



FULL MOON IN SCORPIO · THURSDAY, 4 MAY 2024

## Gemini

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

Every great change in a life has been built, quietly and without ceremony, from the hinge of one small daily decision.

### PREPARATION

Face north. Tidy the space before you with brisk, purposeful hands — remove anything that does not belong, wipe the surface clean if you can, and arrange what remains with the kind of deliberate neatness that signals to your nervous system that something intentional is about to happen. Set your phone to silent and let the nature sounds or bells begin quietly in the background, low enough that they feel like weather rather than performance. Pour a glass of cold water with lemon or a warm cup of green tea, hold it in both hands for a moment and notice the temperature against your skin, then take one considered sip before placing it down. Close your eyes and build a picture of yourself one month from now — healthy in your body, steady in your habits, competent and focused in your work — and make it as specific and sensory as you possibly can. Open your eyes only when that image feels less like fantasy and more like a direction. The ritual begins now.

### THE RITUAL

Light the **yellow candle** with a single, unhurried strike and watch the flame stabilize — its steady burn is the model: not dramatic, not exhausting, but consistent and self-renewing.

Hold the **citrine** in your writing hand and feel its facets against your palm, letting it represent the clarity and energized focus you are calling into your **daily practice of work and health**.

Crush a small pinch of **lavender** between your fingers until its oil releases, then bring your fingers to your nose and breathe in slowly three times — with each breath, name one specific habit you are committing to build or release.

Set the **citrine** directly before the **yellow candle** and write, on a small piece of paper, three honest and concrete actions that will change the shape of your days, folding the paper and tucking it beneath the stone.

Let the **lavender** rest beside the **citrine** as the candle burns, and sit for five minutes in deliberate stillness — not thinking about the list, but feeling the quiet satisfaction of **a decision already made**.

### YOU WILL NEED

yellow candle

citrine

lavender

♪ slow nature sounds or soft meditation bells