Ritual of Anger Appeasement



Preparation:

- Choose a quiet and peaceful place.
- Light a white candle representing purity and peace.
- Have a bowl of clear water nearby, symbolizing purification.

Ritual Steps:

1. Sit comfortably and take three deep breaths.
2. Dip your fingers in the water and lightly touch your forehead, heart, and both shoulders, saying: "Aqua pura, mentem serenam" (Pure water, serene mind)
3. Close your eyes and visualize a white, soothing light enveloping you.
4. Recite the following incantation three times: "*Ira recedit, pax advenit, Animus tranquillus, cor serenum. Per virtutem lucis et aquae, Iram meam nunc dimitto.*"
5. Breathe deeply, imagining your anger dissipating with each exhalation.
6. Finish by carefully touching the candle flame with your fingertips and saying: "Gratias ago, pax mecum" (I give thanks, peace is with me)
7. Remain seated in silence for a few moments, feeling calmness settle within you.

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