

## Ritual to Feel Better in Your Body



**Ingredients:**

- A white candle
- Soothing incense (lavender, sandalwood, or rose)
- A mirror
- A small clear quartz stone or crystal

**Ritual:**

1. **Preparing the Altar:** Find a quiet place where you can be alone and at peace. Place your white candle in the center, light it, and place the incense next to the candle to burn, emitting a soothing smoke.
2. **Centering Your Mind:** Sit comfortably in front of your altar. Close your eyes and focus on your breath. Take a few deep breaths to calm your mind and center yourself.
3. **Creating the Circle of Protection:** Visualize a circle of white light surrounding your sacred space. This light is your protection and sanctuary during the ritual.
4. **Invocation of Beneficent Forces:** Place your hand on your heart and recite the incantation in Latin: "*Corpus meum sana, mentemque purifica, animam meam conforta.*"
5. **Meditation with the Mirror:** Look at yourself in the mirror and observe your reflection with love and kindness. Affirm that you are beautiful and precious just as you are.
6. **Charging the Stone or Crystal:** Take the clear quartz stone or crystal in your hand and visualize it being filled with bright white light, imbuing it with positive energy. Feel this energy transferring into your body, bringing balance and healing.
7. **Gratitude and Closure:** Express gratitude to the beneficent forces and all the elements that accompanied you during this ritual. Extinguish the candle and let the incense burn until it is completely consumed. Disperse the circle of white light by visualizing it returning to the universe.