

## **RITUAL TO OVERCOME ADDICTIONS**

**Ritual to overcome addiction to food, cigarettes, alcohol, drugs and any kind of habit detrimental to its health.**

### **Ingredients:**

- **A brand new white or clear dish (glass or plastic), just to use in rituals;**
- **1 Cleansing & Protection Energizing Salt Cristovão Brilho**
- **1 Stress Free Energizing Oil Cristovão Brilho**
- **3 Hematite crystals (polished or raw);**
- **3 branch of common rue**
- **White paper to write your compulsion (example: Cigarette, alcoholic beverage, food, drugs, games, etc)**

### **Procedure:**

**Put the paper with the written side facing the dish onto the center;**  
**Put the 3 hematite Crystals making a triangle shape**  
**Add all the Energizing Salt;**  
**Over the salt, add all the Energizing Oil**  
**Put the 3 branch of common rue**  
**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).**  
**IMPORTANT: This Ritual just can be done for one person**