# The Unsent Words

*a ritual for the Full Moon in Gemini*

✦ ✦ ✦

Some words stay with us for years. A full moon shines a light on what is already there. This one is a chance to notice the words you have been carrying, keep the ones that help you grow, and gently set down the rest.

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|---|---|
| FULL MOON<br>Tue, Nov 24, 2026 · 8:53 a.m. Central | OTHER TIME ZONES<br>9:53 a.m. Eastern · 6:53 a.m. Pacific |
| WHERE<br>2° Gemini, mutable air, ruled by Mercury | A BEAVER SUPERMOON<br>About 360,765 km away |
| MOONRISE<br>Around sunset on the 24th, in the east | NEW MOON<br>Tue, Dec 8, in Sagittarius, 6:51 p.m. Central |

## You'll need

- The two slips on page two, or any two small pieces of paper
- A pen
- A window where you can see the moon, or a quiet place to picture her
- A battery candle, or a candle in a steady holder, if you'd like one
- Fifteen quiet minutes, any evening from November 23 to 25

*Gemini is the sign of the twins.* It knows every voice has another side: the voice we show the world, and the one we use on ourselves when no one is listening. You are allowed to choose which words come home with you.

## The ritual

I **Find the moon.** Sit where you can see her rise, or close your eyes and picture her full and bright. Take three slow breaths and let your shoulders drop.

II **Write what you're finished carrying.** On the first slip, write one sentence that has stayed with you too long. Just one.

III **Let it go.** Read it once, quietly. Breathe out slowly. Tear the slip into small pieces for the recycling or the compost.
*Those words have done all the harm they are going to do.*

IV **Write what you want to hear instead.** On the second slip, write the sentence you need, the way someone who loves you would say it.

V **Keep it close.** Tuck it in your wallet, your journal or the corner of a mirror, and read it each morning until the new moon.

✦ · ✦ · ✦

*Bright moon of the twins, hear me say: the words that hurt are torn away.*
*I keep the ones that help me grow, and let the rest, like feathers, go.*

A note of care: if the words you are carrying came from someone who hurt you, this ritual can stir up a lot. Go slowly, and stop whenever you need to. A trusted friend or a counselor can help you carry heavy things. Keep any candle in a steady holder away from paper, and never leave it burning unattended.

TWO SLIPS · CUT ALONG THE DOTTED LINES

THE WORDS I'M FINISHED CARRYING · TO TEAR

THE WORDS I NEED TO HEAR · TO KEEP



# From full moon to new

*read your kind sentence each morning*

Each morning, read the slip you kept, then tick the box. The moon shapes show her at about 7 a.m. Central, with the sign she is passing through.

| | MORNING | MOON IN | NOTE | DONE |
|---|---|---|---|---|
| ○ | Wed, Nov 25 | Gemini | *The moon's closest pass* | ☐ |
| ○ | Thu, Nov 26 | Cancer | | ☐ |
| ○ | Fri, Nov 27 | Cancer | | ☐ |
| ◑ | Sat, Nov 28 | Leo | | ☐ |
| ◑ | Sun, Nov 29 | Leo | | ☐ |
| ◑ | Mon, Nov 30 | Leo | | ☐ |
| ◑ | Tue, Dec 1 | Virgo | *Last quarter · halfway* | ☐ |
| ◑ | Wed, Dec 2 | Virgo | | ☐ |
| ◑ | Thu, Dec 3 | Libra | | ☐ |
| ◑ | Fri, Dec 4 | Libra | | ☐ |
| ● | Sat, Dec 5 | Scorpio | | ☐ |
| ● | Sun, Dec 6 | Scorpio | | ☐ |
| ● | Mon, Dec 7 | Scorpio | | ☐ |
| ● | Tue, Dec 8 | Sagittarius | *New moon in Sagittarius, 6:51 p.m.* | ☐ |

## *Three questions for the light*

Whose voice do I hear when I am hardest on myself, and is it really mine? · What kind words have I been given that I haven't let myself believe yet? · What do I need to say, and who most needs to hear it, even if that person is me?