



Crystals for Psychic Self-Protection

By Judy Hall

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Crystals for Psychic Self-Protection By 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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Editorial Review

Review

Crystal guru Judy Hall has put together yet another simple manual, this time to reveal how powerful gems can protect and enhance energy levels. Sharing techniques that have been passed down over hundreds of years, Judy gives practical advice on how to embrace your spiritual side with special gems. Soul & Spirit

About the Author

Judy Hall is a successful Mind Body Spirit author with over 40 books to her credit. She has been a past life therapist and karmic astrologer for over 40 years. An internationally respected author, psychic, healer, broadcaster and workshop leader, her books have been translated into fifteen languages. www.judyhall.co.uk

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