



FULL MOON IN VIRGO · THURSDAY, 1 MARCH 2029

## Cancer

*This ritual is for communication, learning, and local connections.*

Words, when chosen with care, do not just describe the world — they quietly rearrange it.

### PREPARATION

Face south. Let the room feel open and light — pull back anything heavy, open a window just a crack if the air allows, and create the sense of a space where ideas might arrive easily. Silence your phone and set it face down. Pour a cup of chamomile tea or something gentle and pale-colored, hold it loosely in your fingers rather than gripping it, and take one unhurried sip while you notice the quiet around you. Close your eyes and imagine a conversation that goes exactly the way you hope — words landing clearly, being understood without having to over-explain, learning something that shifts a small piece of how you see the world — feel the lightness of it, the ease of moving through your local world with fluency and connection. Open your eyes when curiosity, rather than anxiety, is what you feel. The ritual begins now.

### THE RITUAL

Light the **white candle** and watch the flame stand straight and steady, a small beacon for clear thought.

Brew or hold a cup of **chamomile** tea between your palms and drink three slow sips, each one an act of **opening your mind to what you do not yet know** under this full moon in *Virgo*.

Hold the **moonstone** up briefly in the candle's light so it catches the glow, then press it gently to your throat and imagine your words finding the right people in your daily world.

Write one sentence — by hand if possible — that names the **conversation, idea, or connection** you are calling in, then fold the paper and tuck it beneath the **moonstone**.

Blow the **white candle** out slowly and deliberately, sending the smoke outward as a **messenger carrying your intention** into the wider world around you.

### YOU WILL NEED

white candle

moonstone

chamomile

♪ light acoustic guitar or morning birdsong