



NEW MOON IN LIBRA · THURSDAY, 12 OCTOBER 2024

Taurus

This ritual is for health, daily habits, and the rhythms of work.

The body keeps its own kind of ledger, and every small daily act either deposits into your vitality or quietly withdraws from it.

PREPARATION

Face north. Wipe down the surface where you will work — not hastily, but with care, as though preparing a table for someone you respect. Turn off all notifications and let the room settle into its own quiet. Pour a glass of cool water or warm chamomile tea, hold it in both hands and notice its temperature against your skin before you take a single, unhurried sip. Close your eyes and picture your body moving through a single ideal day — the morning rhythm, the quality of your energy at midday, the feeling of work done well and a body that feels like an ally rather than an obstacle. Open your eyes only when you can hold that image with conviction rather than longing. The ritual begins now.

THE RITUAL

Light the **green candle** and set it before you, letting its steady flame represent the **slow, reliable energy of a body and life in good order**.

Lay the **rose petals** in a loose circle around the candle's base — each petal placed with deliberate attention, as though each one names a habit you are committing to tend.

Take the **rose quartz** in both hands and breathe onto it three times, each breath carrying **the intention of kindness toward your own body** as you build new rhythms.

Hold the **rose quartz** over your heart for one slow minute and let the *Libra* New Moon's energy for balance settle into the part of you that has been running too hard or resting too little.

Place the **rose quartz** inside the ring of **rose petals** at the foot of the **green candle**, sealing the intention that **your daily life now moves toward wholeness**, and remain still for one breath before you rise.

YOU WILL NEED

green candle

rose quartz

rose petals

♪ slow nature sounds or soft meditation bells