



FULL MOON IN CANCER · FRIDAY, 21 DECEMBER 2029

## Leo

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

The most powerful thing a **Leo** can do under a full moon in **Cancer** is put down the gold and simply rest — to discover that you are no less brilliant in the dark.

### PREPARATION

Face west. Let the room become dim and unhurried — cover or remove anything that feels demanding or functional, and let what remains be only what is quiet. Silence every device, and if you have chosen silence as your atmosphere, then let the quiet itself become a kind of music. Pour yourself a small glass of something you genuinely enjoy — red wine, warm honey in water — and hold it for a long beat, not sipping yet, just feeling the warmth of the vessel and the permission it carries. Close your eyes and let go, slowly and deliberately, of one thing you have been holding: a worry, a plan, a face, a outcome you cannot control — watch it drift away like smoke in a still room. Open your eyes only when the space behind them feels genuinely emptier and more spacious. The ritual begins now.

### THE RITUAL

Light the **gold candle** and then deliberately look away from it, a small and intentional act of releasing the need to be seen, of **letting the light exist without performing for it**.

Hold the **pyrite** in both hands and breathe in through the nose for four counts, out through the mouth for eight — and with each exhale, imagine something heavy and golden leaving your body, **something you have been carrying that was never yours to carry**.

Burn a small amount of **frankincense** resin or use a stick of it, and sit in the smoke for a moment, letting the ancient scent rearrange the atmosphere around you from effort into ease.

Set the **pyrite** down — place it away from you, further than arm's reach — and spend five minutes in complete stillness, listening to your chosen sound, doing absolutely nothing, which is tonight's most difficult and most sacred act.

When stillness has become comfort rather than resistance, retrieve the **pyrite**, hold it gently, and let the **Cancer** moon seal the work: you have rested, and the world has not fallen apart.

### YOU WILL NEED

gold candle

pyrite

frankincense

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