



FULL MOON IN LEO · WEDNESDAY, 28 JANUARY 2032

Pisces

This ritual is for health, daily habits, and the small acts of care that hold a life together.

The body keeps the most honest record of how you have been living — and tonight, under the full moon in *Leo*, it is offering you the chance to write something different into that record.

PREPARATION

Face north. Begin by looking honestly at the space around you — not with criticism but with the calm attention of someone who is about to tend a garden. Tidy what is in immediate reach: a cleared surface is a signal to yourself that maintenance is an act of love, not obligation. Silence everything that buzzes or demands, and pour a warm glass of water with lemon or a gentle herbal tea, drinking it slowly and with the intention that something in your body is being cared for right now, in this small act. Close your eyes and picture your daily life as it could be if your body and your habits were truly aligned with your wellbeing — the specific morning, the specific energy, the feeling of moving through a day without fighting yourself. Open your eyes when the image feels less like fantasy and more like a reasonable next step. The ritual begins now.

THE RITUAL

Light the **sea green candle** and let its color — the shade of something living, something tidal — remind you that **health is not a fixed destination but a continuous, responsive practice.**

Hold a few dried or fresh **jasmine** flowers to your face and breathe their scent in deeply, letting the sweetness of it act as a small, deliberate reward for the decision to pay attention.

Take the **moonstone** in your dominant hand and speak plainly to it — as you might to a trusted friend — naming **one specific habit you are releasing and one you are beginning** under this full moon.

Set the **moonstone** on a clean surface beside the **sea green candle** and write, without overthinking, a three-line daily practice — something genuinely manageable, not aspirational — because **the habit you will actually keep is worth more than the one that sounds impressive.**

Tuck the written practice somewhere practical — a mirror, a fridge door, a phone case — then return to the **moonstone** and hold it one final time, sealing the intention with a single slow breath before placing it beside where you sleep.

YOU WILL NEED

sea green candle

moonstone

jasmine

♪ slow nature sounds or soft meditation bells