



The Little Book of Crystal Tips & Cures

Philip Permutt

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Created by the natural energies of the planet, crystals are powerful tools for holistic healing. This indispensable guide shows how to harness the power of crystals and understand their restorative properties. Each crystal is grouped by color, so it is easy to identify, and comes with a full explanation of its origins and unique qualities. You will also discover crystals' astrological associations, and spiritual and emotional connections. Practical tips and advice are included showing you how to work with your crystals, helping you to create your own special meditation space and balance your chakras. • Full descriptions and beautiful illustrations of more than 80 crystals, organized by their color. • How to heal with crystals and remedy common ailments. • How to choose the right crystal for you by dowsing and astrology.



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