

RITUAL TO RELEASE RESENTMENTS

Helps in the release of resentments and unexpressed emotions.

Ingredients:

- **A brand new white or clear dish (glass or plastic), just to use in rituals;**
- **1 Cleansing & Protection Energizing Salt Cristovão Brilho**
- **1 Lots of Love Energizing Oil Cristovão Brilho;**
- **1 Rose Quartz (polished or raw);**
- **White paper to write the name of the person and the reason of the resentment**

Procedure:

Put the paper onto the center of the dish;

Over the paper, put the chosen Crystal;

Add all the Energizing Salt;

Over the salt, add all the Energizing Oil;

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).