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## “Ancient Himalayan Anti-Anxiety Sacred Ritual”

You will need::

- |   |  |
|---|--|
| 1 cup of freshly picked pine needles  | 18 dandelion flowers (petals only)               |
| 3 metres or 10 feet of white rope   | Drum or anything with a hollow sound when tapped |
| Music track that mimics sounds of nature (unless you perform this ritual in the wild) |  |
| 1 teaspoon of Shilajit (or 250 mg/capsule)  | 1 teaspoon of raw honey                          |
| 1 pair of socks   | 1 wooden spoon                                   |
| 1 comfortable chair   | 1 cup of goat or plant-based milk                |

### Step 1. Sacrifice Pleasure

- Do this ritual during a time that you usually use for having fun or pleasure (dessert, TV, s/m, playing games time, reading, etc.)

### Step 2. Sacred Space

- Select a quiet shady place preferably next to a creek, mountains or fields, so you can listen to nature. If it is not available then set it anywhere where other people are not present, with your music track on repeat function as a background
- Create a circle around yourself using a rope (do not step inside the circle)
- Place all ingredients inside the circle, step inside the circle and sit down.

### Step 3. Magic:

- Rub the pine needles together with dandelion petals till they become soft and fragrant, then place them into the socks and put them on your bare feet.
- Mix goat milk, honey & shilajit with a wooden spoon. Slowly drink it.
- Close your eyes,
- Rhythmically rock your torso on the chair 20 times
- Loudly, as if you want to deter something with your tongue say: “trrr, trrr...” 12 times.
- Take six deep breaths: Inhale counting to 6, stop breathing and move 3 times your toes, then exhale making long and loud throat and nose sounds: “ongggg...onggg...”

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- Close your eyes, smile and say to yourself: All I really want is to be happy... I really want to be happy... I am happy ... Very happy...Happy!

Now relax and almost immediately enjoy the magic effect of relaxation and pleasant surges of happiness. Repeat the ritual as often as you need.

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