



NEW MOON IN VIRGO · THURSDAY, 25 AUGUST 2023

## Aries

*This ritual is for health, daily habits, and work.*

Every great change in a life is made of small repeated acts, and tonight you are choosing which ones to keep.

### PREPARATION

Face north. Clear the surface before you of anything unrelated to this moment — a tidy altar is a focused mind made visible. Silence your phone and let the room settle into itself. Pour a glass of warm tea, hold it between both palms, feel the heat travel into your hands before you take a single slow sip. Close your eyes and picture the version of your days you are calling in: the body that feels capable, the routine that holds you, the work that means something — let those images arrive with texture and weight. Open your eyes only when stillness has replaced urgency. The ritual begins now.

### THE RITUAL

Set the **red candle** at the center of your space and light it slowly, watching the flame stabilize before you move on.

Hold the **carnelian** in your dominant hand and press it firmly against your solar plexus for three long breaths, feeling **vitality and discipline** move from the stone into your body.

Take a pinch of **cinnamon** and trace a small circle on the surface before your candle, drawing the boundary of the life you are tending — a body, a schedule, a vocation worth showing up for.

Speak aloud one habit you are releasing and one you are beginning, keeping your voice low and even, as though making a contract with the most honest part of yourself.

Place the **carnelian** inside the **cinnamon** circle and leave it there until the **red candle** has burned down or you choose to snuff it, sealing your intention in the quiet that follows.

### YOU WILL NEED

red candle

carnelian

cinnamon

♪ slow nature sounds or soft meditation bells