



NEW MOON IN SAGITTARIUS · FRIDAY, 17 NOVEMBER 2028

Cancer

This ritual is for health, daily habits, and the rhythms of your working life.

The smallest rituals of an ordinary Tuesday hold more power than most people ever suspect — and tonight you are learning to use them.

PREPARATION

Face north. Begin by tidying the immediate space around you — not a deep clean, but a gentle ordering, a signal to the body that care is already underway. Silence your devices and let the hum of ordinary life fall quiet. Brew a cup of chamomile tea or pour a glass of cool water, and hold the cup with both hands for a moment before sipping, feeling the warmth or coolness move into you as nourishment. Close your eyes and picture your daily life as you want it to feel — the pace, the energy in your body, the satisfaction of small tasks done well — and hold that image with the same tenderness you would give to something fragile and precious. Open your eyes when the image feels real enough to step into. What matters most is already here.

THE RITUAL

Light the **white candle** and sit for a moment watching its steadiness, letting it remind you that consistency, not intensity, is what builds a life of real health and purpose under this *New Moon in Sagittarius*.

Place the **moonstone** in the palm of your non-dominant hand and close your fingers gently around it, breathing into any area of your body that has been asking for attention — your gut, your throat, your shoulders — and simply acknowledge it without judgment.

Prepare a small handful of dried **chamomile** and inhale its scent slowly, letting it signal to your nervous system that rest and regularity are not indulgences but **the very foundation of everything else you are trying to build**.

With the **white candle** burning and the **moonstone** held close, name aloud one small daily habit you are committing to in the lunar month ahead — not a goal but a practice, repeated and quiet.

Scatter the **chamomile** loosely around the base of the candle to close the ritual, then set the **moonstone** somewhere you will see it each morning as a reminder that **today's small choice is tomorrow's strong body**.

YOU WILL NEED

white candle

moonstone

chamomile

♪ slow nature sounds or soft meditation bells