

## Ritual for Anxiety and Stress

A brand new white or clear dish (glass or plastic), just to use in rituals

- 1 Stress Free Energizing Salt Cristovão Brilho
- 1 Stress Free Energizing Oil Cristovão Brilho
- 1 clear, blue or pink quartz
- 1 white rose
- White paper to write one person name

### Procedure

Put the paper with the name onto the center of the dish

Add all the Energizing Salt

Over the salt, add all the Oil

Throw the petals over the dish

Put the crystal on top

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).