



FULL MOON IN AQUARIUS · THURSDAY, 11 AUGUST 2023

## Libra

*This ritual is for romance, creative expression, and the permission to pursue what genuinely delights you.*

Joy is not the opposite of seriousness — it is what seriousness is supposed to be protecting.

### PREPARATION

Face south. Arrange the space with an eye for pleasure — a soft light, something beautiful within reach, nothing utilitarian in your immediate sightline. Silence your phone and let the music drift in before you begin, because this ritual asks you to be in your body before you are in your head. Pour a glass of something you genuinely enjoy — something with a little sweetness or sparkle — hold it loosely, inhale it, sip it slowly. Close your eyes and let yourself imagine a version of your life in which joy is not the reward for finished work but the texture of the day itself: the creative act in full expression, the romance fully felt, the delight fully inhabited. Open your eyes only when you have let yourself want it without apology.

### THE RITUAL

Light the **pink candle** and watch its soft glow settle over the space, letting it give you permission to be warm and open in a way that the rest of your week may not have allowed.

Apply or diffuse a small amount of **ylang ylang** — on your wrists, near the candle, or in the air — and breathe it in fully, letting its lush, floral warmth signal to your body that **pleasure and creativity are welcome here**.

Hold the **rose quartz** against your heart and close your eyes for one full minute, pouring into the stone the image of yourself in a moment of pure, unself-conscious joy — creating, loving, playing, alive.

Speak aloud — or write — one creative desire and one romantic intention that you have been keeping too quietly, giving each one a sentence of its own and saying it as though it is already on its way.

Set the **rose quartz** in front of the **pink candle** and let both remain as the music continues, sealing your **full and unashamed invitation to joy** under the luminous *Aquarius* Full Moon.

### YOU WILL NEED

pink candle

rose quartz

ylang ylang

♪ gentle jazz or sensual acoustic strings