



NEW MOON IN AQUARIUS · MONDAY, 19 JANUARY 2026

Libra

This ritual is about romance, creative joy, and the pleasure of being fully alive in your own life.

Somewhere in you, beneath everything responsible, something wants to play — and tonight that something is right.

PREPARATION

Face south. Let the room be soft — lower the lights, put on music that moves slowly and feels like a warm evening somewhere beautiful, and give yourself permission for the next thirty minutes to care about nothing practical. Silence your phone, pour a glass of something that tastes like an occasion — rosé, a sweet dessert wine, a sparkling water you have poured into a good glass — and hold it for a moment before drinking, because the gesture matters. Close your eyes and call up the feeling of joy in your body: not happiness as an outcome but the physical sensation of it — warmth spreading in the chest, a looseness in the shoulders, the particular lightness that comes when you are genuinely delighted by your own life. Let the image be sensory and specific and slightly indulgent. Open your eyes only when a smile has arrived without your forcing it. The ritual begins now.

THE RITUAL

Light the **pink candle** with a match rather than a lighter if you have one, taking pleasure in the small ceremony of the strike, and let the first breath you take after lighting it be a full, deliberate inhale — **receiving the moment the way you want to receive more moments.**

Hold the **rose quartz** against your sternum for a full minute, and with your eyes open on the flame, let yourself acknowledge — plainly, without irony — one thing you find genuinely beautiful about your own creative life or romantic nature.

Place two drops of **ylang ylang** on your wrists and press them together briefly, breathing the scent in as you let your imagination move toward one creative act or romantic gesture you want to bring into being before the next full moon, under the electric air of *Aquarius*.

Sit in the candlelight with the **rose quartz** in your lap and for three full minutes let your mind be completely unproductive — daydream, wander, linger on a face or a melody or a color you love — and let this aimless pleasure be **the practice, not the prelude.**

Set the **rose quartz** in front of the **pink candle**, place one hand over your heart, and extinguish the flame — sealing whatever opened tonight with one quiet, **unhurried breath.**

YOU WILL NEED

pink candle

rose quartz

ylang ylang

♪ gentle jazz or sensual acoustic strings