



Crystals: The Complete Guide - Crystal Healing and Human Energy Field

Faye Bridges

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*****2nd Edition*****

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Do you want to live a healthier life? Do you want a better career? Do you want a better personal life? Do you want to improve concentration? Would you like to feel the positive energy around you and benefit from those vibes? If your answer is “Yes” to any of the above questions, then Crystal Healing is the way to go. This guide, written by Faye Bridges, explains in great detail about crystals, the relation between our body and the crystals, and how crystals can benefit you to lead a healthier, happier life. You’ll also learn about the which crystal will heal you and will help you accomplish your personal and professional goals. Colorful stones and crystals in various shapes has always fascinated human race since ancient times. The art of crystal healing has been followed by the Egyptians since ancient times. The use of crystal healing in India dates back to 5000 years. Talisman used crystals to cure people of various ailments. According to the Ayurveda, there are 7 chakras or energy centers in our body which are like an intricate electromagnetic system. The crystals being perfect electromagnetic conductors, they interact with our body’s system to drive away negativity and maintain a balance between these chakras and create a positive impact on one’s mental, physical and social wellbeing. In this book, you will learn all about crystals, the 7 chakras of the body and how exactly crystals erases negativity, diseases, problems and brings in positivity and happiness, the unique properties of each crystals, exactly which crystals will help you heal your mind and body and how the treatment is to be taken. The book also includes the steps that one must take before beginning the healing process for optimal results. Crystal Healing book also speaks about Crystal Massaging techniques and how a combination of crystals will create positive impact in case a person is ailing from some disease or for his overall wellbeing. Crystals open the blockages in the body chakras and thereby realign the body to give us a perfectly balanced life. The primary advantages of crystal healing are it removes negative feelings such as depression, frustration, anxiety, headaches and creates a perfect balance so that one can achieve success in their personal and professional lives. Crystal healing is all about opening up the 7 chakras of our body, removing blockages in the charkas with the help of choosing the right crystal and placing it at the right place to get the best results. In this book, you will also learn about which crystal can solve your specific problem, so that you can make a better, informed decision before you buy a crystal or visit a crystal therapist. Crystal Healing also has a section of testimonies where people who have used this healing method and have generated positive results from it. If you want to achieve mental peace, feel energetic, and replace negativity with positivity in your life, Crystal Healing is the book

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