



NEW MOON IN LEO · TUESDAY, 26 JULY 2023

## Virgo

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

What you release under this moon will make room for something that cannot yet find you while you are full.

### PREPARATION

Face west. Dim the lights until only softness remains, and remove from your immediate sight anything that reminds you of a task undone or a thing not yet finished — just for now, those things can wait outside this circle. Let silence hold the room, or allow the faintest sound of ocean or tone to enter like a tide. Pour a cup of warm herbal tea — valerian, passionflower, or chamomile — and hold it with both hands below your chin, letting the steam rise around your face before you drink slowly and deliberately. Close your eyes and allow your body to report honestly: where is it carrying weight that no longer belongs to you, what are you still holding that has already ended, what would it feel like to set it down? Stay with whatever arrives without rushing it toward resolution. Open your eyes only when the breath has grown long and the shoulders have dropped. The ritual begins now.

### THE RITUAL

Light the **brown candle** and set it at the western edge of your space, because west is where things complete, and this flame is not a beginning — it is a permission to stop carrying what was never yours to keep.

Hold the **amethyst** in both hands and close your eyes, breathing slowly, and let whatever surfaces — an image, a weight, a name — rise fully into your awareness without bracing against it, trusting that **release and spiritual renewal** begin in the simple act of allowing.

Crush a sprig of **rosemary** between your fingers and breathe in its sharp green scent — this is the smell of clarity after surrender, and it is telling you that what comes next will be cleaner than what you have been carrying.

Speak aloud — or write and then fold and set aside — the one thing you are releasing under this *New Moon in Leo*, naming it without drama and without apology, just clearly, as a fact that is now changing.

Place the **amethyst** beside the **brown candle** and lay your hands open in your lap — palms up, fingers loose — and stay in that posture of open release until the candle has burned a while and the room feels lighter than when you entered.

### YOU WILL NEED

brown candle

amethyst

rosemary

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