



FULL MOON IN SCORPIO · SATURDAY, 14 MAY 2023

## Virgo

*This ritual is about communication, learning, and local connections.*

Words are the oldest technology we have, and the ones you speak tonight into a prepared and willing space carry a weight that ordinary conversation never does.

### PREPARATION

Face south. Clear the space with a brisk sense of purpose — remove clutter from the surface, open a window if the night is mild enough, and arrange your items as if setting a desk for important work, because that is precisely what this is. Silence your phone, and let the acoustic guitar or birdsong start softly — let it feel like the sound of an ordinary morning made somehow sacred. Pour a glass of sparkling water with a twist of lemon or a cup of peppermint or green tea, hold it in both hands with a moment of stillness, and take one alert, clean sip before setting it down. Close your eyes and picture yourself communicating with total confidence and clarity — the words arriving exactly as you mean them, being received exactly as you intend, the connections around you humming with interest and mutual respect. Open your eyes only when that image feels possible rather than distant. The ritual begins now.

### THE RITUAL

Light the **brown candle** with deliberate steadiness, understanding its grounded, earthy color as an anchor for **clear thought and reliable communication** — the kind that comes from knowing your own mind before opening your mouth.

Take the **amethyst** in your dominant hand and press it to your throat briefly, then to your temple — feeling the cool stone touch each center of expression and understanding as a formal activation.

Crush a sprig of **rosemary** between your palms until the sharp, clarifying scent releases, and breathe it in deeply three times, letting each inhale sharpen your thinking and each exhale release any confusion or hesitation about what you need to say.

While holding the **amethyst**, speak aloud — to no one in particular, to the room, to the full moon through the window — one message you have been struggling to articulate, saying it in the plainest, most honest language you have.

Set the **amethyst** before the **brown candle** with the crushed **rosemary** laid across it, and sit quietly while the candle burns for at least fifteen minutes, letting the ritual seal **the alignment of your thoughts, your words, and your world.**

### YOU WILL NEED

brown candle

amethyst

rosemary

♪ light acoustic guitar or morning birdsong