



NEW MOON IN AQUARIUS · MONDAY, 19 JANUARY 2026

Pisces

This ritual is for rest, letting go, and the quiet renewal that comes when you stop holding everything together.

Not everything needs to be carried across the threshold into what comes next.

PREPARATION

Face west. Let the room be genuinely dim — this is not a space for clarity tonight, it is a space for softening. Move anything that represents obligation or effort out of your immediate sight, and let the music — if you choose it — be slow water or deep, low tone, barely there. Pour a cup of something gentle and warm: chamomile, warm water with honey, a very light wine — hold the cup in both hands for a long breath before drinking, feeling the warmth as something being given to you, not taken by you. Close your eyes and feel, rather than visualize — feel what it would be like to set something heavy down, to stop carrying the particular weight you have been carrying: not forever, but for tonight; feel the muscles of your shoulders, your jaw, your hands, beginning to release without being told to. Open your eyes only when the room feels softer than it did before you closed them. The ritual begins now.

THE RITUAL

Light the **sea green candle** with one slow, unhurried movement and let the first moments of the flame be entirely without agenda — simply sit with the light and **resist the impulse to begin doing anything** for at least one full minute.

Hold the **moonstone** in your non-dominant hand and rest your arm in your lap, letting the stone's weight be passive in your palm — no squeezing, no pressing — just receiving, the way you are learning tonight to **receive rest without earning it first**.

Open the **jasmine** and breathe it in three times, slowly — the scent deep and nocturnal, like something that only blooms in the dark — and with each inhale, let one thing you have been holding come to the surface of your awareness, and with each exhale, **allow it to exist without your managing it**.

Sit in the near-dark with the **moonstone** in your hand and the **jasmine** scent still in the air, and do nothing for five full minutes except breathe — let thoughts arrive and move without following them, let the *Aquarius* moon overhead hold whatever you have released, let the **work of this ritual be the stillness itself**.

Set the **moonstone** beside the **sea green candle** and place the **jasmine** near it, sit with your hands open in your lap, and let the candle burn for a few more minutes before extinguishing it gently — not with ceremony now, but with the quiet simplicity of **someone who has finally, genuinely rested**.

YOU WILL NEED

sea green candle

moonstone

jasmine

♪ silence, or 432hz tones, or distant ocean waves