



NEW MOON IN VIRGO · THURSDAY, 25 AUGUST 2023

## Aquarius

*This ritual is for deep transformation, shared finances, and inner healing.*

Real change does not announce itself — it arrives in the dark, in the body, in the things we finally stop pretending are fine.

### PREPARATION

Face west. Dim the lights until the room feels interior, like a held breath, like the moment before something shifts. Silence your phone and let Tibetan singing bowls or a sustained low drone take the air and hold it. Pour a glass of wine or warm water with something added to it — honey, lemon, anything that makes it felt — and hold the glass with both hands, feeling its weight as the weight of what you are willing to face. Close your eyes and go toward the difficult thing quietly: the shared debt, the inheritance, the wound that transforms rather than breaks you — look at it without moving away. Open your eyes when clarity has replaced avoidance. The ritual begins now.

### THE RITUAL

Light the **blue candle** slowly and deliberately, knowing that here the flame is not for celebration but for illumination — you are bringing light into a specific, interior room.

Place a drop or small amount of **bergamot** on your sternum — at the center of the chest — and breathe it in as a signal to the nervous system that **transformation and inner healing** are safe to begin.

Hold the **aquamarine** in both hands under the candlelight and let its cool blue color move into you, carrying courage and clarity through the deeper waters of your inner life.

Name aloud, in the quietest voice you have, one thing that is changing in you — not what you wish would change, but what already is — and let the room witness it.

Place the **aquamarine** before the **blue candle** and add the **bergamot** nearby, and sit in the sound of the bowls or drone until the ritual finishes itself.

### YOU WILL NEED

blue candle

aquamarine

bergamot

♪ deep Tibetan singing bowls or low drone