



FULL MOON IN SAGITTARIUS · MONDAY, 28 MAY 2029

Cancer

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

The most radical thing you can do under this full moon is tend to yourself the way you would tend to something you truly love.

PREPARATION

Face north. Tidy the space around you — not obsessively, but honestly — because neatness here is not performance, it is practice, and this ritual is entirely about practice. Silence everything that pulls your attention away from the quiet fact of your own body in this room at this hour. Brew a cup of chamomile tea if you have it, or pour warm water with honey, and hold the mug in both hands until you can feel the warmth moving into your palms before you take one slow sip. Close your eyes and trace a single day — your ideal ordinary day — feeling the rhythm of it: the hour you wake, the food you put in your body, the work your hands do, the quality of your sleep at the end of it. Hold that rhythm clearly in your mind. Open your eyes when it feels less like a wish and more like a plan. The ritual begins now.

THE RITUAL

Light the **white candle** and let its clean, steady light remind you that clarity about small things — sleep, food, movement, rest — is not a small matter at all.

Brew or prepare a small dish of **chamomile** if you have not already, and place it beside the candle as an offering to the body's daily need for gentleness alongside its daily need for discipline.

Hold the **moonstone** in your left hand and press it gently against the inside of your wrist, feeling your own pulse against the stone and acknowledging **one habit you are willing to begin, one habit you are willing to stop** — naming each aloud without apology.

Sit for two full minutes in silence with the **moonstone** still in your hand, doing nothing except breathing steadily, because rest is the habit most often skipped and it belongs in this ritual as much as any action.

Place the **moonstone** beside the **white candle** and let the scent of the **chamomile** fill the air as you close the ritual under the *Sagittarius* full moon, knowing that the intention is now set and will be met one day at a time.

YOU WILL NEED

white candle

moonstone

chamomile

♪ slow nature sounds or soft meditation bells