

STRENGTH AND BRAVERY RITUAL

Ingredients:

- **A brand new white or transparent dish made of glass or plastic, just to be used for rituals**
- **1 Cleansing & Protection Salt;**
- **1 Focus & Grounding Oil Cristovão Brilho;**
- **1 Garnet crystal (polished or raw)**
- **3 Bay leaves;**
- **A white paper to write at most 3 people's names,.**

Procedure:

Put the paper, with the names written on it, onto the center of the dish;

Add all the Energizing Salt;

Over the Salt, add all the Energizing Oil;

Put the Bay leaves and the crystal;

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).