



The Crystal Healing Bible: The Ultimate Guide to Crystals for Healing and Protection

Sharon Fitzgerald

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Your Guide to Crystal Healing

Many ancient civilizations relied on crystal healing to treat different maladies. The belief that crystals possess certain energies that can affect our lives made crystal healing a popular option for people seeking holistic and alternative medication.

Crystal healing is as intriguing as it is effective in treating different disorders. It is also used in various applications including clearing the mind and connecting with our spirituality. With many people attesting to the efficacy of crystal healing, it is no longer considered as a “hippie” thing.

If you want to learn more about crystal then this book is for you.

- Understand the basics of crystal healing. Chapter 1 discusses about what you need to know about crystal healing. This chapter also discusses about how to choose the right shapes of crystals and its health benefits.
- Chapter 2 provides a list of the many types of crystals that can be used in crystal healing therapy. This chapter also provides pictures as well as descriptions of the different types of crystals that can be used to treat different maladies.
- Lastly, Chapter 3 discusses about the different methods in crystal healing. This chapter explains the different chakras and the types of crystals that should be used. It also discusses the different methods in clearing crystals as well as how to program crystals to manifest your dreams and goals.

Crystal healing is considered as a pseudoscience but many scientific studies indicate that it is effective in improving the general well-being of individuals. Moreover, it also has the ability to clear the air from negative energies. If you want to do crystal healing, it is important that you are armed with the right information so that you can make the most out of this technique.

Let this book serve as your guide so that you can do crystal healing properly.

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