



FULL MOON IN TAURUS · MONDAY, 7 NOVEMBER 2023

Gemini

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

Some moons ask you to reach — this one asks you to put something down, and to discover how much lighter the air is without it.

PREPARATION

Face west. Dim every light you can and let the room become soft around you — this is not a space for doing, and so it should not look like one. Silence everything that buzzes or pings or pulls your attention outward, and if the silence feels uncomfortable at first, let it be. Pour a cup of warm chamomile or honey tea, wrap both hands around it, and breathe in the steam before you let yourself drink — slow, without multitasking, without reading anything, just the cup and your hands and the warmth. Close your eyes and picture the thing you have been carrying that is not yours to carry anymore — not a problem to solve, just a weight to set down — see it clearly, see its shape and color, and then picture your hands gently, deliberately, placing it on the ground and walking a few steps away. Open your eyes only when the image of walking away feels like relief rather than loss. The ritual begins the moment you chose to be here.

THE RITUAL

Light the **yellow candle** slowly, as if you are in no hurry, and place it somewhere low — on the floor or a low table — so that its light spreads wide and soft rather than tall, a deliberate gesture of **release rather than ambition**.

Rub a small amount of **lavender** between your palms — dried sprigs or a few drops of the oil — and then hold your cupped hands over your face and breathe in three long, slow breaths, letting your shoulders fall with each exhale, letting *Taurus's* earthy patience settle into your nervous system.

Hold the **citrine** loosely — not gripped, but cradled — in your non-dominant hand and allow yourself to think of one thing you are genuinely ready to release: not forced, not performative, only what is truly ready to go.

Set the **citrine** down beside the **yellow candle** and place your now-empty hand palm-down on the floor or surface before you, feeling the solid ground beneath it, and let **the act of setting down** be the whole of the prayer.

Sit in stillness for as long as feels natural — no minimum, no maximum — and when you are ready to close, blow out the **yellow candle** gently with one breath, watching the smoke rise and drift away as a final image of what you are no longer holding.

YOU WILL NEED

yellow candle

citrine

lavender

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