



NEW MOON IN SAGITTARIUS · FRIDAY, 3 DECEMBER 2022

## Libra

*This ritual is for communication, learning, and the connections closest to your daily life.*

Every conversation you have ever loved began with someone deciding to be genuinely present — and tonight, that someone is you.

### PREPARATION

Face south. Open a window slightly if you can, or imagine air moving freely through the space — this ritual lives on breath and exchange. Clear the surface in front of you and let the room feel light rather than heavy. Pour a glass of something you enjoy — sparkling water, rosé, a fragrant tea — and hold it for a breath before sipping, noticing the taste with genuine attention. Close your eyes and picture a conversation that changed you, or the conversation you are still waiting to have — feel the electricity of real ideas meeting real minds, words landing exactly where they need to. Open your eyes when you feel curious rather than cautious. The air is ready.

### THE RITUAL

Light the **pink candle** and take a breath before sitting down, letting the warmth of the flame welcome you into the particular kind of openness that makes real communication possible under this *New Moon in Sagittarius*.

Apply a drop of **ylang ylang** oil to your throat or wrists, inhaling slowly, letting its sweetness soften any tightness in the voice or any reluctance that has been sitting in your chest.

Hold the **rose quartz** in both hands and name aloud — with warmth, not force — the connection or conversation you are calling into your life: a teacher, a neighbor, a sibling, an idea you have been circling but never caught.

Sit quietly with the **rose quartz** at your throat and the **pink candle** burning before you, and let your mind travel freely among ideas that excite you — this wandering is not distraction, it is **the mind opening itself to what it needs to learn next**.

Set the **rose quartz** directly in front of the **pink candle** and let the flame's light rest on the stone, sealing the intention that **your words and your listening both become instruments of something meaningful** in the weeks ahead.

### YOU WILL NEED

pink candle

rose quartz

ylang ylang

♪ light acoustic guitar or morning birdsong