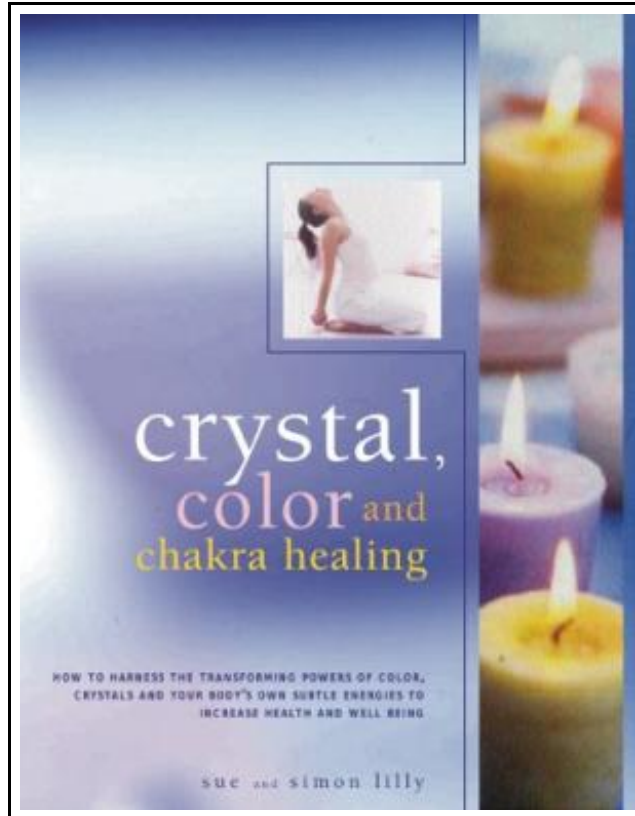


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Anness Publishing, United Kingdom, 2010. Paperback. Book Condition: New. Reprint. 294 x 228 mm. Language: English . Brand New Book. This book shows how to harness the transforming powers of colour, crystals and your body s own subtle energies to increase health and well being. It presents a unique combination of three natural therapies that work in harmony to create balance and wellbeing in mind, body and spirit. It contains in-depth information and analysis of the power and qualities of over 60 crystals, with easy-to-follow guidance on which stones to use and when and how to use them. It offers practical advice on how to use the vibrational power of colour to increase confidence and self-esteem and how to release its therapeutic powers. It details the characteristics and influences of each chakra, and how they affect our behavior and emotional reactions. By placing certain crystals at precise positions around the body, the vibrational energy that they transmit can be channelled to achieve specific effects. The section on colour healing, examines the influence of colour on our lives, and shows that through learning to understand the way we respond to the stimulus of colour, we can use its energy to promote balance and wellbeing. The section on chakra healing, provides an easy-to-follow explanation of the complex philosophy surrounding the seven chakras of the human body. Armed with this knowledge you will be well equipped to make informed choices about your welfare and bring mental, emotional and spiritual harmony into your life and the lives of your family and friends.

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