



FULL MOON IN LEO · SUNDAY, 16 JANUARY 2023

Aquarius

This ritual is for love, close partnerships, and the art of being truly known by another.

To be truly known by another person requires that you first know, without flinching, what there is to be known — and the full moon in *Leo* offers exactly that kind of clear, unsparing light.

PREPARATION

Face west. Before anything else, soften what is hard in the room — turn down the lights, fold away anything angular or unfinished, create a space that says something is being tended here. Let the music arrive quietly and stay quiet, the kind of sound that leaves room for what isn't being said. Pour a glass of wine or light tea, hold it with both hands for a moment as though receiving, and sip slowly with the particular gentleness of someone who has decided to be open tonight. Close your eyes and picture a partnership — existing or longed for — in its most real and tender form: the specific dynamic, the specific person if there is one, the feeling of being genuinely met. Let the image ask something of you. Open your eyes when you know what it is. The ritual begins now.

THE RITUAL

Light the **blue candle** and let the steadiness of its flame stand for **the quality of presence — calm, consistent, genuinely there — that you are bringing to and calling into your partnerships.**

Place a drop of **bergamot** oil on your collarbone or inner wrist and breathe it in — its brightness is deliberate, a reminder that **love does not require you to make yourself smaller or duller to be safe.**

Hold the **aquamarine** in your non-dominant hand and sit with it for several minutes, letting its cool, oceanic quality pull you toward the feeling — not the thinking — of what you most want from a close partnership.

While holding the **aquamarine**, speak aloud — to the room, to the candle, to whoever is listening — **one thing you are ready to offer in a partnership and one thing you are ready to ask for**, in plain language, without apology.

Set the **aquamarine** beside the **blue candle** and let the music carry the rest, sitting in the space between what you have said and what it will call toward you as the **blue candle** burns.

YOU WILL NEED

blue candle

aquamarine

bergamot

♪ chamber strings or soft piano, no lyrics