

Healing Crystals - A Guide to Working with Obsidian

Brenda Hunt



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Obsidian is one of the most mystical and protective energies in the Crystal Kingdom, formed in the intense heat of a Volcanic eruption.

It can help protect you from negative energies, especially those from other people

It is a popular crystal for times of change - new career, new home, new life

It is considered to help improve the blood circulation and help ease the pain of Raynaud's Syndrome, cold hands and feet

This book shows you how you can include the healing energy of carnelian to help ease and balance problems in your everyday life.

This short book is one of a series, each one of which concentrates on the healing energies of a single crystal or crystal family, giving you more, and more detailed information on that crystal than you would normally be able to find in a single source.

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