



NEW MOON IN CANCER · FRIDAY, 23 JUNE 2028

Aquarius

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

Every large change in a life is secretly made of small acts done with more intention than before.

PREPARATION

Face north. Tidy the surface in front of you with the same care you would bring to tidying your own daily routine — each small act of order here is practice for the larger acts of order you are calling in. Set your phone aside and let the room hold only the quiet. Pour a glass of water or warm tea, hold it for a moment with both hands, and drink slowly, as if this sip is already part of the healthy life you are building. Close your eyes and picture one ordinary day in the body and the routine you want — feel what it is to wake up with energy, to move through work with clarity, to end the day without depletion. Open your eyes only when that ordinary day feels genuinely possible.

THE RITUAL

Light the **blue candle** and place it at the center of your cleared surface, letting its calm color set the tone — this is not about willpower, it is about **the quiet, sustainable power of a life lived with care.**

Place a drop of **bergamot** on the inside of each wrist and breathe it in once, slowly — let its brightness wake up the part of you that genuinely wants to feel well, not the part that thinks it should, but the part that **actually longs for it.**

Hold the **aquamarine** in your dominant hand and speak aloud one specific habit — just one — that you are committing to build or release during this lunar cycle, naming it in plain language because **a vague intention is a wish, and a named intention is a plan.**

Set the aquamarine next to the candle and spend three minutes in complete stillness, letting the music move around you, simply practicing the act of being in your body without asking it to produce anything — this rest is **part of the ritual, not a pause in it.**

Close by drinking the last of your tea or water in a single slow gesture of completion, then snuff the candle and place the aquamarine somewhere you will see it first thing each morning as a **daily reminder of what you have chosen.**

YOU WILL NEED

blue candle

aquamarine

bergamot

♪ slow nature sounds or soft meditation bells