



FULL MOON IN PISCES · SUNDAY, 19 AUGUST 2035

## Libra

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

There is nothing small about the way a day is lived — and the moon that rules water knows this better than any other.

### PREPARATION

Face north. Tidy the space where you sit — not obsessively, but honestly — so that the surface before you reflects the kind of order you are calling into your daily life. Silence all devices and let the gentle sounds of your chosen music replace the noise of the day. Pour a glass of water, warm tea, or wine, hold the cup firmly in one hand, and take one slow sip as an act of tending to your body before the ritual begins. Close your eyes and picture one full day lived exactly as you want to live it — the morning, the body, the work, the small choices that compound into a life — with as much texture as you can hold. Open your eyes only when that ordinary, extraordinary day feels genuinely possible.

### THE RITUAL

Light the **pink candle** and breathe once, slowly, feeling the exhale as the release of any self-criticism you have been carrying about **the habits or health practices** you have not yet built.

Place a drop or two of **ylang ylang** oil on your wrists or the back of your hands, and rub them together until warm — this is the act of anointing your working hands with **the intention of care and consistency** under this *Pisces* full moon.

Hold the **rose quartz** to the candlelight and name aloud, with precision and without vagueness, **one specific habit you are establishing or one area of your health you are tending** beginning tonight.

Set the **rose quartz** on your non-dominant wrist like a small weight and hold it there for one full minute, feeling it as a physical reminder that **the body is the ground in which all other intentions must be planted**.

Place the **rose quartz** beside the **pink candle**, touch the faint warmth of the **ylang ylang** still on your skin, and let the candle burn for five more minutes before extinguishing — the ritual is complete, and the first day of the new habit begins tomorrow.

### YOU WILL NEED

pink candle

rose quartz

ylang ylang

♪ slow nature sounds or soft meditation bells