



FULL MOON IN CAPRICORN · WEDNESDAY, 23 JUNE 2032

Libra

This ritual is for home, family, and emotional roots.

The home you carry inside you is older and deeper than any house you have ever lived in.

PREPARATION

Face north. Move through your home briefly and touch one object in each room with intention — the doorframe, the table, the windowsill — as a way of telling the space that you are present and that it matters. Let the piano and rain settle the air into something warm and unhurried, and silence all intrusions from the outside world. Pour yourself a cup of warm milk or chamomile tea and hold the cup against your chest for a moment before drinking, as if warming yourself from the inside out. Close your eyes and picture the home or the family connection you are tending — not an idealized version, but the real one, with its beauty and its complexity, and feel the specific quality of love that has held it together. Open your eyes only when you feel rooted where you stand. The ground beneath you is the place to begin.

THE RITUAL

Light the **pink candle** in the center of your space and let its soft warmth represent the **sustained, unheroic love** that holds homes and families together across time.

Place one drop or a light application of **ylang ylang** oil at your wrists and the back of your neck, breathing it in as a **signal to your nervous system that safety and connection are present here**.

Hold the **rose quartz** in both hands and bring to mind one person in your family or household — living or not, present or distant — and let yourself feel, without words, the specific weight of your bond with them under this *Capricorn* Full Moon.

Set the **rose quartz** on the floor and sit beside it for a few quiet minutes, letting yourself be low and grounded, aware of the structure of the space that holds you, and **breathing appreciation into the room**.

Close by placing the **rose quartz** in a permanent spot in your home — a shelf, a windowsill, a hearth — as a small, steady **anchor for belonging** that will remain long after the candle has gone out.

YOU WILL NEED

pink candle

rose quartz

ylang ylang

♪ soft rain and warm piano, no lyrics