



FULL MOON IN CAPRICORN · TUESDAY, 30 JUNE 2026

## Capricorn

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

The most radical act available to you right now is to show up as the version of yourself you have only been rehearsing.

### PREPARATION

Face east. Stand rather than sit — let your body take up its full height in the room, feet planted, shoulders dropped, because this ritual asks you to inhabit yourself completely and that begins now, before the first action. Let the drumming or orchestral music enter the room and make it feel larger, like a stage that is yours. Pour a glass of cold water or a bold, strong tea, and take one bracing sip that wakes you up rather than settles you down. Close your eyes and build a picture of yourself as you intend to be: not improved or corrected, but fully and unapologetically present in your own skin — what you wear, how you move, the expression on your face when you are at your most alive. Hold that image steady until your whole body responds to it. Open your eyes and let the room be yours. This is your *Capricorn* Full Moon, and it rises in your first house.

### THE RITUAL

Light the **dark green candle** by holding the match to it with a steady, unhurried hand, meeting the flame as an equal — this light is for your **emergence, not your approval**.

Inhale the **cypress** oil or incense directly and deeply, letting its sharp, upward-moving scent fill your lungs and signal your body that something is **beginning rather than continuing**.

Hold the **black tourmaline** in your dominant hand and name aloud three qualities that define the person you are choosing to be from this night forward — not aspirations, but **declarations of what is already true and now fully claimed**.

Look into the candle flame and speak your own name — just your name, nothing else — once, clearly, as if introducing yourself to the version of your life that is **waiting on the other side of this Full Moon in Capricorn**.

Place the **black tourmaline** in your pocket or carry it on your body tomorrow as the ritual's first full day — a physical reminder that the person named in this ceremony and the person moving through the world are now **the same person**.

### YOU WILL NEED

dark green candle

black tourmaline

cypress

♪ energetic drumming or bold orchestral swells