



NEW MOON IN PISCES · WEDNESDAY, 18 FEBRUARY 2026

## Aries

*This ritual is for rest, letting go, and spiritual renewal.*

There is a particular courage that has nothing to do with charging forward — it lives in the moment you finally set something down.

### PREPARATION

Face west. Clear the surface before you of anything sharp or urgent — this space is for softening, not striving. Silence your phone and dim the lights until the room feels like late dusk. Pour a glass of red wine or warm spiced tea, hold it with both hands, and let the heat travel up through your palms before taking one slow, deliberate sip. Close your eyes and picture what you are ready to release — see it as a color, a weight, a sound leaving your body — and hold that image until your breath slows and something inside you unclenches. Open your eyes only when the room feels quieter than it did before. The ritual begins now.

### THE RITUAL

Place the **red candle** at the center of your space and light it slowly, watching the flame settle into stillness as a symbol of **the fire that remains after you have burned away what no longer belongs to you**.

Hold the **carnelian** in your dominant hand and press it firmly against your sternum, breathing into the pressure as you name — silently or aloud — the one thing you are most ready to release under this *Pisces* moon.

With your free hand, take a pinch of **cinnamon** and hold it above the candle flame — close enough to feel the warmth — then open your fingers and let it fall, watching the smoke rise as your intention dissolves into the unseen.

Set the **carnelian** down beside the candle and sit in stillness for three full minutes, allowing the silence to do what effort cannot, letting the *Pisces* current carry away what you have named.

When you are ready, extinguish the **red candle** with your fingers rather than your breath — a deliberate act of **choosing rest with intention** — and leave the **carnelian** on your nightstand until the new moon passes.

### YOU WILL NEED

red candle

carnelian

cinnamon

♪ Silence, or 432hz tones, or distant ocean waves.