

RITUAL FOR CLEANING AND PROGRESS

Ingredients:

- A brand new white or transparent dish made of glass or plastic, just to use in rituals;**
- 1 Guides & Angels Energizing Salt Cristovão Brilho;**
- 1 Cleansing & Protection Energizing Salt Cristovão Brilho;**
- 1 Smokey Quartz Crystal;**
- 7 Bay Laurel Leaves;**

Procedure:

Pour into a container, a amount of water to apply over your body. In this water, mix the Protection & Cleansing salt,

7 bay laurel leaves and the crystal and leave it for 20 minutes.

After your usual bath, apply this water over your body (you can also apply over your head).

After the bath, the Crystal and the Bay laurel leaves must be collected to be used in the ritual.

The ritual must be done just after your bath.

Add all the Guides & Angels salt in the dish;

Put the 7 Bay laurel leaves and the crystal used in the bath, over the Salt;

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).