



NEW MOON IN SAGITTARIUS · FRIDAY, 3 DECEMBER 2032

## Capricorn

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

There is a particular kind of courage that does not charge forward but instead lays something down — and the new moon is asking if you are finally brave enough for that.

### PREPARATION

Face west. Before anything else, sit down and be still — do not rearrange, do not prepare, simply sit and let the room be exactly as it is for one full minute. Then, gently, move what feels wrong and leave what feels right. Silence every device and let the ambient quiet arrive. Pour a glass of still water or very gentle herbal tea and hold it in both hands, not drinking yet — just holding — before one slow, quiet sip that you let move all the way down. Close your eyes and release the image of what you need to accomplish, what you owe anyone, what remains unfinished — let all of it fall softly from your hands in the dark behind your eyelids. Open your eyes only when you feel lighter. Rest is the work.

### THE RITUAL

Light the **dark green candle** without ceremony, quietly, as if you are lighting a lamp in a room where someone is sleeping — because something in you has been exhausted for long enough and deserves that tenderness under this *New Moon in Sagittarius*.

Hold the **black tourmaline** in both hands and name — silently, inwardly — the thing you are ready to release: the role, the worry, the invisible labor you have been performing without rest or recognition.

Anoint your wrists or temples with a drop of **cypress** oil and breathe it in slowly, letting its ancient, still scent carry you below thought and into the body's own knowledge that **release is not failure — it is completion**.

Sit in silence with the **dark green candle** burning and the **black tourmaline** resting in your lap, and let your mind go genuinely quiet — not meditated into submission, but allowed to drift toward the deep water where real renewal happens.

When the quiet feels full rather than empty, place the **black tourmaline** beside the **cypress**-scented cloth or your wrist, and breathe a final long exhale over the **dark green candle** flame to seal the intention that **what you released tonight does not return in the same form**.

### YOU WILL NEED

dark green candle

black tourmaline

cypress

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