

Chakra Balancing Crystal Alignment



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Reviews

Here is the best publication i have got go through until now. It is actually writer in simple phrases and never hard to understand. I realized this publication from my dad and i suggested this ebook to find out.

(Lorena White)

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Findhorn Press Ltd., United Kingdom, 2015. CD-Audio. Book Condition: New. 146 x 127 mm. Language: English . Brand New. Crystals and gemstones have been used for thousands of years. The legends of Atlantis indicate that healing was performed by lying or standing inside a chamber filled with the light and vibration of healing crystals. Now you can awaken the crystal healer within you and perform a crystal alignment for yourself and others. This CD offers you an avenue for gentle self-reflection via deeper understanding of color, chakras, thoughtforms and vibrations. You will become aware of what may need to be cleared to allow a beautiful flow of energy to raise your consciousness. Learn about how to use crystals to restore balance and promote healing as a complimentary therapy. You will receive new ideas on how to use gems for manifesting and attracting your desired reality. Margaret Ann shares her knowledge and wisdom of the chakra system to help you rebalance, realign, regenerate and rejuvenate on all levels - spiritually, mentally, emotionally, and ultimately physically. Obtain the following stones to use with this Crystal Alignment Meditation experience: Root - 2 black tourmaline, 2 hematite, and 1 amethyst point; Navel - 2 carnelian; Citrine - 1 citrine and 4 malachite; Heart - 1 rose quartz and 4 green aventurine; Throat - angelite or aquamarine; Third Eye - lapis lazuli; Crown - clear quartz point.

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