



FULL MOON IN VIRGO · THURSDAY, 1 MARCH 2029

Libra

This ritual is for rest, letting go, and spiritual renewal.

There is a particular kind of courage required to put something down and walk away from it without looking back.

PREPARATION

Face west — the direction of the setting sun, of things completed, of water and release. Let the space around you become as soft as possible: lower or extinguish other lights, bring a blanket close, remove any objects associated with work or obligation from your immediate view. Silence your phone and do not check it again tonight. Pour a glass of something gentle — cool water, pale wine, mild tea — hold it lightly, barely gripping, and take one slow sip as an act of tenderness toward yourself. Close your eyes and imagine setting down something heavy you have been carrying: a worry, a resentment, an old story you have told yourself too many times — see your hands actually opening, feel the weight leave them, and notice what the air feels like in a body that has just let something go. Stay there until the lightness feels real. Open your eyes only then. The ritual begins now.

THE RITUAL

Light the **pink candle** slowly, with a long exhale after the flame takes, as if the lighting itself is a sigh of relief.

Place one drop or a small cloth with **ylang ylang** oil nearby and breathe its warmth in for a full minute, letting it signal to your nervous system that **safety is here and nothing needs to be held onto tightly**.

Hold the **rose quartz** in your left hand and name — whispered is enough — the thing you are **releasing under this full moon in Virgo** — not explaining it, not justifying it, simply naming it and letting the stone receive it.

Set the **rose quartz** beside the candle and open both hands palm-up in your lap, staying in that open position for several minutes while the **ylang ylang** scent continues to move through the air.

When the time feels complete, gently close your hands — not in a fist, but softly — as a gesture of **receiving the peace that comes after release**, and let the **pink candle** burn until it extinguishes itself or until you are ready for sleep.

YOU WILL NEED

pink candle

rose quartz

ylang ylang

♪ silence, or 432hz tones, or distant ocean waves