



FULL MOON IN AQUARIUS · THURSDAY, 11 AUGUST 2023

## Pisces

*This ritual is for rest, releasing what is finished, and the renewal that only arrives in stillness.*

Not everything that ends is a loss — some things dissolve because they have finished their work in you.

### PREPARATION

Face west. Move slowly through the space — slow enough that you notice every surface, every object, every small thing that is still holding the tension of the day. Silence every device completely, and if there is any sound at all, let it be ocean waves or a low, barely perceptible tone. Pour a cup of something gentle and warm — jasmine tea if you have it, chamomile, anything that has no edge to it — and hold it in both hands before drinking, feeling the steam rise and the warmth pass from the cup into your palms. Close your eyes and feel for what you are ready to put down: the thought you have been circling, the grief you have been managing, the worry you have been carrying on behalf of someone who has not asked you to — and imagine it, gently and without drama, simply leaving your hands. Open your eyes only when the room feels quieter than it did when you sat down.

### THE RITUAL

Light the **sea green candle** slowly and without ceremony, because this ritual does not require anything grand — only your presence, your willingness, and the **quiet intention to release what the year has already finished**.

Hold the **moonstone** loosely in your open palm rather than gripping it — let it rest there the way you are learning to let things rest, without holding on — and breathe with it for as long as it takes to feel your shoulders drop.

Scatter a few dried petals or a small amount of **jasmine** in a loose circle around the candle, and with each petal placed, name silently one thing you are releasing from this cycle — not with force, but with the gentle finality of closing a door that has been standing open too long.

Sit in the candlelight for several minutes without doing anything — no writing, no speaking, no planning — and let the silence or the distant waves fill the space where effort used to be, trusting the *Aquarius* Full Moon to complete what you have begun.

When you are ready, place the **moonstone** at the base of the **sea green candle** and turn the music off entirely, sitting in complete silence for one last breath — this is the seal, and it needs no words.

### YOU WILL NEED

sea green candle

moonstone

jasmine

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