



FULL MOON IN AQUARIUS · THURSDAY, 11 AUGUST 2023

Sagittarius

This ritual is for communication, learning, and the connections made through ideas and conversation.

The right words, spoken to the right person at the right moment, have changed the entire direction of a life — possibly more than once in yours.

PREPARATION

Face south. Let the space feel light and alive — open something if you can, let air and sound move through it, and clear away any papers or debris that would make thinking feel heavy. Silence your phone, but if birdsong is coming through a window, let it stay. Pour something bright to drink — a citrus tea, a sparkling water with lemon — hold the glass up toward the light for a moment before sipping, the way you might toast an idea. Close your eyes and picture a conversation you want to have, a subject you want to master, a connection you want to deepen: see yourself in full command of your words, curious and sharp and genuinely lit up by the exchange. Open your eyes when you feel that spark.

THE RITUAL

Light the **purple candle** with a sense of occasion, because **the mind at full stretch is its own kind of ceremony**, and this moon is asking yours to reach further.

Hold the **lapis lazuli** at the level of your throat and feel its cool, deep blue weight, breathing into the space there and releasing any tightness that has made your words feel stuck or your questions feel smaller than they are.

Light or smudge a bundle of **sage** and let the smoke clear the air around your head and shoulders, moving through the space as a signal that **old, stale thinking is no longer welcome here**.

Write down — in full, careful sentences — one question you genuinely want answered and one idea you are ready to share more widely, reading each aloud once before folding the paper toward you.

Place the **lapis lazuli** on top of your written words and set it before the **purple candle**, sealing your **commitment to the full, brave, and curious use of your mind** under the *Aquarius* Full Moon.

YOU WILL NEED

purple candle

lapis lazuli

sage

♪ light acoustic guitar or morning birdsong