



FULL MOON IN GEMINI · SATURDAY, 29 NOVEMBER 2031

## Capricorn

*This ritual is for health, daily habits, and work routines.*

The most radical thing you can do for your future is tend to the small and ordinary things happening right now, today, in this body, in this life.

### PREPARATION

Face north. Before you do anything else, drink a full glass of plain water — not as part of the ritual, but as a preliminary act of tending the body that will carry all your intentions. Then arrange the space with practical care rather than decorative care: flat surfaces clear, nothing underfoot, room to breathe. Pour a cup of something warm and nourishing — ginger tea, or dark broth if you have it — and hold it firmly in both hands, taking one honest sip before setting it down. Close your eyes and inventory your body from the ground up — not critically, but honestly — feeling where it is strong, where it is tired, and what it has been quietly asking you for. Open your eyes only when you are genuinely listening. The ritual begins now.

### THE RITUAL

Light the **dark green candle** and let its color remind you that **health and growth are the same slow process**, neither of them dramatic, both of them worth your sustained and honest attention.

Add a few drops of **cypress** oil to a cloth or your inner wrist and breathe it in with intention, letting the clean, grounding scent anchor you to the physical reality of your life — the real schedule, the real body, the real work — as the *Gemini* full moon illuminates what is actually working and what is not.

Hold the **black tourmaline** in your dominant hand and name aloud, clearly and without self-judgment, one habit that is no longer serving your health and one habit you are committing to build or strengthen in the next lunar cycle.

Place the **black tourmaline** before the **dark green candle** and write a single daily practice — specific, time-bound, and realistic — on a piece of paper that you will fold and keep somewhere you will see it each morning as a **practical and living contract with your own wellbeing**.

Sit quietly with both palms pressed flat to your thighs for three full breaths — feeling the weight and warmth of your own body — then extinguish the **dark green candle** and carry the **black tourmaline** to a place in your home where your daily routine begins, leaving it there as a reminder that the ritual continues in every ordinary action.

### YOU WILL NEED

dark green candle

black tourmaline

cypress

♪ slow nature sounds or soft meditation bells