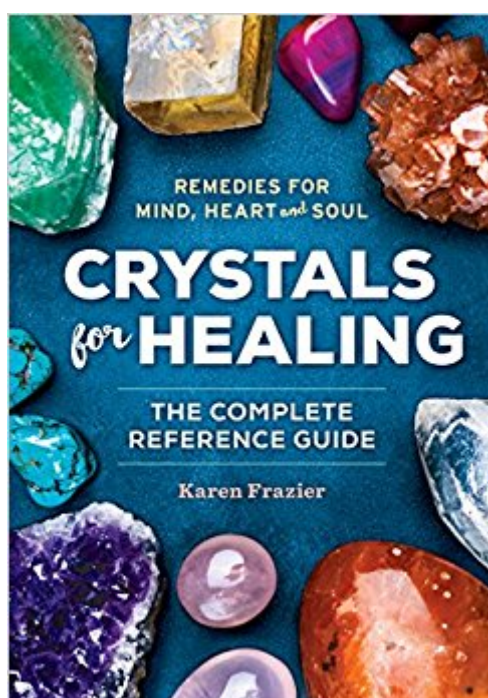


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# Crystals For Healing: The Complete Reference Guide With Over 200 Remedies For Mind, Heart & Soul



## Synopsis

Ready to Create Positive Change in Your Life? Discover the Power of Crystals to Heal Mind, Body, and Spirit. Whether you're working through grief or holding onto grudges, seeking love or increasing gratitude, Crystals for Healing offers the basics for beginners to explore the deep connection between mind, body, and spirit. Learn the fundamentals to clear emotional blockages, stimulate creativity, and elevate your mood through the vibrational power of healing crystals, with:

- Clear descriptions of crystals and their unique healing properties
- Over 200 remedies, plus profiles of 95 crystals covering colors, primary uses, corresponding chakra, and placement recommendations
- Daily meditations and mantras for a truly holistic approach
- Guidelines for creating grids to harness the positive power of crystals and healing stones

Discover a more fulfilling life through the power of crystal healing as explained by ordained metaphysical minister, intuitive energy healer, and Usui Reiki practitioner Karen Frazier.

## Book Information

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## Customer Reviews

Karen Frazier is an ordained metaphysical minister, intuitive energy healer, and Usui Reiki practitioner. She holds bachelors and masters degrees in metaphysical science and a PhD in metaphysical parapsychology.

I have to admit, I'm skeptical about crystal healing., but I'm also open to new ideas and love learning about new things. Like me, the author was originally skeptical, which makes her story about the experience that changed her point of view even more compelling. In this book you will read about

her personal experience with Crystal healing, the history of crystal healing, and what crystals can do. This book will show you how to use them meditation, and with chakras. You will learn how to make a crystal grid. The book will explain how to shop for crystals, how to choose them and how to make up your own starter kit. It will show you how to prepare your space and your mind and give you a rundown of the crystals that should be in every home. This book provides you with tons of crystal remedies for mind heart and soul. There are remedies for depression, confidence, communication, insecurity and many more. Each remedy page provides you with information on meditations, remedies, and stones to use for each problem. The book also includes informational pages for tons of crystals from A to Z with beautiful full color pictures, origin, colors, primary uses, chakra and placement. You have every resource you could need within this book to learn about and implement crystal healing in your life . Weather you are a novice or expert, there's much information to gain from this book. It's very interesting and informative. Even as a skeptic, I'm interested in trying it out. If you have an interest in Crystal healing or even just want to read about something new, this is a great book for you. I received this book for free for my honest review.

Great book for helping to heal emotional issues in an organic way. Helps if you have access to crystals you can use.

I'm a beginner in crystal healing so far this has been very interesting book with easy to read instructions.

This book tells you which specific crystals to use for specific problems, includes a meditation guide and chakra information, etc. I like how the author ties science into Crystal healing, as well as personal experience. I will be trying out a crystal or two soon. I received this product for free in exchange for my honest and unbiased review.

Like this book but some of it is hard to understand.. Im new at this so maybe it will take me some time ... However I would recommend this book

I've started to get into crystals and honestly didn't know much about them. I absolutely adore this book, it's well written and easy to navigate. I love how it was written and I always have it handy. If you're interested in learning more about using crystals I would absolutely recommend this book!

I love crystals and this book is great at explaining them to people who are new to crystals.

I am just learning about crystals and this is very good reference guide for new learners.

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