



NEW MOON IN LEO · MONDAY, 14 AUGUST 2024

Pisces

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

The ordinary hours of your life are not the space between the meaningful moments — they are the meaningful moments.

PREPARATION

Face north. Clear your surface and arrange your ritual objects with the same care you would bring to preparing a meal — because this ritual is about the daily, and the daily is where your actual life happens. Let slow nature sounds or the soft ring of meditation bells move through the air, grounding you in time that is unhurried. Pour a glass of cool water or warm herbal tea and hold it at the level of your belly — the seat of the body's real intelligence — and drink your first sip as a small act of care for the body that carries you through each day. Close your eyes and picture your daily life at its most functional and nourishing: the rhythm of your mornings, the quality of your work, the state of your body moving through its hours with ease and purpose — hold it clearly, without comparing it to anyone else's life. Open your eyes when the picture feels doable rather than distant. The ritual begins now.

THE RITUAL

Light the **sea green candle** and place it where you can see it easily — not as a focal point for trance but as a steady companion — because **health and daily work** do not require transcendence, only attention.

Hold the **moonstone** in your non-dominant hand and bring it to rest against your abdomen, feeling its cool weight there, and take one full breath into that part of your body as an acknowledgment that **physical wellbeing is the foundation, not the afterthought**.

Bring **jasmine** — oil, dried flowers, or incense — close to your face and inhale slowly twice, allowing its sweetness to reframe the word "routine" from something constraining into something that blooms with repetition under this *New Moon in Leo*.

Name aloud — plainly, without embellishment — one specific daily habit you are beginning or strengthening this moon cycle, one change in your work or health that is small enough to start tomorrow and significant enough to matter in six months.

Place the **moonstone** beside the **sea green candle** and press both hands flat to your thighs, feeling the weight of your body in the chair, grounding **your commitment to the daily and the real** into the only place it can actually take root — here, now, in this body.

YOU WILL NEED

sea green candle

moonstone

jasmine

♪ slow nature sounds or soft meditation bells