



FULL MOON IN VIRGO · THURSDAY, 1 MARCH 2029

## Capricorn

*This ritual is for travel, beliefs, and expanding your horizons.*

Every belief you hold was, at one point, a horizon you had not yet crossed.

### PREPARATION

Face south. Open the room to a sense of possibility — move furniture an inch if you need to, face toward open space rather than walls, and let the room feel, even slightly, larger than usual. Silence your devices and give tonight's hour to the kind of thinking that can't happen while you are connected to the ordinary world. Pour something that suggests adventure — a wine you have not tried before, tea from somewhere unfamiliar, anything that carries a note of the new — hold it with curiosity, smell it first, then sip it slowly. Close your eyes and imagine going somewhere you have never been: the color of the light, the particular smell of a different landscape, the feeling of being a stranger in a place that is also, somehow, teaching you something essential about who you are — stay in that expansiveness until it makes your chest open rather than tighten. Open your eyes when the world feels large. The ritual begins now.

### THE RITUAL

Light the **dark green candle** and take a long, slow breath through the nose as the flame takes hold, as though breathing in the smell of a place you have not been to yet.

Hold a sprig or drop of **cypress** oil close and breathe it in deliberately — cypress is the scent of journeys, of ancient roads, of **the self that travels and returns changed**.

Hold the **black tourmaline** in your non-dominant hand and name aloud the belief, the journey — physical or philosophical — or the **expansion you are calling into your life** under this full moon in *Virgo*.

Set the **black tourmaline** before the candle and place a small piece of **cypress** beside it as an offering to the version of yourself who is willing to go further than comfort allows.

Stand, face fully south, and take three slow, expanding breaths — each one wider than the last — **making room in your body for the larger life that is already moving toward you**.

### YOU WILL NEED

dark green candle

black tourmaline

cypress

♪ expansive world music or open orchestral