

Crystal Experience: Godsfield Experience

Judy H. Hall



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From bestselling international author Judy Hall comes a fascinating book that gives you a personalized, practical and direct experience of the thought-provoking wisdom that crystal exploration has conveyed to thousands throughout the world. Going far beyond a reference guide, The Crystal Experience is more like a personal tutor, leading you through the key ideas and concepts of using crystals via inspirational and holistic hands-on exercises and rituals. Interactive exercises help you to tailor the book to your needs Journaling sections allow you to write your own experiences directly into the book The step-by-step learning programme guides you to revision work and more advanced exercises An exclusive CD featuring meditations and inspirational music will bring you into a receptive state for deeper workPerfect for novice and practiced crystal users alike, this holistic, integrated and practical guide is your own personal crystal workshop in a book.

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