

INSOMNIA AND NIGHTMARES RITUAL

Ingredients:

- **A brand new white or transparent dish (glass or plastic), just to use in rituals;**
- **1 Stress Free Energizing Salt Cristovão Brilho**
- **1 Cleansing & Protection Energizing Oil Cristovão Brilho**
- **2 Amethyst (polished or raw);**
- **1 Hemimorphite crystal (polished or raw);**
- **A white sheet of paper to write the person's name;**

Procedure:

Put the paper onto the center of the dish;

Over the paper, put one Amethyst

Add all the Energizing Salt;

Over the salt, add all the Energizing Oil;

The other Amethyst and the Hemimorphite Crystals must be placed under the pillow of the person that has Insomnia and Nightmares during 21 days.

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, ocean).