

FLU AND COLD RITUAL

Ingredients:

- A brand new white or transparent dish (glass or plastic), just to use in rituals;
- 1 Health Energizing Oil Cristovão Brilho;
- 1 Stress Free Energizing Salt Cristovão Brilho;
- 1 Fluorite (polished or raw);
- 1 Blue Quartz or Sodalite (polished or raw)
- White paper to write the person name that has flu, cold or sinusitis

Procedure:

Put the paper onto the center of the dish;

Over the paper, put the Blue Quartz or Sodalite

Add all the Energizing Salt;

Over the salt, add all the Energizing Oil;

If it is possible, the Fluorite Crystal can be placed on the ill's person forehead for 20 minutes, once a day or until the person get better.

If the person can't use the crystal, put this one together with the sodalite or Blue Quartz in the ritual;

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, ocean).

IMPORTANT: This Ritual just can be done for one person