



FULL MOON IN TAURUS · MONDAY, 7 NOVEMBER 2023

## Capricorn

*This ritual is for romance, creativity, and joy.*

Joy is not a reward waiting at the end of your responsibilities — it is a current running through the center of a life fully inhabited.

### PREPARATION

Face south. Let the room feel alive — light is good here, warmth is good here, a small disarray of beautiful things is acceptable. Move anything grey or obligatory out of your immediate view and let what remains be things you genuinely like. Pour something pleasurable: a good wine, a glass of something sparkling, anything that carries the quality of celebration in its taste, and hold it up for a moment as if the act of drinking it is itself a small ceremony before you sip. Close your eyes and picture yourself doing something purely for the joy of it — not for productivity, not for anyone else's approval — feel the looseness in your chest that comes with genuine play, the particular brightness of creative absorption, the warmth of being in the presence of someone who delights you. Open your eyes when the image makes you want to smile. The ritual is already working.

### THE RITUAL

Light the **dark green candle** with the same attention you would give to lighting a candle at a table set for someone you love — deliberately, warmly, as an act of welcome toward **pleasure and creative life**.

Place a few drops of **cypress** oil on your palms and rub them together slowly, then hold them close to your face and breathe in — let the clean, living scent of it remind you that joy is not frivolous, it is as necessary as oxygen and as old as trees.

Hold the **black tourmaline** in your hand and let it absorb whatever guilt or reluctance still lives in you around rest, play, or romance — this stone is not a talisman of heaviness but a cleanser, pulling the grey fog of **joylessness** out of your grip.

Set the **black tourmaline** aside and do one small creative act in the candlelight — sketch something, hum something, rearrange objects until they feel beautiful, write three lines that have no purpose except to please you — letting the act itself be the prayer.

Close by holding the **black tourmaline** one final time and saying aloud the name of one thing — a person, a project, a pursuit — that brings you genuine joy, then setting it beside the **dark green candle** to burn through the night as a keeper of what you are inviting back in.

### YOU WILL NEED

dark green candle

black tourmaline

cypress

♪ gentle jazz or sensual acoustic strings