



NEW MOON IN ARIES · THURSDAY, 19 MARCH 2026

Aquarius

This ritual is for communication, learning, and local connections.

The most transformative things that happen to us often arrive in the form of a sentence — spoken, written, or overheard at the exact right moment.

PREPARATION

Face south. Arrange the space with quick, curious hands — clear enough to think, open enough to receive — and let it feel like a place where a good idea would feel at home. Silence your notifications with the cheerful efficiency of someone who has better things to pay attention to right now. Pour a bright, clear tea — bergamot, if you have it, or a sharp citrus blend — hold the cup lightly, breathe the bergamot steam if it is there, and sip it as you would sip a good first sentence: with appreciation and a little anticipation. Close your eyes and imagine the ideas, words, and conversations this season wants to bring you — feel the particular pleasure of learning something you did not know you needed to know, of saying something in exactly the right way and watching it land, of meeting a neighbor or a stranger who becomes unexpectedly important. Open your eyes when you feel genuinely curious.

THE RITUAL

Light the **blue candle** and let its clear, steady flame mark the beginning of a season in which **you choose to communicate with precision, warmth, and genuine intention** under this *New Moon in Aries*.

Place a drop of **bergamot** oil on each temple and behind each ear, pressing your fingertips there for a moment — letting the bright, clarifying scent open your mind to **the ideas and conversations that are already trying to reach you**.

Hold the **aquamarine** to your throat and speak aloud one thing you have been meaning to say, one question you have been meaning to ask, and one subject you have been meaning to study — giving each its full, unrushed sentence.

Set the **aquamarine** before the **blue candle** and write freely for five minutes — a letter, a list, a first paragraph, anything — letting the candlelight and the stone hold the space while the words find their own momentum.

Close the ritual by placing one hand over the **aquamarine** and committing to one local, tangible act of connection before the next full moon — a call made, a class taken, a door knocked on — sealing the intention with a single slow breath in and a full, complete exhale.

YOU WILL NEED

blue candle

aquamarine

bergamot

♪ light acoustic guitar or morning birdsong