

Kit contains

- Healing Votive
- Healing Mist
- Healing Oil
- Herbal Healing Bath

Step One Charge Your Candle

Begin by rubbing the oil into the candle from the bottom toward the center, then from the top to the center. Using the color black to represent the illness or sickness, imagine seeing sickness or illness leaving your body. Hold your thought-pictures throughout the procedure. In each case, seal the candle with the sign of the Solar Cross drawn in the air over the candles, with the words, "So

mote it be!"

Step Two Lighting Your Candle

Light your candle on a Sunday or Monday fifteen minutes after any hour. (example 5:15, 6:15, etc.)

Step Three Herbal Bath

Follow the directions for the herbal bath.

Healing Mist

The mist can be used as a room spray or body spray.

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