



FULL MOON IN ARIES · SATURDAY, 8 OCTOBER 2023

## Cancer

*This ritual is about career, ambition, and public life.*

There is a version of your life where the world knows exactly what you are capable of — this ritual is a step toward making that version true.

### PREPARATION

Face east. Set your space as you would before an important meeting — deliberate, clean, arranged with care, because tonight you are making a commitment to the version of yourself the world is meant to see. Silence everything that makes noise without purpose, and let the quiet sharpen your focus. Pour a cup of hot tea — something strong and clear — and hold it steadily with both hands before drinking, as if holding your own resolve. Close your eyes and picture yourself in the context of your ambition: the work in your hands, the room where you are recognized, the feeling of having built something real — hold all of it with precision, not fantasy. Open your eyes only when you can feel the weight and the pride of it together. The ritual begins now.

### THE RITUAL

Light the **white candle** and straighten your posture as you do — let the act of lighting it be the same as **declaring your readiness to be seen in your full capacity**.

Brew or pour a small cup of **chamomile** tea and drink it slowly, allowing its calm to steady your nerves rather than diminish your ambition, because **clarity and courage are not opposites**.

Take the **moonstone** and hold it beneath the candle's light, turning it to find the glow beneath its surface — let this remind you that **the right kind of shine is already inside the work you do**.

State aloud, in one precise sentence, the professional achievement you are calling toward you — not a wish, but a declaration, spoken to the *Aries* full moon as if to someone who has the power to make it happen.

Place the **moonstone** at the base of the **white candle** and leave it there overnight, letting the diminishing flame mark the hours between intention and action.

### YOU WILL NEED

white candle

moonstone

chamomile

♪ minimal focused ambient or slow ceremonial drumming