



FULL MOON IN ARIES · WEDNESDAY, 4 OCTOBER 2028

Scorpio

This ritual is for health, daily habits, and meaningful work.

What you do in the ordinary hours of ordinary days is, in the end, the entire architecture of your life.

PREPARATION

Face north. Tidy your space with intention — not to impress, but because the body you are working with tonight deserves an environment that is as ordered as the habits you are trying to build. Silence everything that pulls you sideways, and let the sounds of the natural world — rain, wind, distant bells — fill the room in their place. Pour a glass of cold, clean water or a grounding herbal tea, hold it in one hand, and before drinking, think about what your body actually needs from you right now. Drink. Close your eyes and picture one day in your ideal life at its most practical and physical: what time you wake, what you eat, how your work feels in your hands, how your body feels by evening. Hold all of it steadily. Open your eyes when that image feels like a plan rather than a fantasy. The ritual begins now.

THE RITUAL

Light the **black candle** with a steady hand — its darkness is not ominous but honest, a reminder that **real transformation happens in the quiet places, not the spectacular ones.**

Hold the **obsidian** in your non-dominant hand and press it against the inside of your wrist, feeling its cool smoothness as a prompt to take stock without flinching of one habit that is costing your health or your work more than you have admitted.

Light or warm the **myrrh** and breathe its ancient, resinous scent deeply, letting it ground you in the body you actually live in — not an ideal body, but **this one, which is worth tending with discipline and care.**

Name aloud one daily practice you are committing to — specific, measurable, unglamorous — and say it to the *Aries* full moon as a contract, not a wish.

Set the **obsidian** beside the **black candle** and place your hands flat on the surface before you for a moment of stillness, palms down, feeling the solidity of what is real and what is possible when you show up for yourself consistently.

YOU WILL NEED

black candle

obsidian

myrrh

♪ slow nature sounds or soft meditation bells