

## **ENERGIZING AND PURIFICATION RITUAL**

**Ritual for revitalize, purify and balance your energy, bringing serenity or enthusiasm. Reduces emotional imbalances.**

**Ingredients:**

- A brand new white or transparent dish made of glass or plastic, just to use in rituals;**
- 1 Cleansing & Protection Energizing Salt Cristovão Brilho;**
- 1 Focus & Grounding Energizing Oil Cristovão Brilho;**
- 3 Garnet Crystal;**

**Procedure:**

**Add all the Energizing Salt; Over the salt, add all the Energizing Oil;**

**Put 1 Garnet Crystal over the Oil and Salt; During 7 days, put your hands over the ritual without touching it. At the same time, put the others 2 Garnet Crystals on the floor, under your feet or in front of them. Keep this position for 1 minute. There is no restriction about which day in the week you can do it.**

**You can pick any day in these 21 days. After 21 days, offer the Ritual (except the dish) with the 3 crystals to spirituality, returning it to nature (woods, river, garden, sea or plants).**