



NEW MOON IN LIBRA · THURSDAY, 12 OCTOBER 2024

Scorpio

This ritual is for rest, releasing what no longer serves, and quiet spiritual renewal.

There is enormous power in the decision to stop — to cease maintaining what is finished, and to rest, finally, in the quiet of what remains.

PREPARATION

Face west. Let the room become as dark as you are comfortable allowing — a single source of light is enough, and everything else can dissolve into shadow. Set aside anything that represents an obligation or an unfinished claim on your energy; this space is for release, not for management. Pour a small glass of dark wine or a cup of bitter black tea, hold it in both hands without rushing, and take one slow sip that is less about pleasure and more about presence. Close your eyes and let yourself feel — without fixing or analyzing — what you are carrying that is ready to be put down: the grief, the resentment, the version of you that no longer fits. Hold it clearly in your mind not to dwell but to name it, so you can deliberately choose to let it go. Open your eyes only when the weight of that naming has shifted, just slightly, into something closer to acceptance. The ritual begins now.

THE RITUAL

Light the **black candle** without ceremony — simply and directly, as an act that signals your willingness to sit in darkness and let it be what it is rather than something to escape.

Hold the **obsidian** in both hands and breathe slowly, allowing the stone's dense, volcanic weight to absorb one specific thing you are ready to release — not vaguely, but with a name, a shape, a clear **decision to let it be finished**.

Light the **myrrh** resin or incense and let its ancient, ceremonial smoke move through the room, understanding that this scent has for centuries accompanied the rite of laying things to rest — breathe it in without resistance.

Sit in stillness for three full minutes with the **obsidian** in your lap and the **myrrh** burning beside the **black candle**, and resist the impulse to do anything at all — the practice here is the profound and difficult art of simply **not holding on**.

When the three minutes pass, place the **obsidian** as far from you as the space allows — in a corner, on a windowsill — as a physical act of distance from what you have released, and let the **black candle** and **myrrh** burn until they are done.

YOU WILL NEED

black candle

obsidian

myrrh

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