

# Salt and Cinnamon Ritual – Calling in Abundance

## Purpose

To dissolve stagnant energies, cleanse your aura, and activate abundance in your life through the natural magic of purifying salt and magnetic cinnamon.

### What You'll Need:

- 1 small dish of salt (sea salt, pink salt, or natural salt)
- A pinch of ground cinnamon
- 1 glass of clear water
- 1 sheet of paper and a pencil
- A symbolic object of abundance (a stone, talisman, star, piece of jewelry...)

### Steps of the Ritual:

#### i. Create a Bubble of Calm

Sit in a quiet place with all your items in front of you. Take 3 deep breaths. Set the intention to connect with abundance.

#### ii. Write Your Intention

On the paper, write a present-tense affirmation of abundance—clear and powerful.

Example: “I am a natural magnet for abundance. I deserve and welcome all that is meant for me.”

#### iii. Prepare the Activation Water

Add a pinch of salt and a pinch of cinnamon to the glass of water. Gently stir with your finger or a small spoon while softly reciting:

“May the energy of the Earth purify me. May the energy of abundance enlighten me. I am ready to receive.”

#### iv. Infuse Your Symbol

Hold your abundance object in your hands. Close your eyes and visualize golden rain surrounding you. Then, place the object beside the glass for a few moments so it can absorb the energy.

#### v. Integration

Read your intention out loud or silently, with faith. Sip the water slowly, imagining abundance flowing through your entire being.

#### vi. Closing

Place your abundance object in a sacred space, or wear it for the next 3 days. Keep the paper in a journal or symbolically burn it later (optional).

### Optional timing:

- On a Sunday or Monday morning
- After a physical or emotional cleansing
- Anytime you wish to reset your abundance energy

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