



NEW MOON IN CAPRICORN · THURSDAY, 22 DECEMBER 2023

Libra

This ritual is for home, family, and emotional roots.

The deepest foundations in a life are not built with money or achievement — they are built with warmth, presence, and the willingness to return.

PREPARATION

Face north. Move through the space with slow hands — fold what needs folding, put away what has drifted — and let the act of tidying be the first gesture of care, not a chore. Let the soft piano and rain begin playing before you pour anything, so the room is already becoming warmer. Pour a cup of warm tea or a small glass of wine and hold it with both hands the way you would hold something you did not want to put down, then sip slowly and deliberately. Close your eyes and picture home as a feeling, not a place — the specific emotional warmth of belonging somewhere and to someone, the sound of a familiar voice, the weight of being known since before you were formed. Open your eyes when you can feel the roots of that warmth in your chest. Everything that follows is an extension of this moment.

THE RITUAL

Place the **pink candle** somewhere low in the room — closer to the floor than to eye level — and light it, acknowledging that **what is rooted grows slowly, and this ritual is about depth, not speed.**

Put one drop of **ylang ylang** on your wrists and bring them briefly to your face, letting the rich floral scent reach you before you speak — then name aloud the relationship, the home, or the familial healing you are ready to tend under this *Capricorn* New Moon.

Hold the **rose quartz** against your sternum with both hands and breathe slowly in and out five times, each exhale a deliberate softening of whatever protective distance you have been keeping between yourself and the people you love.

Set the **rose quartz** beside the **pink candle** and touch it once more before releasing it, as a physical sealing gesture — an act of placing **your intention for home and belonging into the keeping of this New Moon in *Capricorn*.**

Sit with the rain and the piano and the lit **pink candle** until you feel the warmth in your chest more than the tightness — then snuff the candle and leave the **rose quartz** at the center of your home for the lunar cycle.

YOU WILL NEED

pink candle

rose quartz

ylang ylang

♪ soft rain and warm piano, no lyrics