



FULL MOON IN CAPRICORN · FRIDAY, 7 JULY 2028

Aries

This ritual is for career, ambition, and public life.

There is a version of your professional life that has been waiting, patient and without apology, for you to decide you are ready.

PREPARATION

Face east. Clear your space of clutter and unnecessary objects, leaving only what belongs to this moment. Silence your phone and dim any harsh overhead lights until the room holds a quality of focused calm. Pour a glass of red wine or strong black tea, cradle the cup in both hands, and take one deliberate sip before setting it down. Close your eyes and picture where you are going — not the vague shape of success, but the specific room, the handshake, the feeling of your own name spoken with weight. Open your eyes only when the direction feels less like a wish and more like a coordinate. The work begins now.

THE RITUAL

Light the **red candle** and let your eyes rest on the flame for a full breath before you move, acknowledging that this light now holds your **intention to advance**.

Hold the **carnelian** in your dominant hand and press it briefly against your sternum, then your forehead, then your sternum again, tracing the path between instinct and vision that **ambition requires**.

Take a pinch of **cinnamon** and pass it slowly through the candle flame — not so close that it burns, but close enough that the spice catches the heat and releases its sharp, warming scent into the air around you.

Speak aloud — plainly, without decoration — the single most important professional goal you are claiming under this *Capricorn* Full Moon, and feel the room receive it.

Place the **carnelian** beside the **red candle** and let both remain until the candle burns down, sealing your declared direction in warmth and stone.

YOU WILL NEED

red candle

carnelian

cinnamon

♪ minimal focused ambient or slow ceremonial drumming