



FULL MOON IN AQUARIUS · THURSDAY, 11 AUGUST 2023

## Gemini

*This ritual is for travel, expanding beliefs, and the wider world waiting beyond your familiar horizon.*

Before every great journey there is a single quiet moment when the familiar world loses its grip and something larger becomes imaginable.

### PREPARATION

Face south. Let the space around you breathe — open a window if you can, even a crack, and let the outside air carry a small reminder that the world extends far beyond these walls. Silence your phone and set down any urgency that followed you into this room. Pour a glass of something bright — a crisp white wine, a light herbal tea — hold it up briefly as though toasting the distance, then drink. Close your eyes and let your mind travel: picture the place, the landscape, the idea, the belief, the conversation that feels just out of reach — and fill in every detail until you can almost feel the sun or the cold air of that imagined elsewhere. Open your eyes only when wanderlust has replaced whatever tension you carried in.

### THE RITUAL

Light the **yellow candle** and watch the flame flicker as though moved by a wind you cannot feel — let it remind you that **expansion begins with a single point of ignition.**

Hold the **citrine** up toward the candlelight and turn it slowly, watching the way the light moves through it, as you name aloud the belief, destination, or horizon you are ready to move toward under this *Aquarius* Full Moon.

Crush a few sprigs of **lavender** between your palms until the scent releases, then inhale deeply and let the clarity of that fragrance clear the mental fog that has kept your vision small.

Write on a piece of paper the single most limiting belief about what is possible for you — then read it once, fold it away from you, and set it aside where it will not catch the candlelight.

Place the **citrine** directly in front of the **yellow candle** as a standing intention, and let the combined warmth of flame and golden stone seal your **readiness to go further than you have before.**

### YOU WILL NEED

yellow candle

citrine

lavender

♪ expansive world music or open orchestral