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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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