



FULL MOON IN CAPRICORN · TUESDAY, 12 JULY 2023

Scorpio

This ritual is for communication, learning, and local connections.

Every conversation that has ever changed your life began with someone deciding it was worth saying something honest out loud.

PREPARATION

Face south. Open the windows or at least open the curtains — this ritual wants air moving through it, the feeling of a world near and accessible and full of voices worth hearing. Let birdsong or guitar carry a sense of lightness and proximity into the room, and silence your phone not out of solemnity but out of focus. Pour a cup of strong coffee or bright mint tea, and take one alert, awake sip before setting the cup down. Close your eyes and picture yourself in the middle of a conversation that genuinely matters — you are understood, you understand in return, and the exchange leaves both people more alive than before. Hold that image until it feels not like a fantasy but like something that happens to people, including you. Open your eyes and let the energy in the room feel a little faster, a little sharper. The world is close.

THE RITUAL

Light the **black candle** with a quality of alert attention — not solemnity, but presence — letting the flame represent the **spark that travels between minds when real communication lands**.

Pass the **myrrh** resin or incense through the air above the candle and let its smoke trace a loose spiral, as if drawing ideas upward and outward, **clearing the space for clear thought and clear speech**.

Hold the **obsidian** in your dominant hand and state aloud one thing you have been wanting to say — to a neighbor, a sibling, a colleague, a friend — that you have been editing or withholding under this *Capricorn* Full Moon.

Write that same statement on a small piece of paper and set the **obsidian** on top of it, pressing it flat as if **grounding intention in the real, local, physical world** where the conversation will actually happen.

Let the **black candle** and **myrrh** burn as you fold the paper and keep it with the **obsidian** until you have said the thing you named, at which point you may burn or bury the paper as a **seal on the completed act**.

YOU WILL NEED

black candle

obsidian

myrrh

♪ light acoustic guitar or morning birdsong