



NEW MOON IN LIBRA · SATURDAY, 24 SEPTEMBER 2023

## Cancer

*This ritual is for home, family, and the emotional roots that sustain you.*

Before any life can be built outward, something must be settled at the root — a place inside you that knows it is home.

### PREPARATION

Face north. Move through the room you are in and soften it — dim the lights, fold a blanket nearby, remove anything that feels like unfinished business from your field of vision. Let the house settle around you like an exhale. Pour a cup of warm chamomile tea or honeyed warm milk, hold it in both hands and breathe in its steam before you take a long, unhurried sip that warms you from the inside. Close your eyes and picture the home and family life you are rooting toward — feel the quality of safety in it, the particular light of an evening where everyone you love is at ease and close, the texture of floors beneath bare feet in a place that is yours. Open your eyes only when you feel genuinely arrived in this moment, in this body, in this space. The ritual begins now.

### THE RITUAL

Light the **white candle** slowly, holding a clear image of **peace within your household and your lineage** as the flame catches and steadies.

Brew a small handful of **chamomile** in hot water or place the dried herb in a bowl beside your candle, letting its gentle scent move through the room as an offering of **calm and emotional safety**.

Hold the **moonstone** in your left hand — the receiving hand — and breathe in four counts, hold four counts, release four counts, allowing the stone to absorb your **intention for a nourishing and stable home life**.

Dip a fingertip into the **chamomile** water or touch a dried petal, then press it gently to the center of your chest, marking the place where the home you are calling in will be held first.

Set the **moonstone** before the **white candle** and let both rest as witnesses through the night, sealing the ritual with one slow exhalation that carries with it anything inside you that has not yet been allowed to rest.

### YOU WILL NEED

white candle

moonstone

chamomile

♪ soft rain and warm piano, no lyrics