



NEW MOON IN CAPRICORN · THURSDAY, 22 DECEMBER 2023

## Leo

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

Every great life is, in the end, the sum of ordinary days made intentional.

### PREPARATION

Face north. Before anything else, tidy the space with genuine care — wipe the surface, remove the unnecessary, make it a place a disciplined person would choose to sit. Let the nature sounds begin softly in the background and allow them a moment to settle into the room's breathing. Pour a cup of warm herbal tea or a glass of wine and hold it deliberately, feeling the weight of the glass as a reminder that simple acts of care accumulate into a life. Close your eyes and picture your daily life as it would look six months from now if your habits were finally working for you — the morning light, the body that has been kept well, the work that feels clean and useful. Open your eyes when you can feel, not just imagine, that version of your days. The small and the sacred are the same thing.

### THE RITUAL

Light the **gold candle** and set it where it will cast its light over your workspace or the surface you have prepared, acknowledging that **the body and the daily routine are not lesser concerns — they are the foundation.**

Hold the **pyrite** in your writing hand and press it firmly into your palm, feeling its faceted surface as you name aloud, plainly and without apology, the one habit or health commitment that **this Capricorn New Moon is asking you to finally keep.**

Light the **frankincense** — resin on a disc or incense — and let its smoke rise slowly as you breathe it in three times, each breath an acknowledgment that **your body is the first instrument of any meaningful work you will ever do.**

Place the **pyrite** in front of the **gold candle** within the frankincense smoke, sealing your stated intention in heat and light and scent as a three-part contract with yourself.

Sit with the burning **frankincense** and the lit **gold candle** until you have written down — not typed, written — one specific, small action you will take tomorrow in service of your health or your work, then snuff the candle and place the **pyrite** somewhere you will see it first thing in the morning.

### YOU WILL NEED

gold candle

pyrite

frankincense

♪ slow nature sounds or soft meditation bells