



FULL MOON IN CAPRICORN · WEDNESDAY, 23 JUNE 2032

## Aquarius

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

There is a particular kind of freedom that only arrives after you stop trying to carry everything across.

### PREPARATION

Face west. Slow everything down before you begin — move through the room at half your normal speed, dimming lights, folding away anything that belongs to productivity or urgency. Let the ocean or 432hz tones fill the space like something that has been here longer than you have. Pour a cup of warm water with honey or a very light herbal tea, and take one sip so slowly that the warmth has time to move all the way down before you swallow. Close your eyes and locate, honestly, the thing you have been carrying that no longer belongs to you — a resentment, an identity, a version of the story of your life that has stopped being true. Feel its weight and then, without drama, begin to imagine setting it down. Open your eyes only when the image of setting it down feels like relief rather than loss. This is the most courageous place you can stand.

### THE RITUAL

Light the **blue candle** gently and without ceremony, as if placing a lamp in a window for someone who is **finding their way home to themselves** in the dark.

Hold the **aquamarine** loosely — not gripped, just resting — in your open palm, and breathe the kind of breath that does not brace for anything, letting the stone's cool weight represent the **ease that is waiting on the other side of release**.

Apply a drop of **bergamot** oil to your temples or your wrists and breathe it in slowly, letting its bright, clarifying scent move through whatever **fatigue or grief has been living in your body** under this *Capricorn* Full Moon and its *Aquarius* lens.

Lie down flat on the floor or a bed with the **aquamarine** resting on your sternum, your eyes closed, and spend ten to fifteen minutes doing absolutely nothing — not meditating with effort, not visualizing, simply **letting the weight of you be held by the earth beneath you**.

When you rise, place the **aquamarine** beside the **blue candle** and let the candle burn low as you sleep, knowing that the act of deep, genuine rest tonight is itself the **ritual's completion**.

### YOU WILL NEED

blue candle

aquamarine

bergamot

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