



FULL MOON IN LEO · SUNDAY, 16 JANUARY 2023

Capricorn

This ritual is for deep transformation, shared finances, and the healing that happens in the dark.

There are things that only become visible in the full dark — old agreements, deep ties, the architecture of what you owe and what you are owed — and tonight the full moon in *Leo* lights them from below.

PREPARATION

Face west. Before you light anything, sit in the room as it is for a full minute — in whatever darkness or quiet exists — because this ritual asks something of you that comfort will not give. Then soften the space only slightly: a single low light, nothing sharp or bright, nothing that distracts from what you are about to meet. Pour something warming — a dark tea, a small glass of whiskey, something with weight to it — and hold it in both hands, drinking one slow sip as though bracing for an honest conversation. Close your eyes and go toward the thing you have been circling: the joint account, the inherited wound, the transformation that has already begun in you without your full consent. Stay with the image without moving away from it. Open your eyes when you feel the particular calm of someone who has decided to stop pretending. The ritual begins now.

THE RITUAL

Light the **dark green candle** and let its slow, deep color remind you that **transformation is not dramatic — it is the patient work of something growing in conditions that seem impossible.**

Diffuse or burn a small amount of **cypress** oil or incense and breathe its resinous, grounding scent deliberately, feeling it pull you downward into the body and away from the mind's defenses.

Hold the **black tourmaline** in your dominant hand and name — not aloud but inwardly, in the clearest language you have — **the one entanglement, financial tie, or old wound** you are ready to look at and begin to change.

Set the **black tourmaline** directly in front of the **dark green candle** and write, without softening or explaining, **what you are ready to stop carrying alone** — in a shared financial decision, a conversation, or a private commitment to change.

Fold the paper and burn its edge in the **dark green candle's** flame — not to destroy but to **transmute** — then extinguish the flame with deliberate breath and sit in the quiet until the room feels different from when you entered.

YOU WILL NEED

dark green candle

black tourmaline

cypress

♪ deep Tibetan singing bowls or low drone