

The Shining Star Bath

This bath will be done in the month of December between the 21st and the 24th. We have been instructed to perform it at midnight at the peak of the Winter Solstice, when the light is most diminished upon the earth. You will need to take care to operate with full devotion and to observe all instructions as they have been stated verbatim. No replacements or substitutes for any ingredients or items required for this operation.

Ingredients Needed:

- 14 Chia Seeds
- 7 Leaves of Hyssop
 - 3 Coconuts
- 1 Brand New Sponge
- 1 Bucket of Water (enough to bathe with)
- 1 Brand New Bar of Soap (any brand)
 - 1 White (tea light) Candle

*Take care to speak to your ingredients and wake them up before undertaking this operation. Task them to give you their essence to regain your shining and to break all curses that were put upon you.

Instructions:

1. Light up the candle (DIAH+NIAH+ZIAH, FIAT+LUX)
2. Take the recipient you are using to bathe with and start by breaking the coconuts and pour the coconut water in the bucket.
3. Add the 14 Chia Seeds into the bucket.
4. Add the 7 leaves of Hyssop (crush them in the water until the water turns green)
5. Use the soap and the sponge to bathe yourself while speaking the curses off of you. Scrub yourself thoroughly with the sponge by repeating and speaking off all negative waves and energies to get away and stay away. Ask for your shining and your light to be re-kindled and to stay forever.
6. Once you are finished, take the sponge, the soap and the rest of the bath residue (including the coconuts) and put it in a bag and throw it far away from your home. **DO NOT LOOK BACK** until you cross the threshold of your doorstep.

All due praise, glory and honor be to the Mighty One, The Master of the Universe!