



FULL MOON IN SCORPIO · SATURDAY, 14 MAY 2023

Cancer

This ritual is about romance, creativity, and joy.

Joy is not a reward for having finished the hard work — it is itself the work, and tonight it is yours to do.

PREPARATION

Face south. Let the room be a little indulgent tonight — move a cushion, arrange a softness, adjust the lighting so it flatters rather than exposes, and let the space feel like somewhere a person who loves themselves might choose to spend an evening. Set your phone aside with a sense of genuine release, and let the music play at a volume that makes you want to move slightly, even if you don't. Pour a glass of white wine or a cup of chamomile tea with honey, hold it in both hands, let its warmth or its coolness be a small pleasure in itself, and take one slow, savoring sip before setting it down. Close your eyes and picture the most alive and joyful version of yourself — what you are creating, who you are with, the light in the room, the feeling in your chest — and hold it there with as much sensory pleasure as the image allows. Open your eyes only when you feel something that resembles delight stirring under the surface. The ritual begins now.

THE RITUAL

Light the **white candle** and take a moment to notice how the light immediately changes the quality of the room — this is what you are doing tonight, shifting the quality of your inner atmosphere toward **pleasure and creative aliveness**.

Hold the **moonstone** up toward the candle flame and observe the light moving inside it, letting that shifting luminescence remind you that your own creative energy is not fixed but flowing, responsive, and very much alive.

Brew a small cup of **chamomile** if you have not already, and as you hold it, speak aloud one creative dream you have been treating as less serious or less real than it deserves — say it clearly and without apology.

Place the **moonstone** on your heart for a single slow breath, then set it at the base of the **white candle** as a formal offering — a declaration that **romance and creativity and joy** are not luxuries you have to earn but directions you are choosing.

Finish your **chamomile** tea slowly and with full attention while the candle burns, letting this act of quiet pleasure be the seal — the ritual closes not with effort but with ease.

YOU WILL NEED

white candle

moonstone

chamomile

♪ gentle jazz or sensual acoustic strings