



FULL MOON IN ARIES · SATURDAY, 8 OCTOBER 2023

Taurus

This ritual is for rest, letting go, and spiritual renewal.

Not everything that has carried you this far is meant to come with you into what is next.

PREPARATION

Face west. Dim the lights as low as they will go, or light only what is on your altar, so the room softens into something that feels less like the waking world. Silence every device and let the quiet settle around you like water, unhurried. Pour a cup of warm chamomile or rose tea, hold it between both palms, and breathe over the steam before you drink — slowly, as if time has agreed to wait for you tonight. Close your eyes and picture yourself putting something down — not losing it, but deliberately setting it on the ground and walking a few steps away — notice the relief in your shoulders as you do. Open your eyes only when that relief feels real. The ritual begins now.

THE RITUAL

Light the **green candle** with a slow, deliberate strike, and watch the flame establish itself before you look away — this light is not for urgency, it is for **gentle, steady release**.

Scatter the **rose petals** in a loose arc in front of you, arranging them without precision, allowing the gesture itself to be an act of **surrender to what is beautiful without needing to be perfect**.

Hold the **rose quartz** in both hands and sit in stillness for two full minutes, breathing slowly, allowing one thing you no longer need to surface in your mind — do not force it, simply wait for it to arrive.

When it arrives, exhale it completely — a long, audible breath out — and feel the *Aries* full moon drawing it away from you, out through the west, into the wide dark.

Set the **rose quartz** gently among the **rose petals** and let the **green candle** burn until you feel ready to sleep, knowing the work of this night is already complete.

YOU WILL NEED

green candle

rose quartz

rose petals

♪ silence, or 432hz tones, or distant ocean waves