



NEW MOON IN LIBRA · SATURDAY, 24 SEPTEMBER 2023

## Aquarius

*This ritual is for travel, expanding beliefs, and the courage to live a larger life.*

The world does not shrink to meet your comfort zone — but you are under no obligation to stay inside one.

### PREPARATION

Face south. Move to the largest available open area of the room and let the space feel like the beginning of a long journey — unhurried, expectant, full of what hasn't happened yet. Clear away anything small and domestic that contracts your sense of what is possible, even temporarily. Pour a glass of something bright and foreign-feeling — a wine you don't usually choose, a tea from a country you haven't visited, even a simple glass of water with citrus — hold it with both hands and take one sip that feels like the first step somewhere new. Close your eyes and let your mind travel: picture a horizon that is not the one you usually see, feel the particular aliveness of being somewhere entirely new and open, hear a language you don't yet know or a landscape that sounds nothing like home. Stay in that image until it produces something physical — a loosening, a longing, a sense of being genuinely larger than your current circumstances. Open your eyes only then. The ritual begins now.

### THE RITUAL

Light the **blue candle** slowly, holding in mind the specific belief, destination, or philosophy you are opening yourself to in this new lunar cycle — let the flame be the first tangible sign of **a life in genuine expansion**.

Place two drops of **bergamot** oil on your palms, rub them together, and cup them over your nose and mouth for three full breaths, letting the citrus clarity of the scent move through you as a sensory clearing of old certainties and unnecessary limits.

Hold the **aquamarine** at eye level against the light of the **blue candle**, and let yourself look through it as though looking toward a horizon — breathe **the intention of genuine philosophical and physical expansion** into the stone.

Set the **aquamarine** to the south-facing edge of your ritual space as a directional marker, pointing in the direction of **everything you have not yet seen or understood** that this cycle will begin to bring toward you.

Return to the **blue candle** and let the **bergamot** linger on your hands as you close the ritual with one long outward breath — a breath that releases not air but contraction, not doubt but the comfortable smallness you are now choosing to leave behind.

### YOU WILL NEED

blue candle

aquamarine

bergamot

♪ expansive world music or open orchestral