



NEW MOON IN TAURUS · FRIDAY, 29 APRIL 2023

Gemini

This ritual is about rest, letting go, and spiritual renewal.

There are things that have been held so long they have begun to feel like bones — but they are not bones, and tonight is the night you find that out.

PREPARATION

Face west. Dim everything you can — lamps, screens, overhead lights — until the room feels as though it is remembering how to breathe. The west is the direction of endings, of water, of things that release into the sea without needing to know where they go. Pour yourself a cup of warm chamomile or light honey tea, wrap your hands around the cup, and drink one slow, deliberate sip as if it were medicine — because tonight, rest is medicine. Close your eyes and let one thing rise to the surface — not to analyze it, not to fix it, just to see it clearly for one breath before you let it dissolve like steam — it might be an old worry, an old story, an old version of something you have been carrying. Open your eyes only when the exhale that follows feels longer than the one before it. What is about to happen is not a losing — it is a laying down.

THE RITUAL

Light the **yellow candle** — a soft light, not a blazing one — and let it remind you that even in the act of releasing, something warm and clear remains.

Crush a small amount of **lavender** between your fingers until the scent rises, and breathe it in slowly three times, each inhale an invitation to let **what no longer serves you** begin to loosen its grip.

Hold the **citrine** loosely in your open palm — not gripping, not clutching — and name one thing, silently or aloud, that you are releasing to the care of the *New Moon in Taurus*.

Set the **citrine** down gently beside the candle, then lay a pinch of dried **lavender** next to it as an offering — a small, fragrant symbol of what you no longer need to carry.

Blow the **yellow candle** out slowly and deliberately — not quickly, not accidentally — and as the smoke rises, watch it go, and let that be enough.

YOU WILL NEED

yellow candle

citrine

lavender

♪ silence, or 432hz tones, or distant ocean waves