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The Little Pocket Book of Crystal Chakra Healing: Energy Medicine for Mind, Body, and Spirit

By Philip Permutt

Ryland, Peters & Small Ltd. Paperback. Book Condition: new. BRAND NEW, The Little Pocket Book of Crystal Chakra Healing: Energy Medicine for Mind, Body, and Spirit, Philip Permutt, 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 programme 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....



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Reviews

It in a single of my personal favorite ebook. It really is filled with wisdom and knowledge I discovered this book from my dad and i recommended this book to discover.

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