



FULL MOON IN ARIES · SATURDAY, 8 OCTOBER 2023

Aquarius

This ritual is for communication, learning, and local connections.

The right word said at the right moment has changed more lives than most people realize.

PREPARATION

Face south. Open your space slightly — crack a window if you can, or simply turn to face a direction that feels outward-looking, because tonight is about exchange, movement, and the bright energy of ideas connecting with other ideas. Silence your notifications but leave the room feeling alive, not sealed, because this ritual moves like conversation. Pour a glass of sparkling water with citrus, or a bright, citrusy tea, and hold it up briefly — a small toast to curiosity — before drinking. Close your eyes and picture a conversation you are waiting to have, a subject you are hungry to learn, or a neighbor or local connection you have been meaning to reach — let the image be vivid and specific, full of words and eye contact and the pleasure of a mind genuinely engaged. Open your eyes when you feel the pull to begin. The ritual begins now.

THE RITUAL

Light the **blue candle** and notice how quickly its light fills the immediate space — this is what good communication does, what real learning does: it illuminates without effort the moment it arrives.

Add a few drops of **bergamot** to the air or to your wrists and breathe its bright, clarifying citrus scent, letting it sharpen your mind and open the part of you that is **genuinely curious rather than performatively knowledgeable**.

Hold the **aquamarine** in your dominant hand and turn it in the light, letting its cool blue transparency remind you that **clear thinking and honest expression are the two gifts you are here to give and to receive**.

Speak aloud one thing you intend to learn, one conversation you are ready to initiate, or one local connection you will make before the month is out — say it briskly, without overthinking, the way you would text it to a friend.

Place the **aquamarine** in the light of the **blue candle** and take one more breath of **bergamot**, sealing the ritual with clarity and the clean, forward-moving energy of *Aries* fire beneath an open sky.

YOU WILL NEED

blue candle

aquamarine

bergamot

♪ light acoustic guitar or morning birdsong