

RITUAL TO OVERCOME ADDICTIONS

Ritual to overcome addiction to food, cigarettes, alcohol, drugs and any kind of habit detrimental to its health.

Ingredients:

- **A brand new white or clear dish (glass or plastic), just to use in rituals;**
- **1 Cleansing & Protection Energizing Salt Cristovão Brilho**
- **1 Stress Free Energizing Oil Cristovão Brilho**
- **3 Hematite crystals (polished or raw);**
- **3 branch of common rue**
- **White paper to write your compulsion (example: Cigarette, alcoholic beverage, food, drugs, games, etc)**

Procedure:

Put the paper with the written side facing the dish onto the center;
Put the 3 hematite Crystals making a triangle shape
Add all the Energizing Salt;
Over the salt, add all the Energizing Oil
Put the 3 branch of common rue
Leave this ritual in a quiet place without touching it for 21 days;
After 21 days, offer the Ritual (except the dish) to spirituality, returning it to nature (woods, river, garden, ocean).
IMPORTANT: This Ritual just can be done for one person