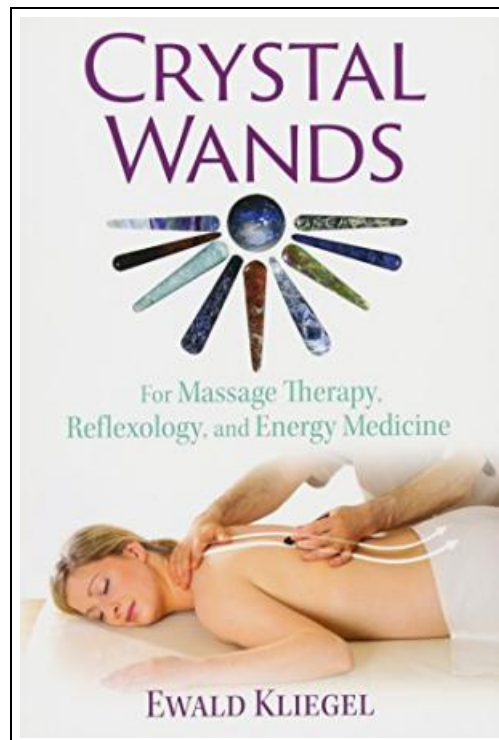


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Inner Traditions Bear and Company, United States, 2018. Paperback. Condition: New. 2nd Edition, New Edition. Language: English . Brand New Book. A full-color guide to using crystal wands in bodywork and energy medicine \* Explores the healing properties and indications for more than 70 crystal wands \* Provides step-by-step instructions for crystal-wand techniques in massage and reflexology, in energy work such as aura tuning and chakra balancing, and for protection, power, and relaxation The healing powers of crystals and gemstones were known more than eight hundred years ago by the mystic Hildegard von Bingen and as far back as two millennia ago by the Greek physician Dioskurides. In this full-color illustrated guide, Ewald Kliegel explains the benefits of incorporating crystal wands into your bodywork and healing practice and details the techniques of doing so. The author explains how the versatile shape of a crystal wand amplifies the crystal s energetic effects and offers advantages in massage and reflexology over other shapes of crystals and stones. The larger rounded end can act as a crystal sphere for massaging knots or large areas, whereas the tapered end is ideal for stimulating reflex zones, targeting acupressure points, and tracing meridian lines. Starting with the foundational set of three wands to begin your toolkit: Rock Crystal, Red Jasper, and Aventurine, the author examines the healing properties and indications for more than 70 crystal wands. He shows how Amethyst clears the head, relaxes muscle tension, benefits the lungs, nerves, and skin, aids digestion and constipation, helps dissolve blockages and addictive behavior, and combats fatigue. He explains how crystal wands can be divided into 3 energetic categories--neutral, stimulating, or balancing--and details how to select the proper wand or wands for each healing situation. The author provides step-by-step instructions for incorporating crystal wands into massage and reflexology...

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