



FULL MOON IN CAPRICORN · SUNDAY, 16 JUNE 2030

Cancer

This ritual is about love and close partnerships.

Love, in its most honest form, does not ask you to become someone else — it asks you to become more completely yourself.

PREPARATION

Face west. Arrange your space with softness — a folded blanket, a low surface, any object that makes the room feel like a place where tenderness is possible. Silence everything that does not belong to this quiet, and let the music carry the room into something that feels safe. Brew a cup of chamomile tea and hold it in both hands, breathing in the steam before taking one careful, warm sip. Close your eyes and bring to mind the person or quality of connection you are drawing toward you — not as an abstraction, but as a felt sense: their presence nearby, the ease of being truly known, the texture of a love that does not require you to be smaller. Open your eyes only when your chest has softened in the direction of what you want. The door is already ajar.

THE RITUAL

Light the **white candle** with both hands cupped around the match for a moment before striking it, as if sheltering the **new flame of connection** from the wind of old doubt.

Steep a small bundle of **chamomile** in warm water or simply hold the loose herb in your palm and breathe its scent deeply, letting it soften any tightness in your throat or chest that belongs to **old relational pain**.

Hold the **moonstone** against your heart and describe aloud — specifically and without censor — how it feels to be in the partnership you are calling in, under the full, clear light of this *Capricorn* Full Moon and its opposite sign, *Cancer*.

Set the **moonstone** on the surface before you and place both hands flat on either side of it, feeling the solidity of the surface beneath you and letting it remind you that **love is built on something real**.

Let the **chamomile** remain near the **white candle** as the flame burns, and close the ritual by pressing one hand to your heart and holding it there for ten full, unhurried breaths.

YOU WILL NEED

white candle

moonstone

chamomile

♪ chamber strings or soft piano, no lyrics