



NEW MOON IN ARIES · THURSDAY, 19 MARCH 2026

## Taurus

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

What you are willing to put down tonight may be the bravest thing you do all season.

### PREPARATION

Face west. Dim every light in the room until only softness remains, and move any clutter out of sight with slow, unhurried hands, as though you are tidying the inside of your own mind. Silence all devices, pull a blanket close if the air is cool, and let the atmosphere become as gentle as you are about to allow yourself to be. Pour a cup of warm chamomile or rose tea, lift it to your lips with both hands, breathe its steam in before you sip, and let the warmth move all the way down. Close your eyes and picture the one thing you have been carrying the longest — its weight, its texture, its familiar pull — and then imagine, slowly and without force, what it would feel like if your hands simply opened and it drifted away from you into still water. Open your eyes only when the first whisper of relief arrives.

### THE RITUAL

Light the **green candle** slowly and watch the flame settle into steadiness, letting it mark this moment as the one in which you chose rest over resistance.

Scatter the **rose petals** in a loose arc around the base of the candle, placing each petal with intention and mentally naming with each one something you are **releasing from this lunar cycle forward**.

Cradle the **rose quartz** in both palms and sit quietly with it, feeling its smoothness, allowing it to absorb the tenderness you are offering yourself as the *New Moon in Aries* opens a new and quieter chapter.

Breathe in for a count of four, hold for four, release for eight — repeat this four times — and with every long exhale consciously **let go of one obligation, guilt, or grief** that no longer asks anything true of you.

Lay the **rose quartz** among the **rose petals** before the **green candle**, rest your hands palm-up on your knees in a gesture of genuine release, and remain in that open stillness until the candle has burned a full inch.

### YOU WILL NEED

green candle

rose quartz

rose petals

♪ silence, or 432hz tones, or distant ocean waves