



NEW MOON IN TAURUS · FRIDAY, 29 APRIL 2023

## Virgo

*This ritual is about travel, beliefs, and expanding horizons.*

Somewhere just past the edge of what you already know, there is a version of your life that has more sky in it — and the *New Moon in Taurus* is asking if you would like to start walking toward it.

### PREPARATION

Face south. This is the direction that pulls — toward the far country, toward the idea that has not fully arrived yet, toward the version of your beliefs that has more room in it than the one you inherited. Move things in your space to open it up — push back a chair, spread out a cloth — give the ritual more physical room than it strictly needs, the way a great idea needs more space than you planned. Pour yourself something that feels like a small adventure — a wine you do not usually open, a tea from somewhere unfamiliar — and hold it warmly before drinking, as if accepting an invitation. Close your eyes and picture yourself somewhere you have never been, or inside a belief you have not yet been brave enough to hold fully — feel the ground of that new place under your feet, smell the air, look at the light. Open your eyes when the world feels, just briefly, larger than it did a few minutes ago. Let that feeling be the door.

### THE RITUAL

Light the **brown candle** and take a breath that feels like the first breath in an unfamiliar place — slightly deeper than usual, slightly more awake — in honor of the **expanding world** you are calling toward yourself.

Run a sprig of **rosemary** slowly through the air around the candle flame, not touching the flame but moving close, and with each pass name one belief you are willing to let grow larger, more complicated, or more honest.

Hold the **amethyst** to your forehead for three slow breaths, letting its cool surface meet the place where your thinking begins, and ask — silently, seriously — what the *New Moon in Taurus* already knows that you have not yet given yourself permission to believe.

Lay the **rosemary** flat beside the **amethyst** in front of the flame — herb and stone side by side — as a symbolic pairing of the body's willingness to travel and the mind's willingness to change.

Blow a slow, deliberate breath across the **amethyst** as if sending it ahead of you like a scout, and say aloud the name of the place — geographical or philosophical — that you are now giving yourself permission to move toward.

### YOU WILL NEED

brown candle

amethyst

rosemary

♪ expansive world music or open orchestral