



FULL MOON IN TAURUS · WEDNESDAY, 1 OCTOBER 2031

## Aquarius

*This ritual is for home, family, and emotional roots.*

Long before you understood yourself, there were people and places shaping the particular quality of your inner life — and this moon asks you to let that inheritance be a source of strength.

### PREPARATION

Face north. Let the room become warm and intimate — pull blankets closer, draw curtains if the night is cool, let the space feel held. Move through your home quietly for a moment before you begin, touching doorframes or surfaces with a light hand, noticing what it feels like to have a place that is yours. Silence everything external and let the sounds of the house itself come forward — the small creaks and hums that are the voice of where you live. Pour a cup of something deeply comforting: warm milk with honey, herbal tea, anything that smells like being taken care of, and hold it in both hands before drinking and think of one person who helped make you who you are. Close your eyes and picture your emotional roots — not metaphorically, but as real ground beneath a real tree — see how deep they go, see what they have fed in you. Open your eyes only when the image fills you with something steady and warm. The ritual opens here, in the place you belong.

### THE RITUAL

Light the **blue candle** and place it somewhere that feels central to your home — not hidden in a ritual corner but in a living space — letting its flame be a small, steady **acknowledgment that this home is a living thing** that holds you.

Place a few drops of **bergamot** oil in a diffuser or on a warm surface, and let the bright, warm citrus scent move through the air of your home as a signal to your nervous system that *Taurus's* grounding energy has arrived here, in this room, tonight.

Hold the **aquamarine** against your chest and think of one person in your family — biological or chosen — to whom you feel genuinely connected, and let yourself feel the full weight of that connection without rushing past it or explaining it.

Carry the **aquamarine** to the room in your home that feels most like you — the place where you are most yourself — and set it down there deliberately, as an act of **anchoring your emotional life** in the space that belongs to it.

Return to your candle, sit, and place both hands on your knees with your feet flat on the floor, feeling the specific ground of your specific home beneath you, and let the **blue candle** burn for as long as you remain in that room — the ritual closes only when you are ready to sleep.

### YOU WILL NEED

blue candle

aquamarine

bergamot

♪ soft rain and warm piano, no lyrics