



FULL MOON IN VIRGO · THURSDAY, 1 MARCH 2029

Aries

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

Every enormous change is, at its origin, a small repeated act done with full attention.

PREPARATION

Face north. Clear the surface in front of you of clutter, leaving only what you need tonight — a tidy space signals to the body that something deliberate is about to happen. Silence your phone and dim any harsh lights so the room settles into something quieter than ordinary. Pour a glass of warm tea or red wine, hold the cup in both hands for a long moment, feel its warmth move into your palms, and take one slow sip before setting it down. Close your eyes and picture your body moving through a single perfect day — the texture of the morning, the ease in your chest, the small acts that build something solid — hold that picture until it feels less like fantasy and more like memory. Open your eyes only when you feel the quiet click of readiness arrive. The ritual begins now.

THE RITUAL

Light the **red candle** and watch the flame for a full breath, letting it remind you that energy requires tending.

Hold the **carnelian** in your dominant hand and name aloud — clearly, without rushing — the single daily habit you are **committing to strengthen** under this full moon in *Virgo*.

Sprinkle a pinch of **cinnamon** in a slow circle around the base of the candle, moving clockwise, as you picture that habit already woven into the fabric of your ordinary days.

Set the **carnelian** beside the candle and speak one sentence of honest acknowledgment for how far your body and discipline have already carried you.

Cup both hands around the candle's warmth without touching it, **seal the intention** with a single exhale, and let the **red candle** burn for at least ten minutes before you extinguish it.

YOU WILL NEED

red candle

carnelian

cinnamon

♪ slow nature sounds or soft meditation bells