

# The 2026 Snow Moon Guide: Tending the Inner Fire

## The Theme: The Charged Hush

The Snow Moon (February 1st) arrives during the quietest part of the winter. In the sign of Leo, this moon asks us to look at our "inner hearth." While the world is frozen, what is burning inside you? This is a time for **quiet courage** and **heart-centered warmth**.

## Preparation (Your Ritual Space)

- **The Tea:** Brew something warming, like Ginger, Cinnamon, or Roasted Dandelion Root.
  - **The Light:** One white or silver candle to represent the moon reflecting on snow.
  - **The Nature:** A piece of evergreen (cedar or pine) or a stone found in the cold to ground your energy.
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## The Ritual Practice

**1. Lighting the Hearth (5:09 PM CST)** Light your candle at the peak of the moon. Sit in silence for a few moments, feeling the heat of the flame and the warmth of your tea. Visualize this light sitting right in the center of your chest (the Leo heart).

**2. Journaling: The Fire & The Frost** Reflect on these three "down-to-earth" prompts:

- *What part of my life feels like it is "wintering" (resting/quiet) right now?*
- *What is one small spark of passion or creativity I want to keep warm until Spring?*
- *How can I show up for myself with the courage of a Lion, even when I feel small?*

**3. The Movement** Place your hands over your heart. Take three deep breaths. On the exhale, imagine your breath warming the space around you.

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## Closing Affirmation

*"My heart is a hearth that never goes cold. I tend my inner fire with patience and grace. I am warm, I am seen, I am enough."*