



FULL MOON IN SAGITTARIUS · MONDAY, 28 MAY 2029

Aries

This ritual is for travel, beliefs, and expanding your horizons.

There is a version of your life that begins the moment you stop asking for permission to go.

PREPARATION

Face south. Clear the surface before you — remove clutter, smooth a cloth if you have one, let the space breathe with the same openness you are asking the world to show you. Silence your phone and anything else that pulls you back into the small and ordinary. Pour a glass of red wine or spiced tea, hold the warm vessel in both hands for a moment, and take one slow sip before setting it aside. Close your eyes and picture the horizon — not a photograph, but a felt sense of it: the smell of unfamiliar air, the particular light of a place you have not yet stood in, the physical loosening in your chest when distance becomes possible. Open your eyes only when that looseness arrives. The ritual begins now.

THE RITUAL

Light the **red candle** and let your eyes rest on the flame for a full breath, feeling the heat as the energy of motion — forward, outward, into the unknown.

Hold the **carnelian** in your dominant hand and press it against your sternum, calling in **the courage to move toward what you do not yet understand**, letting the stone warm against your skin.

Take a pinch of **cinnamon** and release it slowly above the candle flame — not into it, but near enough that the heat carries its scent — as an offering to the journey that is already finding its way to you.

Speak aloud the name of one belief, one destination, or one version of yourself you are ready to grow into, and feel the words land in the room as something solid and real under the *Sagittarius* full moon.

Cup both hands around the base of the **red candle** without touching it, seal the intention with three slow breaths, then let the candle burn down safely as the ritual closes around you.

YOU WILL NEED

red candle

carnelian

cinnamon

♪ expansive world music or open orchestral swells