



FULL MOON IN VIRGO · THURSDAY, 1 MARCH 2029

## Aquarius

*This ritual is for deep transformation, shared finances, and inner healing.*

What transforms you is rarely the dramatic rupture — it is the slow, unflinching willingness to look at what you have been circling.

### PREPARATION

Face west. Let the room become genuinely dim — this ritual asks you to be willing to see in low light, and the environment should reflect that. Move slowly as you prepare the space, without urgency, because what you are meeting tonight does not respond well to rushing. Pour something cool and clear — water is most honest here, though wine is allowed — hold the glass at the level of your chest and take one slow, considered sip, as though drinking something medicinal and precise. Close your eyes and allow yourself to go somewhere most people avoid: the unresolved, the owed, the thing shared and tangled and not yet completed — see it not with dread but with the calm of a person who is finally ready to understand what is actually there — hold it in your mind without flinching until curiosity outweighs fear. Open your eyes when you are steady. The ritual begins now.

### THE RITUAL

Light the **blue candle** in full silence, without any words yet, letting the act of bringing light to a dim room carry its own meaning.

Place a drop of **bergamot** oil on your wrists and press them briefly together — breathe the brightness of it in as a counterpoint to the depth you are about to enter, a reminder that **healing and lightness are the destination, not the departure point**.

Hold the **aquamarine** in both cupped hands at the level of your belly and name, in a whisper, the area of shared resource, financial entanglement, or deep personal wound that you are **ready to transform under this full moon in Virgo**.

Set the **aquamarine** directly before the **blue candle** and sit with both hands open in your lap for at least five minutes, breathing steadily while the stone absorbs what you gave it.

When you are ready, place both hands flat over the **aquamarine** without lifting it and breathe out once, long and complete — this breath is the **act of releasing what has been held too tightly for too long**.

### YOU WILL NEED

blue candle

aquamarine

bergamot

♪ deep Tibetan singing bowls or low drone