



FULL MOON IN AQUARIUS · FRIDAY, 23 JULY 2032

Virgo

This ritual is for health, daily habits, and the quiet work of maintaining a life that functions well.

Every great change in a life can eventually be traced back to a small, repeated act that someone finally decided to take seriously.

PREPARATION

Face north. Tidy the space before you with unhurried hands — wipe the surface, remove what does not belong, and let the act of tidying be the first ritual rather than a chore before it. Silence everything that pings or buzzes and let nature sounds or bells fill the room softly. Brew a cup of herbal tea — something clean and functional — and hold the warm mug steady in your hands before you drink, feeling the straightforward comfort of something that simply does what it is meant to do. Close your eyes and picture your body, your daily routines, and your work life in their ideal form: not perfect, but orderly and alive, each day moving with the gentle rhythm of habits that serve you. Open your eyes only when that picture feels attainable rather than distant.

THE RITUAL

Light the **brown candle** with the same quiet steadiness you want to bring to your daily life, and let it burn as a symbol of **consistency and the dignity of routine**.

Hold the **amethyst** in your non-dominant hand as you breathe slowly, and with each breath, let it absorb the mental clutter — the self-criticism, the overwhelm — that has been making simple self-care feel impossible.

Run a sprig of **rosemary** between your fingers until the sharp, clean scent rises, then inhale it deeply twice — once for your body, once for the daily work you do — as an act of conscious acknowledgment.

Write down, in plain language, the single habit you are committing to under this *Aquarius* Full Moon — not a resolution, but a **specific, small, repeatable act** that you will do tomorrow and the day after.

Place the **amethyst** on top of what you have written, set it beside the **brown candle**, and let the combined weight of stone and intention seal the **quiet promise you have made to your own health**.

YOU WILL NEED

brown candle

amethyst

rosemary

♪ slow nature sounds or soft meditation bells