



NEW MOON IN AQUARIUS · MONDAY, 19 JANUARY 2026

Virgo

This ritual is for health, daily habits, and the work that structures your everyday life.

The body keeps an honest record, and tonight you are finally sitting down to read it.

PREPARATION

Face north. Tidy the surface before you until it is genuinely clear — not just arranged but clean, the way a well-kept tool feels different from an unused one. Turn off all notifications and let slow nature sounds or soft bells settle the air around you, then pour a cup of warm herbal tea — something plain and honest — holding it in both hands before drinking, feeling the heat as a small act of care for the body you are about to address. Close your eyes and picture one day lived exactly as you intend it: the hour you rise, the food you prepare, the work you complete with full attention — feel the satisfaction of it, the quiet dignity of a day made well, let the vision be unglamorous and true. Open your eyes only when it feels less like a wish and more like a plan. The ritual begins now.

THE RITUAL

Light the **brown candle** and sit with your feet flat on the floor, feeling the ground beneath them, taking three slow breaths while you catalogue — without judgment — one thing your body has been asking for that you have been too busy to give it: **rest, movement, nourishment, stillness.**

Hold the **amethyst** in your non-dominant hand and press it gently to the inside of your wrist where a pulse lives, holding it there for five slow breaths as a gesture of **attending to the physical self with the same seriousness you give to everything else.**

Roll a sprig or pinch of **rosemary** between your fingers to release the sharp, clean scent, and as you breathe it in, name aloud the one daily habit — small, achievable, specific — that you are planting tonight under this *Aquarius* new moon.

Write the habit down on paper, or trace it on the surface before you with the **rosemary** stem, and then set the **amethyst** directly on top of it as a **material seal on a real commitment.**

Let the **brown candle** burn for five minutes while you sit in quiet with your hands in your lap, feeling the weight of the **amethyst** on the paper, and extinguish the flame by pressing your fingertips briefly near the base — grounded, unhurried, done.

YOU WILL NEED

brown candle

amethyst

rosemary

♪ slow nature sounds or soft meditation bells