# Ritual to Dispel Negative Thoughts




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**Materials needed:**

- A white candle
- A small mirror
- A piece of clear quartz
- A sheet of paper and a pen

**Ritual steps:**

- Find a quiet place and make yourself comfortable.
- Light the white candle, symbolizing purification and positive light.
- Place the mirror in front of you, reflective side up.
- Hold the clear quartz in your dominant hand.
- Close your eyes and take three deep breaths.
- Open your eyes and look at your reflection in the mirror.
- Recite the following Latin incantation three times:

"*Mentem meam libero a tenebris,*
*Lux positiva me circumdat,*
*Cogitationes negativas expello,*
*Pacem et serenitatem invoco.*"

- While holding the quartz, visualize a white, soothing light enveloping your body and mind, chasing away all negative thoughts.
- On the sheet of paper, write a positive affirmation that you wish to integrate into your life.
- Place the paper under the mirror and the quartz on top.
- Let the candle burn completely (or extinguish it if necessary, relighting it in the following days to reinforce the ritual).
- Keep the mirror, quartz, and affirmation near your bed or in a place where you will see them daily.

Repeat this ritual as often as necessary to reinforce its effect and maintain a positive mindset.


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