

Ritual to Conquer Fear of Public Speaking

Required Elements:

- A red candle
- Sage incense
- A glass of water
- A rose quartz crystal
- A feather

Instructions:

- Create a calm and soothing ritual space. Cleanse and purify the area with the smoke of sage.
- Place the rose quartz crystal in front of you on a red or pink cloth. This is a soothing stone that will foster self-confidence.
- Light the red candle, a symbol of life force and courage. Focus on the dancing flame.
- Take the feather in your dominant hand. It is a tool of communication that will help channel your speech fluidly.
- Drink a few sips of fresh water to clarify your throat and mind.
- Close your eyes and visualize yourself speaking in public with ease, an aura of calm and assurance enveloping you.
- Recite aloud the following Latin incantation, directing the feather toward your mouth:

*"Vox mea fortis ac clara resonat,
Timorem refuto, confidentiam celebros.
Per pennam eloquentiae vincam,
Verbis meis mundum movebo."*

- Gently blow on the feather while visualizing all your fears and blocks leaving your being.
- Keep the rose quartz crystal with you when public speaking as a talisman of serenity.

Practice this ritual before each event to fill yourself with courage and charisma. The fear will gradually dissipate, replaced by the assurance of a charismatic speaker.