

Ritual to stay focused



Ingredients:

- A white candle
- Amber incense
- A clear crystal (such as quartz)
- A piece of parchment
- A feather or pen

Steps:

1.

Preparation:

- Set up in a quiet space where you won't be disturbed.
- Light the white candle and amber incense.
- Place the crystal in front of you.

2.

Meditation:

- Close your eyes and take a few deep breaths to relax.
- Visualize a powerful beam of white light descending from the sky and entering your body, clearing your mind of all distractions.

3.

Creation of the Latin Incantation:

- Write on the parchment the incantation in Latin:

"Concentratio mentis, meae virtutis, in luce lucis crescat." (Translation: "May the concentration of my mind grow in the light of light.")

4.

Activation of the Incantation:

- Hold the parchment in front of the lit candle, so the flame illuminates the text.
- Recite the Latin incantation three times while visualizing your mind becoming clear and focused.

5.

Charging the Crystal:

- Pass the crystal through the incense smoke while mentally repeating your intention for concentration.

6.

Closing the Ritual:

- Extinguish the candle.
- Keep the parchment and the crystal on your workspace to remind you to stay focused.

This white magic ritual is designed to help you enhance your concentration by connecting with the light of inner knowledge. Remember that concentration also requires regular practice and personal effort. Use this ritual as a supplementary tool to strengthen your ability to stay focused.