



NEW MOON IN ARIES · TUESDAY, 1 MARCH 2023

## Scorpio

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

Every extraordinary life is built on the quiet foundation of what someone chose to do every single ordinary day.

### PREPARATION

Face north. Straighten the space before you with honest, no-nonsense hands — wipe the surface, remove what does not belong, and let the environment become as functional and clear as you want your daily life to feel. Silence all notifications firmly, because the small daily acts this ritual tends are too important to be interrupted by the noise of what does not matter. Pour a glass of cool water or a grounding herbal tea — something plain and nourishing, something a body actually needs — hold it, feel its temperature, drink one long slow sip and let it land. Close your eyes and walk through your ideal day with full sensory attention: when you wake, what you eat, how you move, how your work feels in your hands when it is honest and purposeful and timed well. Open your eyes only when that day feels like a real plan rather than a fantasy.

### THE RITUAL

Light the **black candle** steadily and watch it take hold, understanding that this flame marks your commitment to **the unglamorous, powerful work of building better daily structure** under this *New Moon in Aries*.

Hold the **obsidian** in your dominant hand and name aloud — plainly and without softening — the one habit or health pattern that has been costing you the most this season.

Light a small portion of **myrrh** or warm it near the candle flame, and as its deep, resinous scent rises, breathe it in as a **signal to your body that you are taking its needs seriously** from this moment forward.

Write down three specific and realistic daily actions you will take for the next fourteen days — one for the body, one for the work, one for the mind — and read them aloud with the **obsidian** still in your hand as though signing a practical, binding agreement with yourself.

Place the **obsidian** before the **black candle** with your written list folded beneath it, and press one finger to the stone to **seal the agreement between your intentions and your actual daily life**.

### YOU WILL NEED

black candle

obsidian

myrrh

♪ slow nature sounds or soft meditation bells