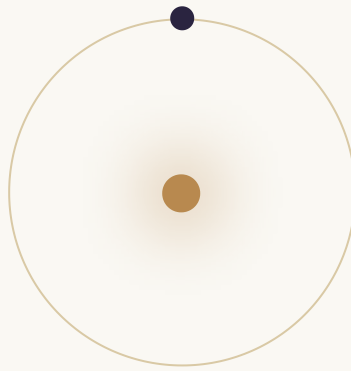


birth.hour



The Birthday Ritual

A written ceremony for your solar return

One hour. One pen. The day the Sun returns to where it found you.

What this is — and what it isn't.

Once a year, the Sun returns to the exact degree of the zodiac it held at the minute you were born. Astrology calls it the *solar return*. It is the one astronomical fact of your birthday — everything else is candles and messages.

This ritual promises no magic, predicts nothing about your year, and asks you to believe nothing at all. It is a ceremony of attention: one protected hour, once a year, to close the ending year honestly and open the new one with intention.

Repetition is what makes it a ritual. Done once, it is an hour well spent. Done every year, it becomes a conversation with yourself across time — and the letter on the last page is that conversation's mail.

What you need.

One uninterrupted hour, ideally within a week of your birthday. A pen. These pages, printed — or a notebook you like opening. If you feel like lighting a candle or making tea, do: ceremonies are fond of small gestures.

Phone in another room. The ending year deserves your whole attention.

Sit down. Breathe three times. Write this:

Today's date and time. The place where you are. One line about how you arrived at this chair — tired, curious, rushed, at peace. Don't edit: the first true sentence opens the door for the others.

When you finish, read what you wrote once, slowly. The ceremony has begun.