



NEW MOON IN LIBRA · THURSDAY, 12 OCTOBER 2024

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