



FULL MOON IN CANCER · FRIDAY, 21 DECEMBER 2029

## Aries

*This ritual is for home, family, and emotional roots.*

Something in the marrow of you remembers what it felt like to be completely, unconditionally held — and tonight, under this full moon in Cancer, you are calling that feeling back into your waking life.

### PREPARATION

Face north. Draw the curtains or dim the lights until the room feels like a held breath — somewhere between shelter and warmth. Silence your phone, close unnecessary doors, and pour yourself a glass of red wine or a mug of something spiced and hot, holding the vessel in both hands for a long moment before you drink. Close your eyes and picture the place — or the people — you call home in the deepest sense: the smell of a particular kitchen, the weight of a particular hand, the feeling of arriving somewhere that already knows your name. Open your eyes only when that feeling sits fully in your chest. The ritual begins now.

### THE RITUAL

Light the **red candle** and place it at the center of your space, letting its flame represent the hearth fire at the heart of everything you are building toward.

Hold the **carnelian** in your dominant hand and press it gently to your sternum, breathing slowly until you feel **the warmth of belonging** move from the stone into your skin.

Take a small pinch of **cinnamon** and sprinkle it in a slow circle around the base of the candle, whispering the name of each person — or each place — that has ever made you feel completely at home.

Sit quietly with the candle for five full minutes, letting yourself imagine **the home and family life you are actively calling in** — the sounds, the textures, the ordinary Tuesday-evening peace of it.

When you are ready, press your palms flat to the floor or table, feel the surface beneath you, and say aloud: *Cancer* moon, I am rooted — then let the candle burn down safely as the ritual closes.

### YOU WILL NEED

red candle

carnelian

cinnamon

♪ soft rain and warm piano, no lyrics