

RITUAL FOR DEPRESSION

Ingredients:

- A brand new white or clear dish (glass or plastic), just to use in rituals;
- 1 Health Energizing Salt Cristovão Brilho
- 1 Cleansing & Protection Energizing Oil Cristovão Brilho
- 1 Smokey Quartz (polished or raw);
- 1 Orange Calcite (polished or raw);
- 1 amethyst (polished or raw);
- A white paper to write the person's name;

Procedure:

Put the paper onto the center of the dish;

Over the paper, put the Smokey Quartz

Add all the Energizing Salt;

Over the salt, add all the Energizing Oil;

During the day the Orange calcite must be near to the depressed person (In the pocket, purse...), and has to sleep with the amethyst under the pillow. Repeat this for 21 days. If is impossible to keep or sleep with the crystals, put all 3 Crystals in the Ritual.

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).