



The Little Pocket Book of Crystal Chakra Healing: Energy medicine for mind, body, and spirit

Philip Permutt

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Heal and energize by working with the natural power of crystals and the body's seven chakras.

In many cultures, the chakra energy system is a route map for the transfer of healing energies to the mind, body, and spirit. By working through the chakras with the easy-to-find crystals recommended in this book, you will benefit your physical, emotional, and spiritual well-being—detoxifying the body of unhelpful energies, and promoting a more contented, energized, and stress-free life.

The introduction explains what crystals and minerals are, and how they focus, store, transmit, and transmute energy for healing. Next, “Working with Crystals” gives the principal methods, such as the laying on of stones, simple holding, making crystal elixirs, and crystal cleansing methods. You will also discover how to connect with your crystals and how to program your master quartz crystal, along with crystal meditation exercises. Chapter 3, “The Body’s Energy System,” then explores the chakras and the aura, followed by a detailed chapter on the seven major chakras. Included are their healing benefits for emotional, physical, and spiritual well-being, along with checklists to help you assess the health of every chakra. Profiles of over 100 crystals for chakra healing are included. Finally, “Healing Techniques” shows how to carry out a full crystal chakra healing treatment, including diagnosis with a pendulum, activating crystals, and aura healing, plus sections on self-healing and distant healing.

With over 100 crystals, along with symptom charts, exercises, and case studies, *The Little Pocket Book of Crystal Chakra Healing* will guide you toward better health and, ultimately, a calmer, happier life.

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Tameika Ahmed:

This The Little Pocket Book of Crystal Chakra Healing: Energy medicine for mind, body, and spirit book is simply not ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book is actually information inside this guide incredible fresh, you will get details which is getting deeper you actually read a lot of information you will get. This particular The Little Pocket Book of Crystal Chakra Healing: Energy medicine for mind, body, and spirit without we understand teach the one who studying it become critical in contemplating and analyzing. Don't always be worry The Little Pocket Book of Crystal Chakra Healing: Energy medicine for mind, body, and spirit can bring once you are and not make your carrier space or bookshelves' become full because you can have it in your lovely laptop even phone. This The Little Pocket Book of Crystal Chakra Healing: Energy medicine for mind, body, and spirit having fine arrangement in word in addition to layout, so you will not sense uninterested in reading.

Shawn Marsh:

Reading a guide tends to be new life style on this era globalization. With studying you can get a lot of information that will give you benefit in your life. Along with book everyone in this world can easily share their idea. Ebooks can also inspire a lot of people. Plenty of author can inspire their own reader with their story as well as their experience. Not only the storyline that share in the books. But also they write about the data about something that you need example. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that you can get now. The authors nowadays always try to improve their skill in writing, they also doing some research before they write for their book. One of them is this The Little Pocket Book of Crystal Chakra Healing: Energy medicine for mind, body, and spirit.

Denise Church:

The actual book The Little Pocket Book of Crystal Chakra Healing: Energy medicine for mind, body, and spirit has a lot info on it. So when you read this book you can get a lot of advantage. The book was written by the very famous author. Mcdougal makes some research before write this book. That book very easy to read you can get the point easily after reading this article book.

Carmine Caulfield:

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