



NEW MOON IN VIRGO · SUNDAY, 5 SEPTEMBER 2022

## Virgo

*This ritual is for personal identity, confidence, and new beginnings.*

Under a *Virgo* New Moon, identity is not discovered — it is built, refined, and chosen again.

### PREPARATION

Face east. Stand for a moment before you sit — east is the direction of sunrise, of firsts, of the self arriving — let your posture reflect that. Silence your phone and let drumming or a bold orchestral swell begin beneath the ritual like a pulse. Pour a glass of wine or strong tea and hold it with intention before you drink, as though you are toasting the person you are in the process of becoming. Close your eyes and construct that person in full: the way they carry themselves, the choices they make without second-guessing, the specific quality in their face you have not yet seen in the mirror. Open your eyes when that image feels like a fact rather than a wish. The ritual begins now.

### THE RITUAL

Light the **brown candle** and remain standing for three full breaths before sitting, claiming the vertical space as a body that takes up room and has the right to do so.

Take a sprig of **rosemary** and run it from the crown of your head slowly downward along your shoulders and arms — this herb has been used for memory and clarity for millennia, and tonight it is marking **your presence, your identity, your beginning**.

Hold the **amethyst** at the center of your forehead, press gently, and name aloud the one word that most precisely describes who you are becoming.

Set the **rosemary** flat on your altar or surface and place the **amethyst** on top of it, creating a small marker for this moment — proof that the new cycle was chosen consciously.

Look directly at the flame of the **brown candle** and make one promise to yourself — not vague, not qualified — and hold eye contact with that flame until the promise feels witnessed.

### YOU WILL NEED

brown candle

amethyst

rosemary

♪ energetic drumming or bold orchestral swells