

A Note From Jess

If you are reading this, it means you chose to show up for yourself in a deeper way. You chose to slow down, to listen, and to explore your inner rhythms instead of pushing past them. That matters more than you may realize.

This Ritual Playbook was created in response to what I see again and again in my own life and in the lives of my clients: intelligent, capable, caring people who are exhausted, disconnected from their bodies, and quietly wondering if something is wrong with them for needing rest, softness, or space.

There is nothing wrong with you.

You were never meant to live in constant urgency or earn your worth through productivity.

These rituals are drawn from my own journey of learning how to honor my energy, trust my timing, and listen before my body has to scream. They are meant to support you in reconnecting with yourself in small, sustainable ways.

This work is not about doing more.

It is about living more honestly.

About learning to move with your natural rhythms.

About being on your own side.

If at any point you feel softened, grounded, or more connected to yourself, know that this is the real work unfolding. These moments matter. They accumulate. They change lives quietly and steadily.

You do not need to become someone else to be worthy of peace.

You are learning how to become more fully yourself.

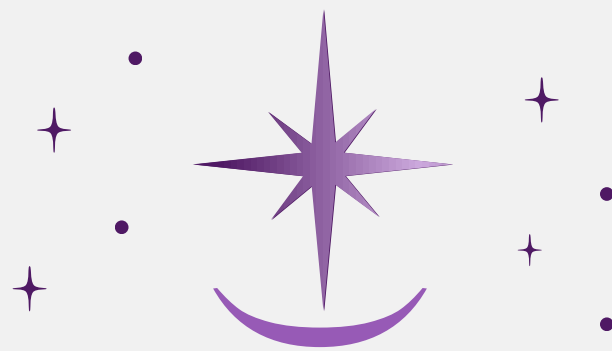
My hope is that you return to this playbook whenever life feels busy or overwhelming, not as a set of rules, but as a gentle reminder of who you are and what your body already knows.

Thank you for trusting me and for choosing yourself.

With love,

XOXO Jess

Zodiacal Ritual Playbook



StarBody Basics

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How to Use The Ritual Playbook

Your *Zodiac Ritual Playbook* is a self-guided collection of simple, grounding practices for each of the 12 zodiac signs and their body rulerships.

This playbook is designed to help you reconnect with your body, energy, and natural rhythms through small, intentional rituals you can return to again and again.

Each ritual is created to be:

- simple
- accessible
- gentle on your nervous system
- body-led
- easy to fit into daily life

Inside, you'll find one dedicated ritual page for each zodiac sign, including:

- brief sign and body overview
- guided 10–15 minute ritual flow
- supportive herbal or food pairing
- reflection prompt
- 1–2 minute micro-ritual for busy days

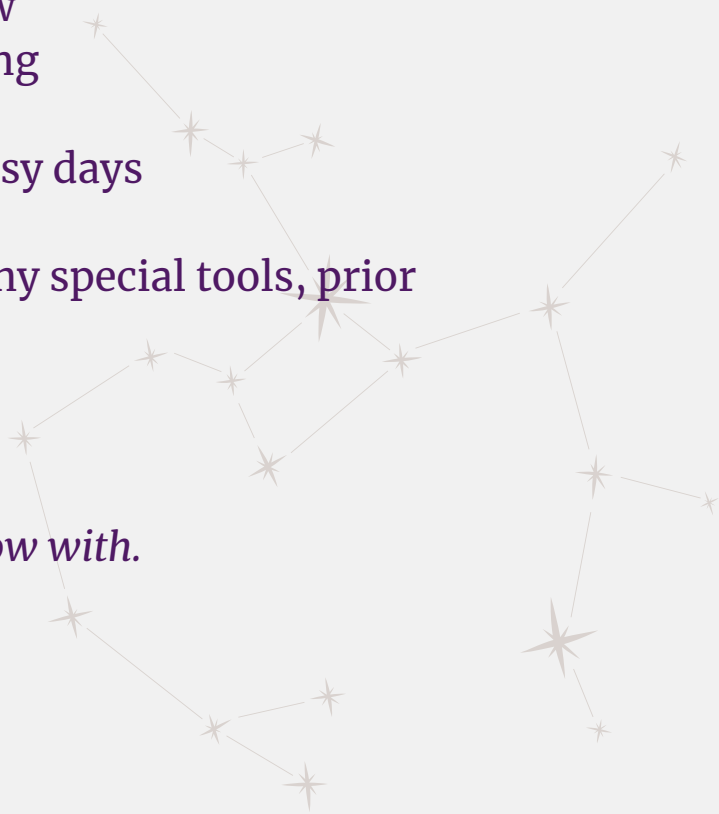
This playbook does not require any special tools, prior knowledge, or perfection.

There is no “right” way to use it.

Let your body guide you.

Let your intuition lead.

Let this be a living resource you grow with.



This playbook is perfect for you if you want:

- astrology-based self-care without overwhelm
- nervous-system-friendly rituals
- a simple daily grounding practice
- a gentle entry point into embodied astrology

This is a self-guided resource and does not include live teaching, hypnosis, or guided journeys.

You can use this playbook:

- with the current Moon sign
- one sign per week
- intuitively
- whenever your body needs support

Want to Go Deeper?

This Ritual Playbook is drawn from Module 2 of the StarBody Basics course, where we explore:

- guided hypnotic journeys
- deeper embodiment practices
- nervous system regulation tools
- Planetary breathwork and a Planetary Ritual Playbook
- tracking systems with various timing strategies

If this playbook resonates with you, the full course offers a more immersive healing journey.

→ Learn more about StarBody Basics here:

<https://starbodysystem.systeme.io/starbodybasics>

**Remember**

You don't need to be perfect.

You don't need to complete everything.

Your rituals do not need to be long or dramatic.

Even a single minute of breath, touch, or movement can shift your entire day.

This Ritual Playbook is here to support you... gently, consistently, and with cosmic wisdom.

ARIES

Spark of Initiation

-Body Focus-

Head, face, eyes, brain

- Vibe -

Initiation, clarity, focus

You might notice head tension, jaw clenching, eye strain, “pressure to go”

-You Will Need (optional)-

Gel eye mask (cool preferably, unless lightly warm is best for you, mat or blanket

-Herb and Food Spotlight-

Peppermint tea or steam; orange slices with pumpkin seeds.

-Ritual Flow-

1. Arrive & Breathe

Sit or lie down. Place one hand over your heart, one hand over your forehead.

Take 4 slow box breaths (inhale 4, hold 4, exhale 4, hold 4).

Gently cue yourself: “Let my jaw unclench. Let my brow soften.”

2. Set Intention

Silently or aloud: “I release tension and welcome balance.”

3. Mask + Breath

Place the cool (or lightly warm) mask over your eyes.

Inhale through your nose for a count of 4, pause for 2, exhale for 6, pause for 2.

Imagine a steady, calm flame at the center of your head – not raging, just present.

4. Gentle Unwind

Remove the mask. Gently massage around your ears and temples.

Slowly trace small arcs with your head and neck.

5. Integrate

Soften your gaze or close your eyes. Blink a few times as if washing away strain.

Sip some water.

Options & Cautions

Sinus pressure: keep your head slightly elevated, shorten mask time.

Migraine: avoid extreme temperature changes; dim the lights.

Reflection:

Where does my energy want a clean “first step” today?



Micro-Ritual

10 slow breaths with exhailes longer than inhales + 30 seconds of cool compress on your temples before starting a task that needs focus. Visualize the color blue washing over your head in your imaginal field if you don't have access to a cool compress.

TAURUS

The Center of Stability

- Body Focus -

Throat, neck, vocal cords, thyroid

- Vibe -

Stability, sensation, voice

You might notice throat tightness, jaw/neck tension, trouble saying what you need.

- You Will Need (optional) -

Singing bowl, chime, or phone sound works, cushion or chair, warm scarf

- Herb and Food Spotlight -

Thyme-honey on a spoon; apple slices.

- Ritual Flow -

1. Set & Intend

Sit comfortably, lengthen your spine.

Intention: "My voice and spirit resonate with harmony."

2. Sound Bath

Gently strike or play your bowl/chime.

Let your breath follow the sound... inhale as it begins, exhale as it fades.

Keep your awareness in your throat and neck.

3. Humming

With your mouth closed, hum gently.

Feel the vibration in your jaw, throat, and chest.

4. Neck Melt

Seated cat-cow, slow side bends, and easy shoulder rolls.

Move only in a comfortable range.

5. Integrate

Wrap a warm scarf or blanket around your neck.

Sip warm water or tea.

Options & Cautions

TMJ: keep the hum very gentle.

Thyroid or neck sensitivity: avoid deep or prolonged neck extension.

Reflection:

What truth wants to be spoken simply today?



Micro-Ritual

*3 gentle chimes or taps with breath synced with
one honest sentence spoken out loud.*

GEMINI

The Breath of Curiosity

-Body Focus-

Lungs, arms, hands, shoulders, nervous system

- Vibe -

Curiosity, clarity, play

You might notice overthinking, shallow breathing, shoulder/wrist tension.

-You Will Need (optional)-

Incense + holder or essential oil/steam, journal + pen

-Herb and Food Spotlight-

Lemon balm or chamomile tea; citrus wedge.

-Ritual Flow-

1. Space & Intention

Set up a small, clear space.

Intention: "My words and actions flow with clarity."

2. Light & Watch (or Scent Focus)

Light incense and gently watch the smoke's path or hold scented steam/oil near your nose.

Let your exhale grow slightly longer each time.

3. Breath Ladder

Inhale for 4, exhale for 6.

If comfortable, gradually lengthen the exhale toward 8.

4. Hand Sweep Blessing

With your hands, lightly sweep around your chest and arms as if brushing away static.

Circle wrists and stretch fingers.

5. Brain Dump

Free-write for 1 page. Don't edit.

Underline one simple action you can take.

Options & Cautions

Smoke sensitivity: use essential oil on a cotton ball or steam instead of incense.

If scents of all types are abrasive, use your imaginal field to create the smoke of incense.

Reflection:

What thought can become a single, helpful action?



Micro-Ritual

5 slow breaths making a fist on the inhale and opening the palm and extending fingers on the exhale + text yourself one supportive reminder.

CANCER

The Soft Belly of Belonging

-Body Focus-

Chest, breasts, stomach, diaphragm, emotional belly

- Vibe -

Nurture, belonging, soften

You might notice upset stomach, emotional overwhelm, tight chest.

-You Will Need (optional)-

Journal + pen, blanket, chamomile or warm milk alternative with cinnamon

-Herb and Food Spotlight-

Oats; warm spiced milk (dairy or non-dairy).

-Ritual Flow-

1. Nest

Create a cozy spot. Hand on chest, hand on belly.

Name the current Moon phase and sign, if you know it.

2. Journal

Choose one prompt: "What feels heavy today?" or "Where do I feel held?"

Write without editing.

3. Breath Soothe

10 ocean breaths: inhale through nose, exhale with a soft open-mouth sigh, sounding like ocean waves

Imagine your breath as an ocean tide gently washing through your chest and belly.

4. Gratitude

Write 3 lines of gratitude, however small.

Read them aloud.

5. Tea/Drink Meditation

Slowly sip your drink, noticing all the different sensory input, the flavor, the temperature, the feel on your tongue, what part of your tongue is activated.

Options & Cautions

Reflux: avoid large amounts of liquid and stay more upright.

Reflection:

What brings me felt safety today?



Micro-Ritual

3 ocean breaths: inhale through nose, exhale with a soft open-mouth sigh before each meal to invite some intentional stillness into your day.

LEO

The Radiant Heart

-Body Focus-

Heart, upper back, spine, cardiac system

- Vibe -

Radiance, courage, joy

You might notice heart heaviness, mid-back tension, low confidence.

-You Will Need (optional)-

A song or playlist that makes you feel alive, a little bit of space to move, journal

-Herb and Food Spotlight-

Hawthorn tea; orange slice.

-Ritual Flow-

1. Set Your Sun Space

Stand or sit for a moment in stillness.

Place your hands over your heart and take a few slow breaths.

Intention: "My heart leads me with love and courage."

2. Warm the Heart

Keep your hands at your heart.

Roll your shoulders forward and back a few times.

Gently sway side to side, feeling your chest soften and your upper back wake up.

3. Ecstatic Dance

Press play on your song/playlist. Begin with small movements: rolling the spine, circling the hips, soft steps. Slowly let your movements get bigger or freer, in whatever way feels natural. There is no right or wrong, just your body responding to the music.

4. Slow Down & Land

As the song ends (or when you feel complete), let your movements become slower and smaller. Return to stillness, standing or seated. Place your hands over your heart again and notice your breath.

5. Name Your Gift

If you'd like to journal, write down one strength, gift, or quality you bring to the world.

Say it out loud, even quietly: "Today, I shine as someone who _____."

Options & Cautions

If full-body dancing doesn't feel accessible, you can stay seated and let the movement live in your arms, shoulders, head, and chest.

Reflection:

Where can I shine generously today; for myself and for others?



Micro-Ritual

Place your hands over your heart, sway gently for 30–60 seconds, and offer one sincere compliment or word of encouragement to yourself.

VIRGO

The Sacred Digestive System

-Body Focus-

Abdomen, intestines, lower liver, spleen, digestion

- Vibe -

Order, care, assimilation

You might notice bloating, worry, digestive sluggishness.

-You Will Need (optional)-

Mug, infuser, herbs (peppermint, fennel, chamomile, or similar)

-Herb and Food Spotlight-

Fermented food (like sauerkraut/yogurt); herbal tea (peppermint, fennel, chamomile).

-Ritual Flow-

1. Mise en Place (get everything in its place)

Lay out your mug, herbs, and water.

Intention: "I nourish myself with care."

2. Steep & Sense

As the tea steeps, watch the color, smell the aroma, and breathe slowly.

3. Mindful Sips

Drink slowly, noticing the warmth traveling down into your belly.

Add gentle seated twists if comfortable.

4. One Tidy Action

Choose one tiny organizing or simplifying task for your day.

Write it down.

5. Closing Breath and Belly Massage

Place both hands on your belly, taking a deep breath in and out, extend gratitude for your body's intelligence. Moving hands in clockwise motion, make some circles from the base of your ribcage, across to the side, down to the pelvic bones, across the lower belly, and repeat. Finish with some closing sweeps from diaphragm to pelvis.

Options & Cautions

GERD or reflux: choose chamomile over peppermint if peppermint tends to aggravate

Reflection:

What one habit supports my digestion, of both food and life?



Micro-Ritual

*Take 3 mindful sips of your beverage before each meal,
noticing your breath and belly.*

LIBRA

The Art of Equilibrium

- Body Focus -

Lower back, kidneys, skin balance, fluid harmony

- Vibe -

Harmony, beauty, equanimity

You might notice low-back discomfort, skin flare-ups, indecision.

- You Will Need (optional) -

Gua sha stone (or smooth spoon), facial oil or gentle lotion, mirror (optional)

- Herb and Food Spotlight -

Cucumber-mint water; dandelion root.

- Ritual Flow -

1. Aesthetic Setup

Take your time and arrange your space to feel visually pleasing.

Intention: "I radiate harmony."

2. Face Sequence

Apply a bit of oil or lotion.

Gently sweep from jaw to cheek, cheek to temple, under-eye outward, then forehead up.

Use light pressure.

3. Kidney Love

Rub your hands together and place them over your low back.

Optionally apply a bit of oil and make slow circles.

4. Decision Balance

Write down two options related to something small in your day.

Notice which one feels lighter or more spacious in your body.

5. Mirror Moment

Stand or sit in front of a mirror. Soften your gaze and take a full breath.

Look into your own eyes... not to judge, but to witness. Say aloud or silently:

"I trust my inner balance. I honor what feels true."

Options & Cautions

Active acne or rosacea: use ultra-light pressure; avoid vigorous scraping.

Reflection:

What restores symmetry to my day?



Micro-Ritual

*60 seconds of under-ear lymph sweeps
(down the sides of the neck)
+ a tall glass of water.*

SCORPIO

The Waters of Transformation

-Body Focus-

Reproductive system, pelvis, colon, elimination

- Vibe -

Depth, truth, alchemy

You might notice gut tension, emotional intensity, pressure to “hold everything.”

-You Will Need (optional)-

Pendulum (or a necklace/weighted object on a string), journal, grounding stone like selenite or hematite

-Herb and Food Spotlight-

Beets; pomegranate.

-Ritual Flow-

1. Cleanse & Attune

Sit comfortably with your pendulum (or stand using your body as the pendulum).

Ask for Divine protection and to call upon your highest guidance.

Ask it to show you “yes” and “no” and observe the movement in the pendulum.

Intention: “I am ready to receive the truth.”

2. Q&A Round

Ask up to three specific yes/no questions. (my guidance is to keep these about yourself, **not** other people, not predicting the future, or any questions when emotionally unstable). Jot the answers down without overthinking.

3. Sacral Breath

Place your hands below your navel.

Imagine violet or deep-water clearing cords and residue from your body.

4. Inner Alignment

Bring one of your earlier answers to mind. Hold it in your awareness and ask:

“What brings me into balance here?”

Notice the felt sense of clarity, openness, or resistance in your body.

5. Integration

Choose one gentle action that supports your balance, release, or realignment today.

Options & Cautions

Emotional intensity: keep a grounding stone in your hand or under your feet; stop if you feel overwhelmed.

Reflection:

What truth sets me free today?



Micro-Ritual

Before a big decision: ask one clear yes/no question and use your pendulum or body to gain clarity + take 3 deep grounding breaths.

SAGITTARIUS

11

The Path of Expansion

-Body Focus-

Hips, thighs, liver, sciatic pathway

- Vibe -

Expansion, meaning, freedom

You might notice tight hips, restless energy, stagnant emotions, or a craving for movement and new perspective.

-You Will Need (optional)-

Your journal, a comfortable seat or space to move, citrus water or milk-thistle tea

-Herb and Food Spotlight-

Milk thistle; citrus-infused water

-Ritual Flow-

1. Center and Breathe

Sit or stand tall. Hand on heart, hand on belly.

Intention: "I walk my path with purpose." Feel your breath create inner space.

2. Hip Activation

Gently move the hips: figure-4, light circles, or lunges.

Let it feel curious, not forced.

3. Horizon Movement

Sway side to side. Let arms float wide, as if gathering possibilities.

Move with a sense of openness.

4. Gratitude Pulse

Name 5–10 things you're grateful for: growth, lessons, people, clarity, or tiny wins.

5. Mantra Stillness

Close your eyes. Breathe and repeat: "I am open to wisdom. I trust the path unfolding."

Options & Cautions

Sensitive knees? Keep everything seated. If the hips feel inflamed, soften movement to simple figure-4 or seated hip circles. Avoid over-stretching; Sagittarius energy can sometimes overdo.

Reflection:

What part of me feels more expansive, curious, or open?



Micro-Ritual

Sit or stand tall. Lift your chin. Inhale: gaze left → right.

Exhale: gaze center. Let your perspective widen.

A 10–20 sec reset for clarity + grounding.

CAPRICORN

12

The Sacred Structure

-Body Focus-

Bones, joints, knees, hips, structural support

- Vibe -

Structure, endurance, stewardship

You might notice knee/hip tension, burnout, feeling over-responsible.

-You Will Need (optional)-

Massage ball (or tennis ball or your fists), yoga strap (or belt/towel), mat or soft floor

-Herb and Food Spotlight-

Nettle infusion; almonds.

-Ritual Flow-

1. Set Your Intention

Sit tall and breathe.

Intention: "Through care and patience, I strengthen my foundation."

2. Targeted Release

Use a ball under hip, glute, or hamstring. Lean in slowly, just below pain. You should always be able to breathe through the sensations.

3. Strap Stretch

Lie down, strap around foot.

Stretch the back of the leg. Switch sides.

4. Integrity Sit

Reflect quietly.

Think about one boundary or structure to support your energy.

5. Stillness Anchor

Close your eyes. Feel the weight of your body. Let stability settle into your bones.

Options & Cautions

Osteoporosis or joint fragility: keep pressure very light; focus more on gentle mobility than deep release.

Reflection:

Where does structure create more freedom for me?



Micro-Ritual

90 seconds of gentle knee circles + posture reset once an hour, when needed.

AQUARIUS

13

The Pulse of the Future

-Body Focus-

Calves, ankles, circulation, nervous system

- Vibe -

Flow, vision, community

You might notice ankle swelling, restless legs, mental overactivity.

-You Will Need (optional)-

Dry brush (or a dry washcloth), water glass

-Herb and Food Spotlight-

Hawthorn; water-rich veggies.

-Ritual Flow-

1. Set Your Intention

Pause and breathe.

Intention: "My energy flows freely, and my vision is clear."

2. Upward Brush

On dry skin, brush from feet upward toward the heart.

Light strokes on legs, arms, belly, chest, shoulders.

3. Feel & Activate

Stand still with eyes closed. Notice the tingling.

Gently shake out your legs and ankles.

4. Hydrate & Clear

Drink water slowly.

Let it feel like an inner rinse.

5. Idea Spark

Write down one idea to share or bring to life.

Let it be simple, fresh, and true to you.

Options & Cautions

Sensitive or inflamed skin: use a very soft cloth and skip irritated areas.

Reflection:

What idea wants circulation today?



Micro-Ritual

60 seconds of ankle pumps (flex/point feet) before or after long periods of sitting, also a great way to work out nervous energy.

PISCES

14

The Ocean of Integration

-Body Focus-

Feet, lymph, immune system, subtle sensing

- Vibe -

Surrender, sensitivity, dream

You might notice fluid retention, fatigue, emotional or energetic overwhelm.

-You Will Need (optional)-

Reflexology tool (or your thumbs), calming oil or lotion, chair or cushion

-Herb and Food Spotlight-

Seaweed snacks; lavender tea.

-Ritual Flow-

1. Create Sanctuary

Set up a quiet, cozy space.

Intention: "I ground in the present and flow with intuition."

2. Foot Warm-Up

Massage one foot slowly with your hands, oil optional.

3. Sole Mapping

Gently press or roll:

Heel (grounding) → Arch (emotion) → Toes (intuition)

4. Switch & Settle

Repeat on the other foot.

Move slowly and stay connected to sensation.

5. Ground & Sip

Place both feet flat. Sip water and notice your body's state.

Let the stillness speak.

Options & Cautions

Neuropathy or high sensitivity: use very light touch, or focus on holding and warmth instead of pressure.

Reflection:

What message is arriving through subtle channels today?



Micro-Ritual

*30 seconds of toe scrunch and spread before sleep,
noticing your natural breath.*