



NEW MOON IN PISCES · SUNDAY, 19 FEBRUARY 2034

Libra

This ritual is for health, daily habits, and work.

The life you want is mostly made of ordinary days, and the shape of those days is entirely within your hands.

PREPARATION

Face north. Tidy the physical space around you with care and without hurry — this ritual is about the small acts done well, so begin as you mean to continue. Silence your phone and let the nature sounds or bells arrive before you bring light to anything. Pour a glass of water or warm lemon tea, hold it in both hands for a moment, and drink one slow, hydrating sip as a gesture of attending to the body. Close your eyes and walk through your ideal day in detail: the hour you rise, the food you eat, the way your body feels when it is being genuinely cared for rather than pushed. Open your eyes only when you feel the quiet authority of someone who has made a decision. The ritual begins now.

THE RITUAL

Light the **pink candle** and place it at the north edge of your space, letting its gentle warmth represent **consistent care given to yourself as seriously as you give it to others** under this *Pisces* new moon.

Place two drops of **ylang ylang** oil on your wrists or the inside of your elbows, and hold each wrist to your nose for three slow breaths, letting the scent signal to your body that **this moment is about nourishment, not productivity**.

Hold the **rose quartz** in your non-dominant hand and, with your eyes soft and open, name aloud one daily habit you are planting tonight — something small, physical, and doable — as a real commitment rather than an aspiration.

Sit with the **rose quartz** pressed against your heart for five minutes of silence, breathing naturally, letting the bells or rain sounds move time forward without you needing to manage it.

Place the **rose quartz** beside the item you use most in your morning routine — your glass, your journal, your kettle — so that tomorrow, when you reach for it, you are greeted by **the intention you set tonight**, and extinguish the **pink candle** with a slow breath.

YOU WILL NEED

pink candle

rose quartz

ylang ylang

♪ Slow nature sounds or soft meditation bells.