



FULL MOON IN CANCER · SUNDAY, 13 JANUARY 2036

Cancer

This ritual is for personal identity, confidence, and new beginnings.

The moon is full in your own sign tonight, and there is a particular electricity in that — a rare permission to be entirely, unapologetically, luminously yourself.

PREPARATION

Face east. Stand, if you are able, and let the room feel spacious around you — push back a chair, open the space, because tonight is not about gathering inward but about expanding outward. Silence your phone and let the music you have chosen fill the room at a volume that feels slightly brave. Pour yourself something with a little ceremony — wine, or tea steeped strong and clear — and hold it above your heart for a moment before the first sip, as if making a toast to no one but yourself. Close your eyes and picture yourself moving through the world exactly as you most want to be seen: the posture, the expression, the quiet certainty in your own footstep. Open your eyes when that image clicks into focus like a key in a lock. The ritual begins now.

THE RITUAL

Light the **white candle** with deliberate slowness, watching the flame rise, and understand that you are lighting it for yourself — for **the version of you that is ready to begin**.

Hold the **moonstone** to your forehead for a full minute with your eyes closed, letting the cool surface remind you that *Cancer's* moon governs instinct and inner knowing, not performance.

Steep a small handful of **chamomile** in hot water, and as it opens, name aloud three qualities you are choosing to lead with in this new chapter of your life — not wishes, but **decisions about who you are becoming**.

Drink the chamomile slowly, and with each sip, feel those three qualities moving from the outside world into the inside of you, becoming part of the body, not just the mind.

Hold the **moonstone** against your chest, over your heart, and say once: *Cancer* moon, I am new — then set the stone beside the candle where it can catch the light for the rest of the evening.

YOU WILL NEED

white candle

moonstone

chamomile

♪ energetic drumming or bold orchestral swells