

## Ritual - Guiding trapped Energy Back to Source

6 small cigars  
white corn (popcorn)  
yellow corn "  
white rice  
raw black beans  
white beans  
6 candles (can be birthday candles)  
1 plate

1st take one cigar and light it. Place the lit end in your mouth (carefully!) and blow smoke all the way through and swirl the smoke around all the ingredients.

Then take the cigars and arrange them in even pie pieces around the plate. In each pie piece fill up the little triangles with each ingredient. 1 ingredient per pie slice. You can stick the candles to the plate by melting the bottom of each candle and sticking it to the plate. If that's too hard just lay them in the pie piece. Try to be very neat and take your time. Imagine that the dense energy of ( **whomever it is**) is being beckoned home. You are saying goodbye and giving sustenance for his journey. See that they are walking away or becoming invisible. YOU have to let them go too, just as they have to go. SHe must leave, SHe must go. Make sure SHe does.

Carefully bring the plate offering to a river or flowing stream. Sit by the stream as long as it takes to make sure that the energy has left. Leave the offering at the stream where it will get washed away. Do not go back to that stream until you are sure that the offering has been washed away.

Pay attention to sunset for a while. It's the power time for energizing the system.

Love.  
Cynthia

Aruba Gods Oshun and Oya