



NEW MOON IN SCORPIO · SUNDAY, 23 OCTOBER 2023

## Cancer

*This ritual is for romance, creativity, and the reclamation of joy.*

Joy does not wait politely — it arrives all at once, demanding your full, unhesitating presence.

### PREPARATION

Face south. Let the music begin and allow it to change the quality of your attention before you touch anything on the altar. Tidy what you can see, but do it lightly — this space is for pleasure as much as purpose. Pour a small glass of something sparkling or a warm cup of chamomile tea, hold it to your lips before you drink, and let yourself enjoy the anticipation for one full second. Close your eyes and let a scene of real joy arrive — not an idea of joy, but a specific flash of it: color, warmth, laughter, desire, the feeling of being completely and unapologetically alive. Stay with it until it moves from your mind into your chest. Open your eyes only when you feel it there. You are already in the ritual.

### THE RITUAL

Hold the **moonstone** in your non-dominant hand and let your dominant hand rest open on your knee, palm up, as if receiving — this posture is the first act of the ritual, a physical declaration that you are **open to delight**.

Brew or steep a small handful of **chamomile** in hot water if possible, or simply hold it in your open palm and breathe its scent, letting its sweetness mark the space as one in which pleasure is not only allowed but required.

Light the **white candle** and speak aloud the name of one creative act or romantic gesture you have been postponing — not explaining why, just naming it, clearly, in the direction of the flame.

Place the **moonstone** directly beside the **white candle** and let a small pile of **chamomile** rest at its base, then close your eyes and hold the specific scene of joy you imagined in preparation — but this time, make yourself the one creating it, not only receiving it.

When the scene feels complete and real, open your eyes, take the **moonstone** in your palm, and carry it with you to bed tonight as the *Scorpio* new moon plants the seed of **renewed joy and creative life**.

### YOU WILL NEED

white candle

moonstone

chamomile

♪ gentle jazz or sensual acoustic strings