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Crystals for Psychic Self-Protection

Judy Hall

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Crystals for Psychic Self-Protection

Judy Hall

Crystals for Psychic Self-Protection Judy Hall
This inspirational book will aid you in finding stability and security in a changing and challenging world. It explains the difference between self-protection and fear-based defences and shows you how you can use crystals and other spiritual tools - including journeying, smudging, affirmations, breathwork and more - to change your mindset from a fearful one into a more confident positive approach to the world. Judy has put together simple - and effective - ways to enhance energy levels and boost protection that have been used for thousands of years. Her tools, techniques and powerful energetic practices will help you to work with the unique healing energies of crystals to take charge of your life and embrace change with power and gusto.

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