



NEW MOON IN GEMINI · MONDAY, 14 MAY 2029

## Cancer

*This ritual is for rest, letting go, and spiritual renewal.*

What the deep water knows that the surface does not is that letting go is its own kind of arrival.

### PREPARATION

Face west. Dim everything you can — turn off overhead lights, draw curtains, let the room become soft and private. Silence all devices completely and let the quiet become something you can feel against your skin. Pour a cup of chamomile tea, hold it in both hands, feel the gentle steam rise, and take one slow, deliberate sip as an act of care rather than habit. Close your eyes and let your body soften — not toward sleep, but toward release. Picture the thing you have been carrying, the worry or grief or obligation that has overstayed its welcome, and without forcing anything, imagine setting it down the way you set down a heavy bag at the end of a long journey. Open your eyes only when you feel even the smallest loosening in your chest. The ritual begins now.

### THE RITUAL

Light the **white candle** slowly and with both hands, letting the act be unhurried, because what you are calling in tonight — **genuine rest and spiritual clearing** — cannot be rushed.

Hold the **moonstone** loosely in your non-dominant hand and close your fingers around it, not gripping but cradling, as you name aloud the one thing you are releasing this lunar cycle under the *New Moon in Gemini*.

Drop a pinch of dried **chamomile** into your cup of tea and watch it drift and settle, understanding this small act as a gesture of surrender — you are placing something tender into the current and letting it go.

Sit with the **moonstone** pressed to the center of your forehead for seven slow breaths, asking nothing, simply receiving whatever quiet wisdom rises in the dark behind your eyes.

When the seven breaths are complete, lay the **moonstone** beside the **white candle** and drink the rest of your tea in silence, understanding that the ritual is sealed and the release has already begun.

### YOU WILL NEED

white candle

moonstone

chamomile

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