



NEW MOON IN LIBRA · THURSDAY, 16 OCTOBER 2031

## Taurus

*This ritual is for health, daily habits, and the rhythms of work.*

The body keeps its own kind of ledger, and every small daily act either deposits into your vitality or quietly withdraws from it.

### PREPARATION

Face north. Wipe down the surface where you will work — not hastily, but with care, as though preparing a table for someone you respect. Turn off all notifications and let the room settle into its own quiet. Pour a glass of cool water or warm chamomile tea, hold it in both hands and notice its temperature against your skin before you take a single, unhurried sip. Close your eyes and picture your body moving through a single ideal day — the morning rhythm, the quality of your energy at midday, the feeling of work done well and a body that feels like an ally rather than an obstacle. Open your eyes only when you can hold that image with conviction rather than longing. The ritual begins now.

### THE RITUAL

Light the **green candle** and set it before you, letting its steady flame represent the **slow, reliable energy of a body and life in good order**.

Lay the **rose petals** in a loose circle around the candle's base — each petal placed with deliberate attention, as though each one names a habit you are committing to tend.

Take the **rose quartz** in both hands and breathe onto it three times, each breath carrying **the intention of kindness toward your own body** as you build new rhythms.

Hold the **rose quartz** over your heart for one slow minute and let the *Libra* New Moon's energy for balance settle into the part of you that has been running too hard or resting too little.

Place the **rose quartz** inside the ring of **rose petals** at the foot of the **green candle**, sealing the intention that **your daily life now moves toward wholeness**, and remain still for one breath before you rise.

### YOU WILL NEED

green candle

rose quartz

rose petals

♪ slow nature sounds or soft meditation bells