



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