

Practical Crystal Healing

555 TIPS & TECHNIQUES

“A must have for any crystal healing practitioner.”
– Kristen Michalak, *Reiki & Love Online Institute*

Completely different than any other crystal book or guide you have ever read – and far more helpful – Practical Crystal Healing 555 Tips & Techniques will enable readers to use hands on advice to heal their own issues in their lives.

There are so many crystals out in the world today, and with all of them having multiple metaphysical properties associated with each one, how do you know which one is best? You want to work on financial issues, but do you reach for your Pyrite, Peridot, Citrine, Carnelian, Malachite, or Tiger’s Eye? Which one is best and how do you use it? Should you carry it, make an elixir, or place it around your home or office? Because there are so many choices to choose from, it can become confusing, overwhelming, and even frustrating to the point of giving up.

Practical Crystal Healing 555 Tips & Techniques is a simple guide for any crystal healing practitioner, whether they are just starting out or are a bit more advanced in their learning. Each chapter gives examples on how to effectively use crystal healing to develop your own potential from the inside out.

The real heart of this book lies within the 555 different tips and techniques to use for crystal healing. These are common ailments and conditions that have personally been worked on by author, Nicole Lanning, in her own crystal healing practice and studies. They have all been tested and re-tested over many years for their accuracy and validity. This is a no fluff or filler book, just straight information for those who are on a learning pathway in their own crystal healing.

Practical Crystal Healing – 555 Tips & Techniques Preview:

MONEY- For attracting more money into your life, carry a piece of Pyrite with your wallet, purse, or checkbook and money will start coming your way.

MOOD SWINGS- For typical mood swings, use Jet to bring balance back and stabilize your mood and emotions. Sit down with your feet flat on the floor and cup this in both of your hands. Concentrate on all of the feelings and emotions that have been swinging and changing in your life at this time. Feel each and every one of them as if they were changing right then and there. Quickly open your hands and drop the Jet to the floor. Take a deep breath in and out. Stand up and cleanse the Jet thoroughly!

MOON ENERGY- Wear a Moonstone around your ankle the day before, during, and after each new and full moon to raise your vibrational connection with the moon energy.

MOTION SICKNESS- Make sure to carry Aquamarine in your pocket or hold in your dominant hand during times of motion sickness to ease these symptoms.

MOTIVATION- For more motivation, make sure to place Carnelian where you spend the majority of your time, whether it is at work and at home, to give you that extra motivational boost.

ABOUT THE AUTHOR:

Nicole Lanning is the founder of Healing Art Forms Institute and has dedicated her life to sharing her wisdom so that others may grow and learn. Through her work now with crystal workshops, holistic teaching, spiritual healing, and over 60 of her own channeled energy forms, Nicole has been honored with accreditations from the International Natural Healers Association and the World Metaphysical Association.

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By Nicole Lanning

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