



NEW MOON IN ARIES · THURSDAY, 19 MARCH 2026

## Capricorn

*This ritual is for home, family, and emotional roots.*

The roots you grow downward are the only reason anything above the surface can withstand the wind.

### PREPARATION

Face north. Move through your space slowly and with warmth — straighten a cushion, fold something left out, clear the nearest surface with the particular care of someone who knows that a tended home tends the person inside it. Silence all noise that belongs to the outside world, and let the room hold just you and the sounds of rain or quiet. Pour something deeply warming — a broth, a spiced cider, a dark herbal tea — hold the cup with both hands and feel the heat move into your palms, take one long sip and let it anchor you in your body and your home at once. Close your eyes and let yourself feel the specific weight of where you come from: the house or the person or the memory that made you who you are — not to judge it, but to know it fully, to feel its roots in the ground beneath you. Open your eyes only when you feel both held and solid.

### THE RITUAL

Light the **dark green candle** with slow deliberateness and let its deep color remind you that **your home and your emotional foundation are the living ground of everything else you build** under this *New Moon in Aries*.

Place a few drops of **cypress** essential oil on your palms, rub them together gently, and breathe the scent in deeply — letting its ancient, rooted quality bring you into full contact with **the part of you that belongs to your lineage and your place**.

Hold the **black tourmaline** in both hands and name aloud one thing about your home or your family that you are ready to strengthen, repair, or tend to with genuine care this season.

Walk slowly through your home — or simply turn in a full circle if the space is small — with the **black tourmaline** in hand, consciously offering warmth and intention to each corner, each room, each threshold, letting the stone absorb and anchor **your commitment to the places and people that hold you**.

Return to the **dark green candle**, place the **black tourmaline** before it with both hands pressed briefly to the surface beneath you, and let this grounded posture be your closing seal — **rooted, present, and ready to tend what is real**.

### YOU WILL NEED

dark green candle

black tourmaline

cypress

♪ soft rain and warm piano, no lyrics