



FULL MOON IN TAURUS · MONDAY, 7 NOVEMBER 2023

Cancer

This ritual is for friendships, community, and future goals.

You were not made to move through this world alone, and this full moon in *Taurus* is asking you to let the evidence of that truth actually land.

PREPARATION

Face south. Arrange your space so it feels welcoming rather than private — move chairs outward, open the energy of the room as if you are expecting good company, because in some sense you are. Silence the devices that fragment your attention, and let the room hold the kind of quiet that communities share before they begin something together. Brew a cup of chamomile tea and hold it in both hands, thinking of one person in your life who genuinely wants good things for you before you take the first sip. Close your eyes and picture your future — not the modest, careful version, but the full one — see the people around you, feel the warmth of belonging to something larger than yourself, hear the sound of a room full of people who share your vision. Open your eyes only when that future feels close enough to walk toward. The ritual begins here.

THE RITUAL

Light the **white candle** and place it somewhere central — not hidden in a corner but in the heart of your space — letting it represent not only your own light but the reflected light of everyone who has ever been genuinely in your corner.

Brew or pour your **chamomile** tea if you have not already and take three slow, intentional sips, with each one naming — silently or aloud — one person in your community whom you are grateful exists in your life, being specific enough that the gratitude has texture.

Hold the **moonstone** up toward the candle flame so that the light moves inside it, and let yourself picture one **future goal** in clear, vivid detail — not a vague hope but a scene, a specific moment when that goal has already arrived.

Write the names of three people you want to draw closer — friends, collaborators, or someone new you have not yet met — on a small piece of paper and tuck it beneath the **moonstone**, understanding that **community is built by intention before it is built by action**.

Close the ritual by pressing both hands around the warm **moonstone**, speaking the words 'I am open and I am ready' at whatever volume feels right, then setting it on top of the paper to rest there until the moon wanes.

YOU WILL NEED

white candle

moonstone

chamomile

♪ uplifting ambient or soft choral tones