



NEW MOON IN SCORPIO · WEDNESDAY, 18 OCTOBER 2028

Gemini

This ritual is for health, daily habits, and the rhythms of everyday work.

The gap between the life you want and the life you live is almost always smaller than it looks, and almost always bridged by one changed hour.

PREPARATION

Face north. Tidy the surface in front of you so there is room to move and think — clutter is the enemy of the habit you are building. Set your phone to silent and let the nature sounds play softly enough that you can still hear yourself breathe. Pour a cup of chamomile or mint tea, hold it in both hands, and before sipping, notice its warmth as a fact, as something real your body can count on. Close your eyes and walk through a single ideal day in your mind — what time you wake, how you move, what you eat, how your body feels by evening — holding each detail as something achievable and already half-true. Open your eyes only when the day you imagined feels like a plan rather than a fantasy. This is where the work begins.

THE RITUAL

Roll the **citrine** between your palms until it is warm, then hold it to your solar plexus and breathe steadily, letting the stone's energy correspond to the **one habit you are committing to build** under this new moon.

Light the **yellow candle** and take a slow breath in through the nose, drawing the light inward as if it were oxygen, feeling it as clarity rather than fire.

Hold a small bundle or pinch of **lavender** beneath your nose and inhale deeply three times, letting each breath carry away one excuse you have been using to delay the change your body and daily life are waiting for.

Set the **citrine** to the left of the **yellow candle** and rest the **lavender** across its surface, then write — by hand, somewhere you will see it tomorrow — the single **daily action** you are sealing tonight as a promise to your health.

When you have written it, pass the paper once through the **lavender** smoke rising near the **yellow candle**, then fold it once and tuck it beneath the **citrine** to anchor your intention in the physical world under the *Scorpio* new moon.

YOU WILL NEED

yellow candle

citrine

lavender

♪ slow nature sounds or soft meditation bells