



FULL MOON IN SCORPIO · SATURDAY, 14 MAY 2023

Sagittarius

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

Not every act of power is a reaching forward — some of the most powerful things a person can do are the quiet, deliberate unclenching of what they have been holding for too long.

PREPARATION

Face west. Move through the space with the unhurried gentleness of someone who has nowhere to be and nothing to prove — dim the lights as low as they will go, place a blanket or soft layer nearby, and remove anything from the surface that asks something of you. Silence your devices without ceremony, as though you have already left the world for the evening. Pour a cup of valerian or passionflower tea, or simply warm water with honey, hold it in both hands and feel the warmth move into your fingers, and take one long, sighing sip before setting it down. Close your eyes and let yourself picture, in full sensory detail, what complete release feels like in your body — the specific way your shoulders would drop, the quality of your breath, the way your mind would go quiet and wide and dark in the most restful sense of that word. Open your eyes only when the room feels genuinely different than it did five minutes ago — softer, slower, and somehow larger. The ritual begins now.

THE RITUAL

Light the **purple candle** with one slow, soft breath rather than a quick strike, as if you are beginning something that requires patience and a willingness to be still, because you are.

Hold the **lapis lazuli** in both hands at your lap and close your eyes — let your awareness drop beneath the level of thought, beneath the to-do list and the replays and the futures you keep rehearsing, and simply rest there in the dark behind your eyelids for two full minutes.

Light the **sage** bundle and move it slowly around your body — not in urgent sweeping motions, but in slow, deliberate arcs — as an act of **complete and willing release**, letting the smoke carry with it everything you are no longer willing to carry yourself.

Sit with the **lapis lazuli** held loosely in your open palm and speak the name of whatever you are releasing tonight — a grief, a pattern, a hope that has curdled into anxiety — and then open your fingers wide and let the stone rest on your open hand as a symbol of release rather than grip.

Let the **sage** smoke settle and the **purple candle** burn while you lie down, if you wish, with the **lapis lazuli** resting on your sternum — and let the ritual end not with a closing statement but with the silence of a person who has finally, fully, put something down.

YOU WILL NEED

purple candle

lapis lazuli

sage

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