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Crystal and Stone Massage: Energy Healing for the Vital and Subtle Bodies

Michael Gienger

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Crystal and Stone Massage: Energy Healing for the Vital and Subtle Bodies Michael Gienger
A full-color guide to crystal massage for healing, energy balance, and stress release in the physical, emotional, and energetic bodies

• Illustrates full-body massage techniques with crystal wands, crystal spheres, polished stones, and amber

• Details the healing properties of more than 50 crystals and gemstones and how to select the proper one for a specific condition

• Explains how to cleanse and recharge crystal, gemstone, and amber after each massage so energies are not transferred from one person to another

In this full-color illustrated guide, Michael Gienger, along with contributors Hildegard Weiss and Ursula Dombrowksy, details the energetics and healing properties of more than 50 crystals and gemstones for use in massage. The book explains how to select the proper crystal or stone to aid healing of a specific condition as well as for relaxation and stress release. It illustrates specific massage techniques with crystal wands, crystal spheres, and polished stones that best utilize the crystal or stone's properties and shows how to perform a full-body massage that works on several levels--physical, ethereal, mental, and spiritual--depending on how the crystals are applied.

Explaining how crystals absorb energy and information during a massage, the guide shows how to cleanse and recharge their energetic fields so energies are not transferred from one person to another. It also details how to rebalance and replenish your own energy after giving a massage.

The book also includes a detailed chapter on the harmonizing effects of amber massage, complete with a step-by-step illustrated massage sequence. Amber's unique electromagnetic vibrations make it especially conducive to creating homeostasis in the body and thus a beneficial addition to any crystal or stone massage practice.

With this complete illustrated guide, anyone can enhance their massage practice or self-healing through the powerful effects of crystals, gemstones, and amber.

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Anthony Lucas:

Why? Because this Crystal and Stone Massage: Energy Healing for the Vital and Subtle Bodies is an unordinary book that the inside of the publication waiting for you to snap it but latter it will surprise you with the secret it inside. Reading this book beside it was fantastic author who else write the book in such incredible way makes the content within easier to understand, entertaining way but still convey the meaning fully. So , it is good for you for not hesitating having this any longer or you going to regret it. This unique book will give you a lot of positive aspects than the other book have got such as help improving your talent and your critical thinking method. So , still want to delay having that book? If I have been you I will go to the e-book store hurriedly.

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