

## Ritual to Aid in Finding Sleep



### Ingredients:

- Some dried lemon balm leaves, known for their relaxing properties.
- A small amethyst, to promote inner peace.
- Dried chamomile, to soothe the mind.
- Lavender incense, to create a tranquil atmosphere.

### Steps:

- Choose a quiet and relaxing place.
- Light the lavender incense to purify the air and create a calming atmosphere.
- Place the small amethyst in front of you, symbolizing tranquility and serenity.
- Arrange the dried lemon balm leaves in a circle around the amethyst.
- Take the dried chamomile and deeply inhale its relaxing aroma. Visualize yourself entering a peaceful and restorative sleep.
- Now, recite the incantation in Latin out loud:

*Sopor tranquillus, veni ad me,  
Mens et corpus in pace sint.  
In somniis tranquillitas inveniatur,  
Per caliginem ad quietem.*

- Repeat this incantation three times, allowing yourself to immerse in the words and feel a deep serenity.
- Once the incantation is recited, gather the dried lemon balm leaves around the small amethyst and wrap them in a piece of cloth. This will form your sleep amulet.
- Keep the amulet under your pillow every night to benefit from its soothing effects.