



The Metaphysical Book of Gems and Crystals

Florence Mégemont

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Details the powerful effects of gems as an alternative therapy for physical, psychological, and spiritual healing

- Reveals the physical, healing, and astrological properties of over 70 minerals, along with instructions for maintaining and recharging their powers
- Examines the “life” energy of stones, their basic vibratory patterns, and how this energy is used therapeutically to treat various disorders
- Shows how to use gems in color therapy and to harmonize the chakras

Gemstones have been used for both therapeutic and spiritual purposes since the beginning of time and in all traditions. Used properly, they can contribute to and accelerate healing through the practice of lithotherapy, which uses gems and minerals to restore enzymatic functions, and they can energize spiritual development. Alternative medicines such as homeopathy have given prominence to the therapeutic character of certain minerals, but the use of gemstones in expanding awareness or establishing a holistic, energetic connection with the stone itself have scarcely been brought forward. In this reclaiming of ancient wisdom, Florence Mégemont explores the many potent and beneficial dimensions of the mineral world.

Over 70 precious and semiprecious stones are inventoried as to their principal deposits, therapeutic applications, and zodiac correspondences. Readers will discover which physical and emotional disorders can be relieved by using which minerals and--with the application of chakra therapy--which gemstones are indispensable to their spiritual health. While not proposing that lithotherapy is a substitute for traditional allopathic treatment, Mégemont shows that it can be a powerful complement to it. Additionally, stones can act preventively, energizing both our health and spiritual resources to a state of balance and attunement.

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Abram Huffman:

Reading can called brain hangout, why? Because when you are reading a book specially book entitled The Metaphysical Book of Gems and Crystals your head will drift away trough every dimension, wandering in most aspect that maybe unfamiliar for but surely might be your mind friends. Imaging every single word written in a guide then become one form conclusion and explanation that maybe you never get before. The The Metaphysical Book of Gems and Crystals giving you an additional experience more than blown away your mind but also giving you useful data for your better life with this era. So now let us explain to you the relaxing pattern here is your body and mind is going to be pleased when you are finished examining it, like winning an activity. Do you want to try this extraordinary shelling out spare time activity?

Mary Oliveras:

In this era globalization it is important to someone to get information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information better to share. You can find a lot of references to get information example: internet, paper, book, and soon. You can view that now, a lot of publisher which print many kinds of book. Often the book that recommended to your account is The Metaphysical Book of Gems and Crystals this reserve consist a lot of the information in the condition of this world now. This specific book was represented how do the world has grown up. The terminology styles that writer require to explain it is easy to understand. Typically the writer made some investigation when he makes this book. Here is why this book suitable all of you.

Keith Lugo:

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