



FULL MOON IN LIBRA · THURSDAY, 1 MARCH 2029

Scorpio

This ritual is about rest, letting go, and returning to spiritual stillness.

Not every sacred act is about building — some of the most powerful ones are about setting something down and walking away from where you laid it.

PREPARATION

Face west. West is where the sun descends, where things complete themselves, and that is the direction of everything this ritual asks of you. Make the room as dark as you reasonably can — close curtains, turn off overhead lights, let the coming candle be the main source of glow. Silence everything. Pour yourself something slow: a small glass of dark wine, a cup of heavy chamomile, something you would only drink when you have nowhere to be. Hold it in both hands and drink one long, deliberate sip, aware that receiving rest is an act, not a default. Close your eyes and picture the thing — the worry, the role, the story, the exhaustion — that you most need to release right now, not abstractly, but specifically: feel its weight, its texture, its particular way of costing you something. Stay with it until you can look at it without flinching. Open your eyes. The ritual begins now.

THE RITUAL

Light the **black candle** without ceremony or fanfare — just a quiet flame in a quiet room — because **what you are releasing tonight does not need an audience**, only your honest attention.

Hold the **obsidian** in your non-dominant hand and let it absorb the heat of your palm, knowing this stone is one of the oldest mirrors in the world — sit with it and allow one true thing about what you are carrying to surface without immediately trying to fix or explain it.

Light the **myrrh** — resin, cone, or stick — and as its deep, resinous smoke rises, name aloud into it the specific thing you are releasing: not a category, but the actual thing, with its actual weight, spoken once and then let go with the smoke.

Set the **obsidian** at the base of the **black candle** and lie down, or lean fully back, and do nothing for at least five minutes — this is not passive, this is the active practice of **surrender**, the hardest thing *Scorpio* is ever asked to do.

When you return to sitting, extinguish the **black candle** by pressing your fingers briefly over it — not blowing, pressing — and leave the **obsidian** and the cooled **myrrh** ash undisturbed until morning, a small monument to the thing you chose to put down under *Libra's* light.

YOU WILL NEED

black candle

obsidian

myrrh

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