



NEW MOON IN TAURUS · WEDNESDAY, 19 APRIL 2024

Sagittarius

This ritual is about health, daily habits, and the power of small consistent acts.

A single changed habit, repeated across a season, becomes a different body — and the *New Moon in Taurus* is the most patient and practical ally you have ever had.

PREPARATION

Face north. The north asks for honesty — not the kind that wounds, but the kind that clears. Tidy your space practically, as someone who is about to do real work, not ceremony for ceremony's sake. Put away what is unfinished and let the surface before you be clean and clear. Pour yourself a glass of water — not wine tonight, but cool clean water — and hold it in both hands and feel its simplicity before you drink a slow, conscious sip, as if remembering what the body actually needs. Close your eyes and picture one day of your life exactly as you want it to be lived: not the grand events, but the morning routine, the meal, the movement, the sleep — picture the small architecture of a day that makes a life. Hold that picture until it feels less like a fantasy and more like a set of instructions. Open your eyes when the picture feels possible rather than distant. Small and real is the most powerful combination there is.

THE RITUAL

Light the **purple candle** and take one breath that is longer and slower than any you have taken today — this is the first act of the body caring for itself, and the *New Moon in Taurus* is watching.

Pass a bundle of **sage** through the candle's warmth — not into the flame — and then move it slowly around your own body from feet to crown, clearing the air of the tired old patterns you are replacing with **health and daily intention**.

Hold the **lapis lazuli** flat on your palm and look at its deep blue depth, then name the one daily act — specific, physical, unglamorous — that you are committing to beginning tomorrow.

Set the **lapis lazuli** beside the **purple candle** and place the **sage** beside it — the stone for the mind's intention, the herb for the body's willingness — a pairing of thought and action.

Breathe in through the nose for four counts, hold for four, out for six — repeat three times with your hands resting on your thighs, feeling your lungs move as if they are already practicing the new rhythm you are building.

YOU WILL NEED

purple candle

lapis lazuli

sage

♪ slow nature sounds or soft meditation bells