



NEW MOON IN VIRGO · THURSDAY, 25 AUGUST 2023

## Libra

*This ritual is for rest, letting go, and spiritual renewal.*

The most difficult thing you will do tonight requires no effort — only the willingness to stop holding on.

### PREPARATION

Face west. West is where the sun releases the day, and tonight you are doing the same — so let the room be dim, almost dark. Silence your phone with finality, and if you choose sound at all, let it be the barely-there wash of ocean or a single, sustained tone. Pour a small glass of wine or warm tea, hold it in one hand, feel its warmth, and sip slowly — this is not fuel, it is a signal that you have stopped. Close your eyes and locate, without judgment, the thing you have been carrying that no longer belongs to you: a grievance, an old identity, a worry you have mistaken for responsibility. Hold it, see it clearly, and then gently set it down in your mind. Open your eyes only when the room feels larger. The ritual begins now.

### THE RITUAL

Light the **pink candle** softly, in near-darkness, and let its gentle glow be the only thing asking for your attention.

Place two drops or a small amount of **ylang ylang** on your wrists and at the base of your throat, breathing in the sweetness as though inhaling permission to release, to rest, to let **surrender and spiritual renewal** arrive without force.

Hold the **rose quartz** loosely in your open palm — not gripping, just receiving — and sit with it for several long minutes, noticing what the body lets go of when the hands stop clenching.

Speak the name of one thing you are releasing — aloud or as a breath — and then place the **rose quartz** down on the surface before you and remove your hands from it completely.

Sit in the light of the **pink candle** with the **ylang ylang** still on your skin and the **rose quartz** resting untouched, and simply breathe until the candle or the silence tells you it is done.

### YOU WILL NEED

pink candle

rose quartz

ylang ylang

♪ silence, or 432hz tones, or distant ocean waves