



# Change and transformation

## *Ingredients*

*A flat stone (any  
stone will do)*

## *Timing*

*Moon in Aquarius  
Forming an easy aspect  
to Uranus*



*Permanent marker or  
paint*

*Waning moon for removing  
resistance*

*Waxing moon for  
increasing confidence*

*New moon for new  
thinking*

*Full moon for a blend of  
the above*

*Holding the stone in your hand, focus your thoughts on your openness to change. The opportunities that a change will bring and what change will look like for you.*



*Draw or paint on the stone a sigil of Uranus  
like this*



*As you draw the symbol on the stone, say your  
incantation*

*Transformation does not come with cost  
I focus not on what is lost  
Into my life, I welcome change  
I ask Uranus to rearrange  
To shake things up, to disrupt the norm  
And walk with me as I transform*

*Continue to focus your thoughts on the changes,  
and (if you used paint) when the stone is dry*



*carry this with you throughout this transformation as a source of strength and power.*