



NEW MOON IN AQUARIUS · MONDAY, 28 JANUARY 2036

## Virgo

*This ritual is for health, daily habits, and the work that structures your everyday life.*

The body keeps an honest record, and tonight you are finally sitting down to read it.

### PREPARATION

Face north. Tidy the surface before you until it is genuinely clear — not just arranged but clean, the way a well-kept tool feels different from an unused one. Turn off all notifications and let slow nature sounds or soft bells settle the air around you, then pour a cup of warm herbal tea — something plain and honest — holding it in both hands before drinking, feeling the heat as a small act of care for the body you are about to address. Close your eyes and picture one day lived exactly as you intend it: the hour you rise, the food you prepare, the work you complete with full attention — feel the satisfaction of it, the quiet dignity of a day made well, let the vision be unglamorous and true. Open your eyes only when it feels less like a wish and more like a plan. The ritual begins now.

### THE RITUAL

Light the **brown candle** and sit with your feet flat on the floor, feeling the ground beneath them, taking three slow breaths while you catalogue — without judgment — one thing your body has been asking for that you have been too busy to give it: **rest, movement, nourishment, stillness.**

Hold the **amethyst** in your non-dominant hand and press it gently to the inside of your wrist where a pulse lives, holding it there for five slow breaths as a gesture of **attending to the physical self with the same seriousness you give to everything else.**

Roll a sprig or pinch of **rosemary** between your fingers to release the sharp, clean scent, and as you breathe it in, name aloud the one daily habit — small, achievable, specific — that you are planting tonight under this *Aquarius* new moon.

Write the habit down on paper, or trace it on the surface before you with the **rosemary** stem, and then set the **amethyst** directly on top of it as a **material seal on a real commitment.**

Let the **brown candle** burn for five minutes while you sit in quiet with your hands in your lap, feeling the weight of the **amethyst** on the paper, and extinguish the flame by pressing your fingertips briefly near the base — grounded, unhurried, done.

### YOU WILL NEED

brown candle

amethyst

rosemary

♪ slow nature sounds or soft meditation bells