



NEW MOON IN SCORPIO · WEDNESDAY, 3 NOVEMBER 2032

## Sagittarius

*This ritual is for rest, letting go, and spiritual renewal.*

There is a kind of courage that looks nothing like action — it is the willingness to stop, to release, to let the current take what you have been clutching.

### PREPARATION

Face west. Before anything, sit still for one full minute and do nothing — not fidgeting, not adjusting, just stillness, which is the hardest and most necessary preparation for what follows. Dim every light you can, and if silence is your music tonight, let it deepen rather than unsettle you. Pour something warm and herbal — valerian, chamomile, or simply hot water with lemon — hold the cup with both hands and drink slowly, with no urgency whatsoever. Close your eyes and let one thing rise to the surface: not a goal, but something you have been holding that is no longer yours to carry — a story, a grievance, a version of yourself you have outgrown — and sit with it long enough to feel its weight. Open your eyes only when you feel genuinely ready to put it down. The ritual is permission, finally granted.

### THE RITUAL

Hold the **lapis lazuli** in both hands and breathe slowly, letting the stone's deep blue weight correspond to the depth of the **release you are preparing to make** under this new moon.

Light the **purple candle** and sit for a moment simply watching it, resisting the urge to do anything next — the act of waiting and not filling the silence is itself a spiritual practice and an offering.

Hold the **sage** near the flame and let it catch lightly, then move it slowly around your own body — above your head, down each arm, around the space at your feet — letting its smoke carry away what the *Scorpio* sky is asking you to release.

Set the **lapis lazuli** in front of the **purple candle**, place your hands in your lap with palms facing up, and speak the name of the thing you are releasing — once, quietly, with finality, as if you are handing it to the night.

Sit in complete stillness for five minutes — no phone, no adjustment, no plan — letting the **purple candle's** light and the **sage** smoke finish what you have started, trusting that **what you have released is already beginning to leave**.

### YOU WILL NEED

purple candle

lapis lazuli

sage

♪ silence, or 432hz tones, or distant ocean waves