



Crystal Therapy: Use The Power Of Crystals and gemstones for healing

Hema Malini

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This book is a practical guide to help you infuse crystal into your everyday life in a powerful way with clear, basic instructions with specific grids and their use.

Crystal healing is a pseudoscientific alternative medicine technique concerned with treating patients holistically through the art of using crystals in coordination with the body's energy field, energy centers and energy pathways. These are also known as the aura, charkas and meridians. Crystals are capable of amplifying, focusing, directing, absorbing, diffusing and transmitting differing levels of energy. Crystals then and crystals now are used as aids in physical, emotional, spiritual healing, spirit contact, psychic development, holistic healing, and a vast array of much more. It is a gentle non-invasive relaxing form of alternative healing that works holistically to harmonize your mind, body, emotions and spirit, so you feel refreshed, restored and de-stressed. It neutralizes negativity, lift depression and help you to become integrated, whole beings.

In working with crystals, you embark on a journey of rediscovering and healing your true, inner self.

In this book you will find :

- Chapter 1: How Crystal Energy Affects People
- Chapter 2: How Crystal Energy Can Be Used To The Highest Advantage
- Chapter 3: How to Choose the Right Crystal to Fit Your Needs
- Chapter 4: Crystal Healing Therapies that are proven to Work
- Chapter 5: Gemstones and Crystals Use in Meditation
- Chapter 6: How to Recharge or Cleanse Your Crystals
- Chapter 7: How to Program Your Crystals to Fit Your Needs
- Chapter 8: Some Important Tips to Remember About Your Crystal
- Chapter 9: Crystal for chakra healing
- Chapter 10: List of Crystals and Gemstones

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