



FULL MOON IN CAPRICORN · FRIDAY, 7 JULY 2028

## Leo

*This ritual is for health, daily habits, and everyday work.*

The body keeps the most honest record of everything you have been telling yourself about what matters.

### PREPARATION

Face north. Tidy the space with actual physical care — wipe a surface, straighten something, make the area feel attended to, because the energy of this ritual lives in the ordinary made deliberate. Silence your devices and let the slow, steady sounds of nature or bells ground the room in something unhurried. Pour a glass of warm honey water or herbal tea and take one mindful sip, tasting it as if the act of nourishing yourself is already part of the ritual — because it is. Close your eyes and picture your body at its most vital: the morning you wake rested, the afternoon you work with clear focus, the evening you move through your routine with ease and quiet satisfaction. Open your eyes only when you can feel that version of yourself as something genuinely possible, not as fantasy. This is the beginning of the practical sacred.

### THE RITUAL

Light the **gold candle** and let it represent the **steady daily radiance** of a body well-tended and a life organized with care.

Hold a piece of **frankincense** resin in your palm and breathe it in directly, or if you have a burner, set it to smoke — letting the ancient, clarifying scent signal your nervous system that **this space and this moment are set apart**.

Place the **pyrite** flat on the palm of your non-dominant hand and read aloud three specific daily habits you are committing to under this *Capricorn* Full Moon — not grand gestures, but the small, real ones that **accumulate into a different life**.

Hold the **pyrite** up briefly to the **gold candle** light and watch how it catches and returns it, letting this image remind you that **consistent small effort creates its own kind of brilliance**.

Set the **pyrite** in a place where you will see it during your morning routine, and let the **frankincense** continue to burn as the ritual closes, carrying your commitments into the air.

### YOU WILL NEED

gold candle

pyrite

frankincense

♪ slow nature sounds or soft meditation bells