



NEW MOON IN TAURUS · FRIDAY, 29 APRIL 2023

## Capricorn

*This ritual is about romance, creativity, and the permission to feel joy.*

There is a kind of seriousness that is really just fear in formal clothing, and the *New Moon in Taurus* has come tonight to ask you to take it off.

### PREPARATION

Face south. Soften everything — soften the light, soften your shoulders, soften the idea that pleasure needs to be earned before it can be felt. Arrange your space with a touch of beauty — a folded cloth, a single object you find genuinely lovely — and let the doing of it be the first act of this ritual before the ritual officially begins. Pour yourself something you actually enjoy — wine, a good whisky, something warm and unhurried — and hold it for a moment before drinking as if you are making a toast to something you have been too serious about for too long. Close your eyes and let yourself picture something that brings you real, uncomplicated pleasure — a creative act in full flow, a romantic moment without pressure, a laugh that comes from somewhere below thought — and let your body respond to the image without commentary. Open your eyes when the picture makes something in you loosen just a little. Joy is not frivolous; it is structural.

### THE RITUAL

Light the **dark green candle** and notice that its color is the color of living things at the height of their season — lush and unhurried — and let that be the first reminder that **joy and creativity** are in you like sap in a tree.

Hold the **black tourmaline** and feel its solid, grounding weight — this stone is here to do one thing only: to hold the practical world firmly so that you can set it down for the length of this ritual and simply create or desire without guilt.

Breathe in the scent of **cypress** — burn it, crush a sprig, open the oil — and let it fill the space with its clean, ancient, unhurried warmth, the scent of things that are allowed to grow tall.

Set the **black tourmaline** to the side of the **dark green candle** and name aloud the one creative act or romantic desire you have been postponing — not analyzing it, not planning it, just naming it as if it already has a place in your life.

Place your hand over your chest, feel your own heartbeat, and make one quiet promise to it — a small, specific act of joy or creation you will do before the next full moon — then seal the promise by lifting your glass and drinking to it.

### YOU WILL NEED

dark green candle

black tourmaline

cypress

♪ gentle jazz or sensual acoustic strings