



NEW MOON IN LEO · MONDAY, 14 AUGUST 2024

## Aries

*This ritual is for romance, creativity, and joy.*

Something in you has been waiting for permission to want what it wants.

### PREPARATION

Face south. Clear the surface before you of anything dull or unrelated — this space is for pleasure, and pleasure requires room. Silence your phone and let the music find the air around you. Pour a glass of red wine or spiced tea, hold it in both hands, and feel its warmth travel into your palms before your first slow sip. Close your eyes and picture what joy actually looks like in your life — not the idea of it, but the light in a room, the sound of laughter, the particular warmth of being fully, freely yourself in the presence of someone who delights you. Open your eyes only when that image feels close enough to touch. The ritual begins now.

### THE RITUAL

Light the **red candle** and watch the flame establish itself — this fire is not decoration, it is the signal that **joy and creative desire** are now the center of your attention.

Hold the **carnelian** in your dominant hand and close your fingers around it, feeling its weight and warmth as you name aloud one specific thing — a person, a project, a feeling — that you are calling toward you under this *New Moon in Leo*.

Take a small pinch of **cinnamon** and dust it in a slow circle around the base of the candle, moving clockwise, and with each pass whisper the word "**yes**" as though practicing saying it to everything that lights you up.

Set the **carnelian** directly in front of the candle and place one hand over your heart, staying still long enough to feel it beating — this is the rhythm that **romance and creativity** move through.

When the stillness feels full rather than empty, pass your hand once through the candle's warmth without touching the flame, sealing the intention with your body before you let the **red candle** burn down or snuff it with gratitude.

### YOU WILL NEED

red candle

carnelian

cinnamon

♪ gentle jazz or sensual acoustic strings