



FULL MOON IN AQUARIUS · THURSDAY, 11 AUGUST 2023

## Cancer

*This ritual is for deep transformation, shared resources, and the inner healing that changes everything.*

Some moons ask for celebration — this one asks you to go somewhere quieter and more honest than you have been willing to go.

### PREPARATION

Face west. Dim the room as much as you are able — this work does not need bright light, and the dark is not the enemy here. Silence all devices and let the low music fill the room before you do anything else, so the atmosphere is already waiting for you. Brew a cup of chamomile tea — not as an afterthought but as a deliberate act — hold the warm mug in both hands and breathe the steam before you drink, letting it soften something in your chest. Close your eyes and go toward whatever you have been circling without quite touching: the fear, the debt, the old wound, the thing you share with another that has not yet been resolved — hold it in your mind not with dread but with steady, clear attention. Open your eyes only when you feel less afraid of it than you did a moment ago.

### THE RITUAL

Light the **white candle** in near-darkness and let it be the only light in the room, understanding that this flame is the **part of you that remains clear even in difficult transformation**.

Hold the **moonstone** against your sternum with both hands and breathe slowly — with each exhale, release one layer of whatever you have been carrying alone, giving it to the stone to hold instead.

Steep a small handful of **chamomile** in hot water if you have not already brewed it, and as you sip, consciously invite **healing into the parts of yourself that shared resources, shared histories, or shared wounds have touched**.

Whisper aloud — not loudly, not performatively, but quietly and honestly — what you are ready to release and what you are ready to receive under the light of this *Aquarius* Full Moon.

Set the **moonstone** beside the **white candle** and leave both undisturbed until the candle burns out, trusting that the transformation you have named is already in motion.

### YOU WILL NEED

white candle

moonstone

chamomile

♪ deep Tibetan singing bowls or low drone