

THE WOMEN S BOOK OF HEALING

***AURAS, CHAKRAS, LAYING ON OF HANDS, CRYSTALS, GEMSTONES, AND
COLORS***

V7-PDF90161 | 2010-11-19 | 30 Pages | Size 1,080 KB

Women are naturally healers. Throughout time, they have performed curative roles as mothers, midwives, caregivers, and wisewomen, but modern medicine has suppressed this important tradition. Ancient women healers knew that the body is more than what is seen: through body, emotions, mind, and spirit, we can connect with the Goddess and actively choose to heal ourselves and others. By relearning and using ancient skills like aura and chakra work, creative visualization, meditation, laying on of hands, psychic healing, and working with crystals and gemstones, women can prevent or transform many dis-eases of the body and spirit before they become matters for modern medicine. In THE WOMEN'S BOOK OF HEALING, Diane Stein, author of the best-selling ESSENTIAL REIKI, demystifies, explains, and teaches these skills in ways that modern women can learn and use. She first introduces basic healing, then applies those skills to healing with crystals and gemstones-a beautiful, effective, and empowering aspect of the ancient woman's healing methods. A comprehensive guide from a knowledgeable healer, THE WOMEN'S BOOK OF HEALING proves that well-being is within a woman's choice and natural abilities, and reaffirms her timeless role as healer of herself and others. An affirmation of woman's traditional role as healer, speaking to a national trend toward alternative medicine and natural healing methods. Demystifies, explains, and teaches the healing capabilities of auras, chakras, laying on of hands, crystals, gemstones, and colors. Thoroughly revised and updated, with a new introduction. Diane Stein's books have sold more than 600,000 copies. From the Trade Paperback edition.

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