

## **RITUAL TO RELEASE RESENTMENTS**

**Helps in the release of resentments and unexpressed emotions.**

### **Ingredients:**

- **A brand new white or clear dish (glass or plastic), just to use in rituals;**
- **1 Cleansing & Protection Energizing Salt Cristovão Brilho**
- **1 Lots of Love Energizing Oil Cristovão Brilho;**
- **1 Rose Quartz (polished or raw);**
- **White paper to write the name of the person and the reason of the resentment**

### **Procedure:**

**Put the paper onto the center of the dish;**

**Over the paper, put the chosen Crystal;**

**Add all the Energizing Salt;**

**Over the salt, add all the Energizing Oil;**

**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).**