



NEW MOON IN GEMINI · MONDAY, 10 MAY 2032

Capricorn

This ritual is for health, daily habits, and meaningful daily work.

A life of genuine vitality is built one small, unglamorous, irreplaceable choice at a time.

PREPARATION

Face north. Order the space in front of you deliberately — this is a ritual of the everyday, and the everyday deserves dignity. Remove anything that represents procrastination or neglect from the surface, and let what remains be only what belongs. Silence all devices without exception. Pour a tall glass of cool water or warm green tea, hold it and feel its plainness, its functionality, and drink one slow, honoring sip. Close your eyes and picture your body moving through a perfect ordinary day — the habits that sustain rather than deplete, the work that is done well, the small acts of care that compound over time into a life of real strength and ease. Feel the satisfaction of a body well tended. Open your eyes when the vision feels earnest rather than idealized. The ritual begins now.

THE RITUAL

Light the **dark green candle** and let its steady flame represent the consistency you are committing to — not perfection, but the reliable, daily devotion to **your body's needs and your work's direction** under this *Gemini* sky.

Add a few drops of **cypress** essential oil to your palms, rub them together, and breathe the sharp, clarifying scent in through your nose slowly, letting it signal your body that **a new rhythm is beginning** from this moment forward.

Hold the **black tourmaline** in your non-dominant hand and state aloud the single habit — one daily act of health or care — that you are committing to for the full lunar cycle, making it specific enough to keep.

Press the **black tourmaline** firmly to the floor or surface in front of you for a breath, grounding the intention into the physical world where habits actually live.

Set the **black tourmaline** beside the **dark green candle** in the lingering scent of the **cypress**, and let the candle burn for fifteen uninterrupted minutes while you sit quietly in the promise you have just made to your own body.

YOU WILL NEED

dark green candle

black tourmaline

cypress

♪ slow nature sounds or soft meditation bells