

# PDF Kindle In Focus Crystals: Your Personal Guide by Bernice Cockram

In Focus Crystals: Your Personal Guide

By: Bernice Cockram

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ISBN-13: 9781577151708

In Focus Crystals describes over 100 crystals, from amethyst to zircon, complete with detailed summaries of their uses, qualities, and strengths, all expertly presented by crystal therapist Bernice Cockram. Included inside the back cover is a set of 7 double-sided grid cards that provide quick and easy reference to laying out crystals for healing, energizing, and more. Feeling creatively or spiritually blocked? Having trouble sleeping? Perhaps you are suffering from a physical ailment? Regardless of what may be plaguing you, the innate power within crystals can have tremendous healing effects. This artfully designed guide covers everything you need to know to benefit from their healing power, including how to work with crystal energy. Select crystals from the various shapes available. Cleanse crystals to clear away unwanted energy. Use crystals for dowsing. Work with chakras, auras, and the zodiac. Set up crystal grids. The In Focus series applies a modern approach to teaching the classic body, mind, and spirit subjects. Authored by experts in their respective fields, these beginners guides feature smartly designed visual material that clearly illustrates key topics within each subject. As a bonus, each book includes reference cards or a poster, held in an envelope inside the back cover, that give you a quick, go-to guide containing the most important information on the subject.

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 Catégories Vêtement & Accessoire, Énergie, Maison, Musique & Sons, Sport & Extérieur

 Coût 879 EUR (€)

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