



FULL MOON IN PISCES · FRIDAY, 24 AUGUST 2029

Aries

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

The most radical act a warrior can perform under a full moon is to lay down the sword.

PREPARATION

Face west. Draw the curtains, clear a low surface, and let the room settle into the kind of quiet that feels intentional rather than empty. Silence your phone and set it face-down somewhere you cannot see it. Pour a glass of wine or warm tea, hold the cup in both hands for a moment before drinking, and let the warmth move through you. Close your eyes and picture the thing you most need to release — not as an idea, but as a texture, a weight, a color draining slowly from your body until only lightness remains. Open your eyes only when that image feels complete and the room feels ready to receive you.

THE RITUAL

Light the **red candle** and watch its flame for thirty seconds without blinking, letting its movement remind you that energy does not disappear — it only changes form.

Hold the **carnelian** against the center of your chest and breathe into the place where **what you are releasing** has lived, feeling the stone draw warmth from your body as though drawing out what no longer serves.

With your fingertip, trace a slow counterclockwise circle in the **cinnamon** on your surface while naming aloud, in a single exhaled breath, **the one burden you are ready to set down under this Pisces moon**.

Cup both hands around the candle flame without touching it, feel its heat against your palms, and silently give the thing you named to the fire — not as a defeat, but as a conscious act of completion.

Blow the **red candle** out in one slow, deliberate breath, press the **carnelian** to your lips once, and place it beside the scattered **cinnamon** as a seal — the release is real, and it is done.

YOU WILL NEED

red candle

carnelian

cinnamon

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