



NEW MOON IN CANCER · FRIDAY, 23 JUNE 2028

Leo

This ritual is for rest, letting go, and spiritual renewal.

What you release tonight does not disappear — it simply stops being yours to carry.

PREPARATION

Face west. Dim every light you can until the room is barely lit, soft enough that the edges of things lose their sharpness. Put away everything that demands something from you — devices, lists, tasks — and let the surface in front of you hold only what belongs to tonight. Pour a small glass of wine or warm tea, lift it slowly, and hold it a long moment before you sip, as if you are offering it to the silence. Close your eyes and picture something you have been carrying that no longer belongs to you — see it clearly, feel its weight, and then, without forcing it, imagine setting it down somewhere it can rest without you. Open your eyes only when you feel the slightest easing, the smallest permission to put it down.

THE RITUAL

Light the **gold candle** slowly and deliberately, striking the match only once if you can, and let the flame settle before you do anything else — this is not a beginning, it is a **surrender**.

Hold a single grain of **frankincense** resin or let the incense smoke rise if you have a burner, and breathe the scent in as if it were the first breath after a long held silence, letting it move through you and carry out **whatever has been waiting to leave**.

Take the **pyrite** in both hands and sit with its weight for a full minute — feel how heavy it is, notice that you are still here, still steady, even as you prepare to let something go — this is **the proof that release will not undo you**.

Set the pyrite down to the left of the candle and, speaking barely above a whisper, name the one thing you are releasing — not in accusation, not in grief, but plainly, as a **fact that no longer needs defending**.

Sit with the candle in silence for as long as it takes for your breathing to slow to the rhythm of someone who is no longer fighting, then snuff the flame gently and leave the pyrite where it rests until morning.

YOU WILL NEED

gold candle

pyrite

frankincense

♪ silence, or 432hz tones, or distant ocean waves