

TRAUMA RITUAL

Ingredients:

- A brand new white or transparent dish (glass or plastic), just to use in rituals;
- 1 Cleansing & Protection Energizing Salt Cristovão Brilho
- 1 Lots of Love Energizing Salt Cristovão Brilho
- 1 Rose Quartz (polished or raw);
- 1 Amethyst
- A white paper to write a situation that injured you with a hard trauma to overcome.

Procedure:

Put the paper onto the center of the dish;
Over the paper, put the Rose Quartz and Amethyst
Add all the Energizing Salts;
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).
EXCEPT THE PAPER - the paper must be taken off the dish and be burned.