



FULL MOON IN TAURUS · MONDAY, 7 NOVEMBER 2023

Sagittarius

This ritual is for health, daily habits, and work.

The smallest acts performed with real attention — the glass of water, the hour of sleep, the work done with care — are the architecture of a life that holds.

PREPARATION

Face north. Ground yourself in the physical — feel the floor under your feet, the weight of your body where it contacts the chair or cushion, the temperature of the air on your skin. Tidy only what is immediately before you: a clean surface is a clear mind. Silence your devices and let the room arrive at a genuine stillness, not a paused one. Pour a cup of warm water with lemon, or plain green tea, and hold it in both hands before drinking — something simple and nourishing, something that says the body matters — and take one slow sip with full attention. Close your eyes and picture your daily life as if it were a garden: see the habits that have been growing well, and see the patches that need tending — notice them without urgency, the way a gardener notices rather than panics. Open your eyes when you feel a calm, practical readiness. The ritual begins with your breath and your body.

THE RITUAL

Light the **purple candle** and place it at your eye level if possible, letting its steady flame be a reminder that **clear intention is the beginning of every good habit**, not willpower, not discipline alone.

Light a bundle or loose leaf of **sage** and move it slowly through your space — not rushing, but tracing the air with intention — letting the smoke clear the residue of old patterns and exhausted routines from the room around you.

Hold the **lapis lazuli** in your non-dominant hand and use your dominant hand to write a list of three specific, manageable changes you are committing to in your health or daily rhythm — not aspirations, but actions, each one small enough to begin tomorrow.

Read each item on your list aloud while still holding the **lapis lazuli**, speaking at a volume that feels like a commitment rather than a wish, because *Taurus* energy is the energy of follow-through, of the thing that actually gets done.

Place the **lapis lazuli** on top of your written list and leave both beside the **purple candle** until it has burned safely down, understanding that what has been written under a full moon and held in stone carries a particular kind of staying power.

YOU WILL NEED

purple candle

lapis lazuli

sage

♪ slow nature sounds or soft meditation bells