

## **RITUAL FOR CLEANING AND PROGRESS**

### **Ingredients:**

- **A brand new white or transparent dish made of glass or plastic, just to use in rituals;**
- **1 Guides & Angels Energizing Salt Cristovão Brilho;**
- **1 Cleansing & Protection Energizing Salt Cristovão Brilho;**
- **1 Smokey Quartz Crystal;**
- **7 Bay Laurel Leaves;**

### **Procedure:**

**Pour into a container, a amount of water to apply over your body. In this water, mix the Protection & Cleansing salt,**

**7 bay laurel leaves and the crystal and leave it for 20 minutes.**

**After your usual bath, apply this water over your body (you can also apply over your head).**

**After the bath, the Crystal and the Bay laurel leaves must be collected to be used in the ritual.**

**The ritual must be done just after your bath.**

**Add all the Guides & Angels salt in the dish;**

**Put the 7 Bay laurel leaves and the crystal used in the bath, over the Salt;**

**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 to nature (woods, river, garden, sea or plants).**