

MENTAL CLARITY RITUAL

Ingredients:

- A brand new white or transparent dish made of glass or plastic, just to be used for rituals;
- 1 Stress Free Salt Cristovão Brilho
- 1 Think Clearly Oil Cristovão Brilho;
- 1 White quartz or Garnet crystal (polished or raw);
- Some water;
- A white paper to write a situation that you need an orientation and mental clarity to make decision;

Procedure:

Put the paper onto the center of the dish;

Add all the Energizing Salt;

Put some water over the salt;

Over the salt, put all the Energizing Oil;

Also put the crystal onto the center of the dish;

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).

IMPORTANT: Pay attention with dreams, thoughts or ideas that will appear in this period.

If it is necessary take a note of these dreams, thoughts or ideas