



FULL MOON IN LIBRA · THURSDAY, 1 MARCH 2029

Cancer

This ritual is about home, family, and the emotional roots that hold you.

The roots you cannot see are doing more work than you know, and tonight asks you to feel that — not to analyze it, just to feel it.

PREPARATION

Face north. Walk through the room you are in as if seeing it with a visitor's eyes — adjust one thing: a blanket pulled straight, a lamp moved closer — until the space feels like it is holding you rather than merely containing you. Silence every notification and let the room breathe. Make a cup of chamomile tea if you have not already, hold the warm mug against your chest for a moment before drinking, and take the first sip slowly, as though receiving something. Close your eyes and picture the people and the places that first taught you what home meant — the textures, the light, the sounds that meant safety. Stay with that picture until it softens into something grateful rather than aching. Open your eyes when you are ready to be present with what you have built. The ritual begins now.

THE RITUAL

Light the **white candle** and set it somewhere central to your space, understanding that its glow represents **the living warmth of home** — not the building, but the feeling.

Brew or pour a small cup of **chamomile** tea and carry it slowly through at least two rooms of your home before returning, as though you are gently blessing each space with your calm, unhurried presence.

Hold the **moonstone** in your non-dominant hand — the receiving hand — and sit quietly near the **white candle**, allowing any feeling about family, belonging, or emotional safety to simply arrive without being managed.

Speak aloud — to the room, to the **moonstone**, to the *Libra* moon — one thing you are **grateful for in your emotional life** and one thing you are **gently releasing** from the story of where you came from.

Place the **moonstone** beside the **white candle** and let your **chamomile** tea cool untouched beside it — this small act of not rushing is the seal, the signal that you are learning to let home be enough.

YOU WILL NEED

white candle

moonstone

chamomile

♪ soft rain and warm piano, no lyrics