



FULL MOON IN SCORPIO · SATURDAY, 14 MAY 2023

Aries

This ritual is for deep transformation, shared finances, and inner healing.

Something in you already knows what needs to die tonight so that something truer can take its place.

PREPARATION

Face west. Clear the surface before you of anything unnecessary, leaving only what belongs to tonight, and dim or extinguish any harsh light so the room holds a quality of depth rather than exposure. Silence your phone and any other devices, letting the quiet settle like sediment until it becomes something you can feel. Pour a glass of red wine or dark, spiced tea, hold the glass in both hands for a long moment, feel its warmth or its cool weight, then take one slow, deliberate sip before setting it down. Close your eyes and see, with as much precise detail as you can hold, what it would look and feel and smell like to be on the other side of the thing you most need to transform — the texture of that freedom, the particular quality of the light in that life. Open your eyes only when a stillness arrives that feels less like calm and more like readiness. The ritual begins now.

THE RITUAL

Light the **red candle** and hold your gaze on the flame for three full breaths, letting it represent the fierce, burning intelligence of your own will to change.

Take the **carnelian** in your dominant hand, close your fist around it, and press it to the center of your chest — feel its heat against your sternum and let it anchor the intention of **complete and courageous inner renewal**.

Pinch a small amount of **cinnamon** between your fingers and hold it above the candle flame — not close enough to burn — so the warmth draws its scent upward, releasing into the air a signal that this space is now consecrated to **transformation and the healing of deep places**.

Speak aloud, in your own words and with the bluntness the moment requires, the one thing you are formally releasing tonight — a financial entanglement, a wound, a story about what you cannot have — and as you speak it, let your breath carry the words fully out of your body.

Place the **carnelian** at the base of the burning **red candle** and let the candle burn for at least twenty minutes while you sit in witness, sealing the release and the renewal as a single, completed act.

YOU WILL NEED

red candle

carnelian

cinnamon

♪ deep Tibetan singing bowls or low drone