

## **STRENGTH AND BRAVERY RITUAL**

### **Ingredients:**

- **A brand new white or transparent dish made of glass or plastic, just to be used for rituals**
- **1 Cleansing & Protection Salt;**
- **1 Focus & Grounding Oil Cristovão Brilho;**
- **1 Garnet crystal (polished or raw)**
- **3 Bay leaves;**
- **A white paper to write at most 3 people's names,.**

### **Procedure:**

**Put the paper, with the names written on it, onto the center of the dish;**

**Add all the Energizing Salt;**

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

**Put the Bay leaves and the crystal;**

**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).**