



NEW MOON IN CAPRICORN · FRIDAY, 4 JANUARY 2030

Aquarius

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

There is a particular kind of courage required to stop — to set down the effort and trust that something remains when you do.

PREPARATION

Face west. Do not rush into this room — pause at the threshold for a moment before you enter, because what this ritual asks of you begins at the doorway. Let silence hold the space, or set the ocean tones barely audible, a suggestion rather than a sound. Soften every light source you can. Pour a cup of warm tea — something mild, something that asks nothing of you — and hold it with both hands until it is cool enough to sip, because waiting quietly is the first practice. Close your eyes and picture not what you want to gain but what you are finally willing to put down — the story you have been carrying, the role you have been playing, the exhaustion of pretending it is all fine — and let yourself feel the weight of it before you release it. Open your eyes only when the room feels spacious. There is no performance here.

THE RITUAL

Light the **blue candle** at the lowest possible light level in the room, so the flame is the primary source, and sit with it in total silence for two full minutes before speaking or moving — let the quiet become an environment, not an absence.

Hold the **aquamarine** loosely — not gripping, not pressing — in your open, upturned palm, and name aloud the one thing you are releasing under this *Capricorn* New Moon, speaking it gently, as if to someone you love who is finally being let go.

Put one drop of **bergamot** on the inside of each wrist and breathe in the luminous, slightly sweet scent slowly, using the exhale to **release the holding — the tension in the jaw, the shoulders, the place behind the eyes where the fatigue lives.**

Place the **aquamarine** beside the **blue candle** and lie down or recline if you are able, letting the weight of your body into the surface beneath you — because **surrender is not collapse; it is the most complete form of trust.**

When you are ready — not after a fixed time, but when something in you has genuinely shifted — rise slowly, snuff the **blue candle** with your fingers rather than breath, and leave the **aquamarine** where it rests until morning.

YOU WILL NEED

blue candle

aquamarine

bergamot

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