



FULL MOON IN LIBRA · THURSDAY, 1 MARCH 2029

Taurus

This ritual is about health, daily habits, and the work you do each day.

The body keeps the score of every small promise you make to it, and the Full Moon in Libra is asking you to look at the ledger.

PREPARATION

Face north. Move anything unnecessary from your space — wipe a surface, straighten a chair — because this ritual is about the power of small, repeated acts, and it starts here. Turn off any screens and let the quiet become physical around you. Make yourself a cup of warm herbal tea, hold it in your palms for a long breath, and drink one careful sip as though it were medicine, because tonight it is. Close your eyes and picture your body moving through a single perfect day — not grand, but right: the food that sustains you, the work that satisfies, the rest that actually restores. Stay there until the picture feels less like a wish and more like a memory. The ritual begins now.

THE RITUAL

Light the **green candle** slowly and deliberately, understanding that this flame represents **the steady energy of sustainable daily life** — not a blaze, but a reliable burn.

Scatter a few **rose petals** in a loose arc around the base of the candle, each one placed with the name of a habit — spoken softly — that you are **choosing to tend from this night forward**.

Hold the **rose quartz** in both hands and bring it to rest against your belly — the seat of digestion, of processing, of turning raw material into strength — and breathe into that space for three full counts.

Look at the **green candle** flame and say aloud one thing your body has been asking for that you have been too busy to give it, letting the words land in the room without softening them.

Place the **rose quartz** among the **rose petals** as a seal, and as the **green candle** burns, make one specific, small commitment for tomorrow — written or spoken — that is **the first act of this new agreement**.

YOU WILL NEED

green candle

rose quartz

rose petals

♪ slow nature sounds or soft meditation bells