



FULL MOON IN LEO · FRIDAY, 3 FEBRUARY 2024

## Aries

*This ritual is for romance, creativity, and the joy of being fully alive.*

There is a particular kind of hunger that lives just below joy — not lack, but readiness — and this full moon in *Leo* exists to feed it.

### PREPARATION

Face south. Clear the surface before you — move anything that doesn't belong, leaving only what is warm and intentional, so the space itself feels like an invitation. Silence your phone and dim any harsh lights until the room holds a softness that matches the feeling you are chasing. Pour a glass of red wine or something spiced and warm, hold it in both hands for a breath, and sip slowly, letting the taste remind you that pleasure is not frivolous — it is fuel. Close your eyes and picture the creative or romantic life you are calling in: the specific laughter, the exact color of the light, the feeling of being fully seen by someone or something you love. Open your eyes only when that picture has edges, when it feels less like a wish and more like a memory waiting to happen. The ritual begins now.

### THE RITUAL

Light the **red candle** and watch the flame steady itself, understanding that this fire is not destruction but **creative force** returning to you.

Hold the **carnelian** in your dominant hand and press it gently to the center of your chest, breathing in until you feel the stone's warmth meet your own.

With your free hand, pinch a small amount of **cinnamon** and dust it in a slow circle around the base of the candle, naming aloud — even in a whisper — **one creative act or one romantic possibility** you are ready to welcome.

Sit with the candle burning for at least five full minutes, holding the **carnelian**, letting the image from your preparation sharpen further until it feels almost uncomfortable in its specificity.

When you are ready to close, pass the **carnelian** through the candle's rising warmth — not the flame — and say once, plainly: **this is mine to make real**, then let the candle burn down safely on its own.

### YOU WILL NEED

red candle

carnelian

cinnamon

♪ gentle jazz or sensual acoustic strings