



NEW MOON IN ARIES · THURSDAY, 19 MARCH 2026

## Aries

*This ritual is for personal identity, confidence, and new beginnings.*

There is a fire that does not wait for permission, and tonight it has your name on it.

### PREPARATION

Face east. Clear the surface before you with deliberate hands, removing anything soft or uncertain from its edges, and let the space feel as sharp and ready as you intend to feel yourself. Silence your phone and close any open doors, because what you are about to claim requires your full, undivided presence. Pour a glass of red wine or a strong, spiced tea, hold the cup in both palms, feel its warmth moving into your fingers, and take one slow sip before setting it down. Close your eyes and build the image of yourself as you are choosing to be — see the posture, the expression, the specific light around you, the feeling of moving through a room and knowing exactly who you are. Open your eyes only when that image feels more real than the room around it.

### THE RITUAL

Light the **red candle** with a single deliberate strike and watch the flame catch, letting it remind you that all beginnings require one decisive moment of ignition.

Hold the **carnelian** in your dominant hand, close your fingers around it, and feel its weight as a physical anchor for **the identity you are calling forward** under this *New Moon in Aries*.

With your fingertip, trace a small circle of **cinnamon** around the base of the candle, moving clockwise, and with each slow rotation name aloud one quality you are fully claiming as your own this cycle.

Sit with the candle burning before you, keep the carnelian pressed to your sternum, and spend three minutes breathing in through the nose and out through the mouth, letting **each exhale release any version of yourself you have been performing for others**.

When you are ready, place the **carnelian** directly in front of the **red candle** so the flame light falls across it, and speak aloud: **I begin. I am enough to begin**. Let the candle burn down safely as your seal.

### YOU WILL NEED

red candle

carnelian

cinnamon

♪ energetic drumming or bold orchestral swells