



NEW MOON IN LEO · MONDAY, 14 AUGUST 2024

## Capricorn

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

Some doors only open from the inside, in the dark, with your hand already on the handle.

### PREPARATION

Face west. Lower the lights until the room is more shadow than brightness, because what you are meeting here does not live in the surface-lit world. Let Tibetan singing bowls or a low, unwavering drone fill the air until the sound becomes less something you hear and more something you feel in your chest. Pour a glass of dark red wine or strong, dark tea and hold it at the level of your solar plexus for a long moment before you drink, feeling it warm you from the inside down. Close your eyes and go to the place in your life where transformation is already underway but not yet acknowledged — a financial entanglement, a wound that has been waiting, an arrangement that needs to change at its root — and look at it clearly, without softening it. Open your eyes only when you feel neither afraid nor avoidant, but simply ready. The ritual begins now.

### THE RITUAL

Light the **dark green candle** slowly, watching the flame find itself, and let it remind you that **transformation and deep healing** do not arrive in flashes — they establish themselves in the dark, quietly, like roots.

Hold the **black tourmaline** in your non-dominant hand and squeeze it firmly — not aggressively but with intention — feeling its grounding weight and saying aloud what you are willing to let change in this cycle, specifically and without vagueness.

Apply a drop of **cypress** oil to the soles of your feet or the inside of your wrists and breathe it in, because its cool, resinous depth is the scent of **endings that make new ground**, and your body is about to recognize it.

Sit with the **black tourmaline** resting in both open palms for one full singing bowl tone or one full minute, letting the vibration or the silence move through you and dislodge what has been fixed too long in place.

Set the **black tourmaline** beside the **dark green candle** and bow your head — hands on your own heart — holding there until the room and the low drone and the darkness feel like witnesses rather than weight.

### YOU WILL NEED

dark green candle

black tourmaline

cypress

♪ deep Tibetan singing bowls or low drone