



FULL MOON IN PISCES · MONDAY, 4 SEPTEMBER 2028

## Aries

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

The most radical act a warrior can perform under a full moon is to lay down the sword.

### PREPARATION

Face west. Draw the curtains, clear a low surface, and let the room settle into the kind of quiet that feels intentional rather than empty. Silence your phone and set it face-down somewhere you cannot see it. Pour a glass of wine or warm tea, hold the cup in both hands for a moment before drinking, and let the warmth move through you. Close your eyes and picture the thing you most need to release — not as an idea, but as a texture, a weight, a color draining slowly from your body until only lightness remains. Open your eyes only when that image feels complete and the room feels ready to receive you.

### THE RITUAL

Light the **red candle** and watch its flame for thirty seconds without blinking, letting its movement remind you that energy does not disappear — it only changes form.

Hold the **carnelian** against the center of your chest and breathe into the place where **what you are releasing** has lived, feeling the stone draw warmth from your body as though drawing out what no longer serves.

With your fingertip, trace a slow counterclockwise circle in the **cinnamon** on your surface while naming aloud, in a single exhaled breath, **the one burden you are ready to set down under this Pisces moon**.

Cup both hands around the candle flame without touching it, feel its heat against your palms, and silently give the thing you named to the fire — not as a defeat, but as a conscious act of completion.

Blow the **red candle** out in one slow, deliberate breath, press the **carnelian** to your lips once, and place it beside the scattered **cinnamon** as a seal — the release is real, and it is done.

### YOU WILL NEED

red candle

carnelian

cinnamon

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