



FULL MOON IN ARIES · SUNDAY, 23 SEPTEMBER 2029

Aries

This ritual is for personal identity, confidence, and new beginnings.

Something in you has been waiting for permission that only you can give.

PREPARATION

Face east. Clear the surface before you of anything that does not belong to this moment — what remains should feel chosen, not accidental. Silence your phone and any noise that pulls your attention outward, because what you are doing here requires all of you present. Pour a glass of red wine or a strong, warming tea, hold the cup in both hands, and feel its heat before you take a single slow sip. Close your eyes and picture yourself moving through the world exactly as you intend to be — notice how your feet land, what your face looks like, how people respond to the energy you carry. Open your eyes only when that image feels solid, not imagined. The ritual begins now.

THE RITUAL

Light the **red candle** and hold your gaze on the flame for a full breath, letting it remind you that fire does not ask before it burns — it simply burns.

Take the **carnelian** in your dominant hand and press it firmly against the center of your chest, breathing into it three times with intention, each exhale carrying the name of something **new you are ready to begin**.

Open the **cinnamon** and breathe its scent slowly and deeply, letting the warmth of it move through you as a signal to your body that **a new chapter is already underway**.

Speak aloud — clearly, without hesitation — one sentence that begins with the words 'From this night forward, I move as someone who...' and let the *Aries* full moon take it out into the open sky.

Place the **carnelian** beside the **red candle** and let the candle burn for at least ten minutes while you sit with the quiet, resolute feeling of a decision already made.

YOU WILL NEED

red candle

carnelian

cinnamon

♪ energetic drumming or bold orchestral swells