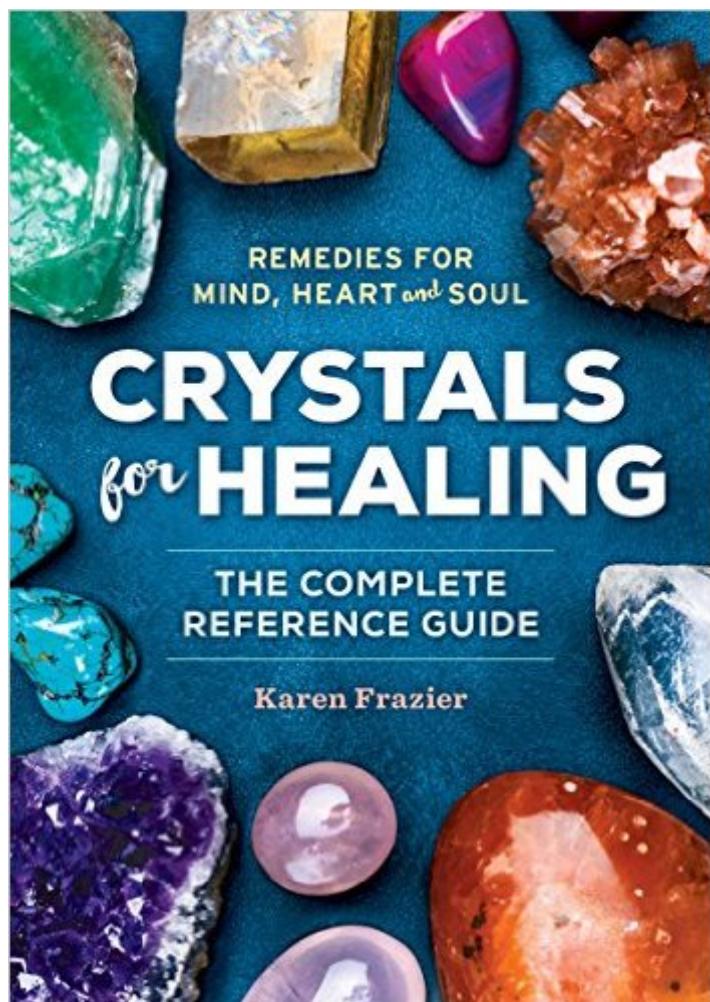


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# Crystals For Healing: The Complete Reference Guide With Over 200 Remedies For Mind, Heart & Soul



## 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

Paperback: 358 pages

Publisher: Althea Press (November 18, 2015)

Language: English

ISBN-10: 1623156750

ISBN-13: 978-1623156756

Product Dimensions: 5.8 x 1 x 8.3 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars (See all reviews) (99 customer reviews)

Best Sellers Rank: #27,455 in Books (See Top 100 in Books) #12 in Books > Religion & Spirituality > New Age & Spirituality > Divination > Crystals #8253 in Books > Reference

## Customer Reviews

I was hoping for more from this book. I am in my sixties, I collected rocks as a kid and as an adult have read a lot about crystals and gemstones and the healing potential for those stones. I've attended works shops on healing with stones, spent hours in meditation with stones, and to this day carry stones in my pocket as a "comfort" and reminder of what the "intentions" of doing this kind of thing means. This book if meant to be an introduction to crystals for healing is worth the read, and I would recommend it for anyone who is just learning. If you are looking for a "complete reference guide" you may be disappointed. The information is very basic at best, and the meditations redundant. I believe you can meditate with or without the stones and achieve the same results. It's

interesting that the publisher chose a triangle for the cover art, reminiscent of a traffic "caution" sign. Again, if you want the very basics, buy this book. If you are looking for the "complete reference guide" you may want to look elsewhere. Note: "I received this product for free in exchange for my honest and unbiased review."

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.

This book has exceeded my expectations so very much!! When it says "the complete reference guide" it truly means it. The first three chapters are more of an introduction. They explain what crystals are, how to cleanse and charge them, how to choose, buy and what to be aware of. Those of you who are new, will truly love this section, and it will teach you everything you need to know. Chapter four is remedies for mind, heart and soul. Each page or pages has a problem, depression for instance. And on that page it tells you what crystals will effect that ailment in what way chapter five is similar, but it tells you remedies for overlapping areas. Such as anger and forgiveness. Chapter six is amazing. It gives you a profile of every crystal you could ever imagine. It tells you about the crystal. What it is. Where it originally came from, colors, primary usea, chakra, and placement. As I said, this book wayyyy exceeded my expectations and I couldn't be happier with

it. I highly recommend it!! I received a sample of this book in exchange for my honest review. My opinions are my own.

I totally wasn't sure about this book. But...when I got it and started reading, it kept me wanting to read more. It's actually a pretty neat book with great info about crystals and how they help in healing various, I'm going to say feelings, moods, and/or phobias. It's not just about the crystal looking pretty, it actually has a healing purpose. I think if you can have an open mind to what they can help with then it will help you, but if you're straight out negative about it, then ya you're probably not going to benefit without opening your mind to it. I really like how the book is written it's easy to read. There are lots of different topics listed like positive energy, stress, eating disorder, and worry. That was just a few of them. With each topic there is meditation, and then a remedy or remedies listed for each one. Under the remedy is where they list which crystal or stone helps. Towards the back of the book is Chapter 6 called Crystal profiles where they show a picture of the crystal, where it originated from, they describe it, its primary uses and its placement, like where you would put it. I love Chapter 6 it fascinates me! There are a few crystals I'd love to try, but I think the one I'd like to try first is Vanadinite its use is to boost and motivate!! I definitely need that! Some of the crystals say to support in the communication with the divine and assists with spiritual development! That I am not into, getting deep spiritual connections and psychic intuitions! Overall interesting book, even if you don't get into using crystals it's interesting to read about each one. I received this book free in exchange for my honest review.

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