



NEW MOON IN SAGITTARIUS · TUESDAY, 22 NOVEMBER 2023

Libra

This ritual is for communication, learning, and the connections closest to your daily life.

Every conversation you have ever loved began with someone deciding to be genuinely present — and tonight, that someone is you.

PREPARATION

Face south. Open a window slightly if you can, or imagine air moving freely through the space — this ritual lives on breath and exchange. Clear the surface in front of you and let the room feel light rather than heavy. Pour a glass of something you enjoy — sparkling water, rosé, a fragrant tea — and hold it for a breath before sipping, noticing the taste with genuine attention. Close your eyes and picture a conversation that changed you, or the conversation you are still waiting to have — feel the electricity of real ideas meeting real minds, words landing exactly where they need to. Open your eyes when you feel curious rather than cautious. The air is ready.

THE RITUAL

Light the **pink candle** and take a breath before sitting down, letting the warmth of the flame welcome you into the particular kind of openness that makes real communication possible under this *New Moon in Sagittarius*.

Apply a drop of **ylang ylang** oil to your throat or wrists, inhaling slowly, letting its sweetness soften any tightness in the voice or any reluctance that has been sitting in your chest.

Hold the **rose quartz** in both hands and name aloud — with warmth, not force — the connection or conversation you are calling into your life: a teacher, a neighbor, a sibling, an idea you have been circling but never caught.

Sit quietly with the **rose quartz** at your throat and the **pink candle** burning before you, and let your mind travel freely among ideas that excite you — this wandering is not distraction, it is **the mind opening itself to what it needs to learn next**.

Set the **rose quartz** directly in front of the **pink candle** and let the flame's light rest on the stone, sealing the intention that **your words and your listening both become instruments of something meaningful** in the weeks ahead.

YOU WILL NEED

pink candle

rose quartz

ylang ylang

♪ light acoustic guitar or morning birdsong