression, and actions *(Personal planets in Aquarius)*
- Potent activation of personal empowerment
(Personal planets conjunct Pluto)
- Opportunity to explore deep personal truths that surface for healing and transformation
- Integration brings wholeness — owning all parts of yourself unlocks a future uniquely yours *(Aquarius)*
- External intensity calls you to stay focused on who you are choosing to become *(Mars conjunct Pluto)*



FOCUS

Align with your authentic values, perspective, self-expression, and actions; Integration brings wholeness: owning all parts of yourself unlocks a future uniquely yours

PROMPT

Ritual of Re-membering my Self

Take Inspired Action For Your Dream

Neptune in Aries



Neptune in Aries January 27th

Aries: Initiation • “I Am” • Courage • Passion • Momentum • Pioneering spirit
Impulsiveness • Impatience

Neptune: Mysticism • Intuition • Spiritual vision • Dreams • Creativity • Imagination
Dissolution • Escapism • Disillusionment

- **Feel into your readiness for a new beginning**
- **What you are dreaming soon begins to take form** (Saturn Conjuncts Neptune in February)
- **Uncertainty may arise around what you’re moving into; trust intuitive guidance**
- **Practice taking action while staying in energetic flow as a new way of navigating life**
- **Allow what is no longer aligned with your dreams to dissolve; truth surfaces when illusions fall away**
- **Reflect on last summer for clues about what is unfolding** (Neptune–Saturn–Uranus–Pluto minor Grand Trine)



Practice taking action while staying in energetic flow as a new way of navigating life

Dream the Dream Awake:

Journey within to feel, experience and begin to embody the flow of new frequencies