

HEALTH RITUAL

Ingredients:

- A brand new white or transparent dish made of glass or plastic, just to be used for rituals;
- 1 Health Salt Cristovão Brilho;
- 1 Guides & Angels Oil Cristovão Brilho;
- 1 green or violet crystal (polished or raw);
- 4 pieces of cinnamon sticks;
- A white paper to write a person's name.

Procedure:

Put the paper, with the person's name written on it, onto the center of the dish;

Add all the Energizing Salt;

Over the Salt, add all the Energizing Oil;

Put the 4 pieces of cinnamon sticks;

Also put the crystal onto the center of the dish;

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).

IMPORTANT: This Ritual only can be done for one person.