



NEW MOON IN AQUARIUS · MONDAY, 19 JANUARY 2026

Cancer

This ritual is for deep transformation, shared finances, and the inner healing that moves beneath ordinary life.

The things that change us most completely rarely announce themselves — they simply arrive, and this moon is one of them.

PREPARATION

Face west. Dim the lights as far as they will go and remove anything from your immediate space that feels busy or demanding — this room should feel like the inside of something, not the outside. Silence all devices, pour a cup of chamomile tea and hold the warm cup in both hands before drinking, letting the heat move into your palms and settle your nervous system. Close your eyes and allow something you have been carrying — a fear about money shared with another, an old wound that has not finished healing, a change you know is already underway inside you — to surface without resistance, without judgment; look at it the way you look at something in the dark, steadily and without flinching. Open your eyes only when you feel genuinely ready to be present with whatever is real. The ritual begins now.

THE RITUAL

Light the **white candle** and sit very still for a full minute, letting the quality of the silence settle around you like water, and feel the specific **heaviness or tenderness** that is asking to be transformed tonight.

Hold the **moonstone** in both hands and press it gently to your lower abdomen — the center of held emotion — and breathe slowly and deeply for five breaths, each exhale an invitation to **release one layer of what you have been holding**.

Place a pinch of **chamomile** on the surface before you and with one finger slowly draw through it, writing or tracing the first letter of what you are letting go — the name of a fear, a debt, a story — letting the herb receive it under the light of the **white candle**.

Sit in the candlelight with the **moonstone** resting against your heart and breathe in the faint scent of **chamomile**, allowing yourself to feel the particular quiet that follows honest acknowledgment — this is the beginning of **real change, not the performance of it**.

Blow gently across the **chamomile** to scatter the letter you traced, then hold the **moonstone** up to the candle flame one final time before setting it down and extinguishing the **white candle**, sealing the transformation in the dark.

YOU WILL NEED

white candle

moonstone

chamomile

♪ deep Tibetan singing bowls or low drone