



FULL MOON IN VIRGO · THURSDAY, 1 MARCH 2029

Taurus

This ritual is for romance, creativity, and the experience of joy.

There is a version of your life in which joy is not a reward for hard work but the very current running beneath it.

PREPARATION

Face south. Soften the room — lower the lights, move anything sharp or practical out of your immediate sight, and let the space feel like somewhere pleasure is permitted. Silence your devices and give yourself full permission to be unhurried tonight. Pour a glass of wine or something sweet and warm, lift it gently, breathe in the scent before the first sip, and let that small act remind you that savoring is a skill worth practicing. Close your eyes and call up the feeling — not the idea, but the actual bodily feeling — of delight: what lights you up, who makes you laugh freely, what you are creating or longing to create, the warmth of being genuinely seen by someone you want. Hold all of that until it feels warm in your chest. Open your eyes when the warmth is real. The ritual begins now.

THE RITUAL

Light the **green candle** and take three slow breaths, letting each one soften your shoulders a little more.

Scatter the **rose petals** around the candle in a loose, generous circle — not perfectly arranged, but freely placed, the way joy actually arrives.

Hold the **rose quartz** against your heart with both hands and speak aloud what you are **opening yourself to receive** — in love, in creative life, in simple pleasure — under this full moon in *Virgo*.

Set the **rose quartz** at the center of the petal circle and let yourself sit quietly for a moment, noticing any resistance that surfaces and gently releasing it with the next exhale.

Place one **rose petal** on top of the **rose quartz** as a final offering, **sealing the intention** that this abundance of feeling is already on its way to you.

YOU WILL NEED

green candle

rose quartz

rose petals

♪ gentle jazz or sensual acoustic strings