



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....



READ ONLINE
[4.61 MB]

Reviews

Most of these pdf is the ideal pdf available. It is definitely basic but shocks within the 50 percent of your book. I am just easily could get a delight of reading through a written book.

-- **Jany Crist**

An extremely awesome pdf with perfect and lucid reasons. I have got go through and so i am certain that i will going to read again once again in the foreseeable future. I found out this ebook from my dad and i recommended this publication to understand.

-- **Angela Kassulke**

Other Kindle Books



Grandpa Spanielson's Chicken Pox Stories: Story #1: The Octopus (I Can Read Book 2)

HarperCollins, 2005. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Foreword by Raph Koster. Introduction. I. EXECUTIVE CONSIDERATIONS. 1. The Market. Do We Enter the Market? Basic Considerations. How and Which Niche? Market Analysis: Who Are...



It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating co-authored by Greg Behrendt, former writer on...



Write Better Stories and Essays: Topics and Techniques to Improve Writing Skills for Students in Grades 6 - 8: Common Core State Standards Aligned (Paperback)

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 277 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****.Mr. George Smith, a children s book author, has been conducting writing workshops at schools since 2004....



Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How can inclusive early educators plan and deliver...



Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how to go about it ideas' coupled with...



Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video Games. iPods. Kids today are plugged into...
