



FULL MOON IN SAGITTARIUS · MONDAY, 13 JUNE 2023

## Capricorn

*This ritual is for rest, letting go, and spiritual renewal.*

There are things that will not follow you into what comes next, and somewhere beneath the exhaustion you already know which ones they are.

### PREPARATION

Face west, toward the horizon where things end. Before you begin, remove from sight anything that represents unfinished work — close the laptop, stack the papers face-down, close the open tabs — because tonight belongs to the act of putting things down. Let the space breathe in near-silence or with the quietest possible sound. Pour a glass of something slow — warm water with lemon, herbal tea, anything without urgency — hold it in both hands and drink from it without haste, feeling each sip as permission. Close your eyes and locate the thing you have been carrying the longest — the worry, the grief, the old plan, the identity you have outgrown — and simply look at it without doing anything about it at all. Open your eyes only when you feel neither gripped by it nor running from it. The ritual begins now.

### THE RITUAL

Light the **dark green candle** with the unhurried attention of someone who has nowhere else to be, because the entire premise of this ritual is that you do not need to be anywhere except here, releasing.

Hold the **black tourmaline** in both hands and let its density remind you that protection does not require tension — that you can be safe and open at the same time — then consciously relax every muscle that has been holding something in.

Light the **cypress** incense or oil and breathe it in slowly, because **cypress has carried prayers of letting go for longer than any of us have been grieving** — let it do the older work of easing what your mind alone cannot loosen.

Speak aloud — quietly, without theater — the name of one thing you are releasing: a belief, a fear, a relationship with an outcome, a version of how you thought things were supposed to go, and then exhale fully and do not speak it again tonight.

Place the **black tourmaline** on the west side of the **dark green candle**, let the **cypress** continue burning gently, and sit in the quiet of the *Sagittarius* full moon until the candle has burned low enough that the releasing feels finished.

### YOU WILL NEED

dark green candle

black tourmaline

cypress

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