

## **TRAUMA RITUAL**

### Ingredients:

- A brand new white or transparent dish (glass or plastic), just to use in rituals;
- 1 Cleansing & Protection Energizing Salt Cristovão Brilho
- 1 Lots of Love Energizing Salt Cristovão Brilho
- 1 Rose Quartz (polished or raw);
- 1 Amethyst
- A white paper to write a situation that injured you with a hard trauma to overcome.

### Procedure:

Put the paper onto the center of the dish;  
Over the paper, put the Rose Quartz and Amethyst  
Add all the Energizing Salts;  
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).  
**EXCEPT THE PAPER** - the paper must be taken off the dish and be burned.