



FULL MOON IN CANCER · FRIDAY, 21 DECEMBER 2029

Aquarius

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

There is a quiet revolution available to you right now, built not from grand decisions but from the accumulation of small, honest, daily choices — and this full moon in *Cancer* is the night you decide to begin.

PREPARATION

Face north. Let the room be simple and clean — this ritual does not need grandeur, only honesty, and a clear surface is the right altar for the work of everyday life. Silence your devices without ceremony, just silence them, because the habit of attention begins now. Pour yourself a glass of cool water or a clear, clean tea and hold it in both hands for a breath, feeling the simplicity of it, the basic bodily goodness of it. Close your eyes and picture your daily life as you want it to actually run: the morning that feels purposeful, the body that feels capable, the work that matches your real attention and energy — not perfect, but genuinely functional and genuinely yours. Open your eyes when the possibility of that life feels straightforward and within reach. The ritual begins now.

THE RITUAL

Light the **blue candle** at the beginning of what you intend to be a calm and unhurried ritual, because the practice of moving slowly through a thing is itself the first new habit.

Place a drop of **bergamot** oil under each wrist and breathe it in, letting its bright and clarifying scent signal to your nervous system that **this is what a new daily rhythm feels like at the start.**

Hold the **aquamarine** in your less dominant hand and close your eyes, moving through your typical day in your mind, noting — without judgment, only observation — where energy leaks and where it flows.

Open your eyes, set the **aquamarine** before the candle, and write down one habit to start and one habit to stop — not a list, just one of each, specific and doable by next week, because **the moon does not reward vagueness.**

Press the **aquamarine** to the paper, fold it once, and tuck it somewhere you will see it in the morning, letting the *Cancer* full moon confirm that the work of health is sacred work and begins with this.

YOU WILL NEED

blue candle

aquamarine

bergamot

♪ slow nature sounds or soft meditation bells