



FULL MOON IN TAURUS · MONDAY, 7 NOVEMBER 2023

## Virgo

*This ritual is for travel, beliefs, and expanding horizons.*

There is a world beyond the one you were handed, and tonight the *Taurus* full moon is making that world feel less like an abstraction and more like a destination.

### PREPARATION

Face south. Open your space outward — push back what is close, create a sense of room in every direction, let the physical arrangement remind you that the world does not stop at the edges of your life as you have organized it. Silence everything that anchors you to the immediate and small, and let the room breathe. Pour a glass of something that feels like a departure — a wine you've never tried, a tea from somewhere distant, something that carries the flavor of elsewhere — hold it and breathe it in before you drink. Close your eyes and picture somewhere you have never been: not vaguely, but specifically — feel the temperature, the quality of the light, the sounds that would surround you — and then let the image expand into a belief or a worldview you have been circling without fully committing to. Open your eyes only when the image leaves you wanting more. The ritual begins the moment your curiosity takes hold.

### THE RITUAL

Light the **brown candle** and place it where you can see it fully — this is the flame of **genuine expansion**, steady and warm, not a bonfire but a torch — and let it orient you southward toward the larger world.

Crush a small sprig of **rosemary** between your fingers and hold it beneath your nose, breathing in three long, deliberate breaths — rosemary has long been associated with memory and with the courage to move beyond what is already known.

Hold the **amethyst** at your brow — gently, just touching — and let yourself think of one belief you have been holding too tightly, one framework for the world that may be smaller than the world actually is, breathing through the mild discomfort that comes with honest examination.

Set the **amethyst** beside the **brown candle** and place the crushed **rosemary** beside it, then write down one place you want to go and one idea you want to fully investigate — not a list, but a declaration of **where your mind is ready to travel**.

Close by holding the **amethyst** one more time and saying the name of the place or the belief aloud — let the word exist in the air of the room — then set it on top of what you have written and leave it there as a compass stone pointing toward expansion.

### YOU WILL NEED

brown candle

amethyst

rosemary

♪ expansive world music or open orchestral