



FULL MOON IN CAPRICORN · SUNDAY, 2 JULY 2024

## Gemini

*This ritual is for deep transformation, shared finances, and inner healing.*

The deepest transformations rarely arrive with noise — they arrive in the moment you stop insisting that things stay as they are.

### PREPARATION

Face west. Dim the room until it holds more shadow than light, and let the low, resonant music settle into the space like something ancient being remembered. Silence everything external and pour a cup of warm chamomile or lavender tea, holding it between your palms until you feel its heat move up through your hands. Take one slow sip and let it land somewhere deep before you set the cup aside. Close your eyes and allow yourself to look, without flinching, at the thing you have been orbiting — the old wound, the financial knot, the feeling that something below the surface is ready to shift. Open your eyes only when you can meet what you saw with a quality of steadiness rather than avoidance. You are not here to look away.

### THE RITUAL

Light the **yellow candle** slowly and deliberately, treating the act of striking the flame as the first conscious choice to **illuminate what has been kept in the dark**.

Crush a small handful of **lavender** between your fingers until the oils release, then draw your hands across your collarbones and down your forearms, letting the scent mark your body as a space that is **open to healing**.

Hold the **citrine** in your left hand — the receiving hand — and breathe out three long, audible exhales, each one releasing a specific tension: one for the past, one for the fear, one for the version of yourself that believed this was permanent.

Sit with the **citrine** pressed against your solar plexus and visualize a slow, golden warmth moving through whatever internal space feels most blocked, staying with this image until it softens under the *Capricorn* Full Moon's clear, structural light.

Place the **citrine** beside the **yellow candle** and speak one sentence aloud naming what you are **releasing its hold on you**, then let the candle burn as witness.

### YOU WILL NEED

yellow candle

citrine

lavender

♪ deep Tibetan singing bowls or low drone