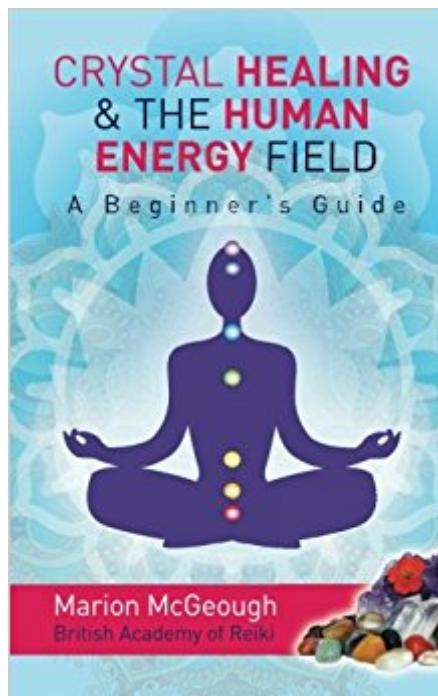


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# Crystal Healing & The Human Energy Field A Beginners Guide



## **Synopsis**

This book is about energy and vibrations and is ideal for those who are beginning to learn about the human energy field. There is a chapter on the aura, a description of the layers of the aura, as well as how to heal the aura with crystals if it is damaged. The section on crystals details how to select, cleanse and care for your crystals. For those who are reiki practitioners, there is information on how to programme crystals using reiki. There is a step by step guide on how to heal with crystals using the chakra system. To get you started the author has included information on several crystals which may be used for healing each chakra. There is also a section on vogel wands, and when and how to use them.

## **Book Information**

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## **Customer Reviews**

Marion McGeough is a Reiki Master, Psychotherapist and Hypnotherapist. Founder of the British Academy of Reiki, she teaches Reiki in Sutton Coldfield, West Midlands and Ashby de la Zouch, Leicestershire and is currently working on a series of hypnotherapy CDs due for release in the coming months. She lives in the Midlands with her husband, 3 dogs and two cats.

I received this book on 6/10/2016 which was the expected delivery date. First off, I need to say I am new to Chakra and wanted/needed more information. I want to use the stones the correct way for healing for only me. The book is 65 pages long with the final last 2 1.2 pages were left blank for note keeping. The book was easy to read and understand. As I read the book, I highlighted certain parts that I felt was important for me to remember and for quick review. Great for a quick reminder or needed a question answered or to refresh my memory. It did not take me long to read the book

from cover to cover. It took me awhile to read the book because I was highlighting as I read. I already do meditation, so this would be the next logical step. Some of the chapters were: where to purchase your Chakra stones, How to cleanse the stones, programming your stones, using Reiki just to name a few. There is total of 16 chapters in this book. This is the second book I purchased that was written by Marion McGeough from the British Academy of Reiki. Her other book: The Beginner's Guide to the Chakra is a must have along with this book. If you are new to the Chakra Crystals like I am this is the book to have.

I have long been interested in Reiki and other forms of energy healing. My grandmother was a native American healer that used crystals, minerals, and herbs. This book was a good read and well worth the purchase price.

Even in the title it says "A Beginners Guide", and that it has been. I wouldn't say I'm really a "beginner" to any of this information presented in the book, but so many "light (bulbs)" were ignited by clicking the next page button on my Kindle. It's so easy to read, and the topics seem to flow so well in this book. I turned page after page, and was only sad that there wasn't so much more to keep reading. Very Happy with my choice to purchase this book! A great addition to my collection. I would recommend this book strongly with anybody curious about basic energy around us, as well as anybody ever drawn to crystals, even knowing just very little, this book can help so many (I hope) understand just a little more, yet leaving them curious enough on their own to seek further knowledge on different subjects if they so decided to do so. Ever wonder why you seem to always loose your crystals? I did, and shortly after diving into this book, things I already knew, but didn't put together, clicked... and it all made more sense.

for such a small book it had a ton of info in it! Recommended to a ton of people already!

This is a wonderful little book for people who are starting to use crystals. It is simple but contains the necessary essentials.

This is a very quick and worthwhile read for beginners. I would not suggest this book for people who have an extensive knowledge of the subject. It provides a great overview without being overly specific (or boring). There are some chapters that you may be able to mark up and use later as a reference, but overall I'd say it provides a more broad understanding of metaphysical healing and

subjects within. There's a few grammatical errors. For the price, I'd say pick up a copy, read it, and use it as a supplement to your other books or pass it on to a friend.

Very helpful as a new stone owner on how to maintain them, helpful in understanding what stones help which Chakras. Great quick reference. If you would like a reference guide with more depth and history, this might not be the choice for you.

Very informative. I havent gotten too far into it yet, but thanks to this book I learned how to properly clean my crystals. I can already feel the difference; the air around me feels a lot less negative now. For the price (especially on Kindle), I would definitely recommend this for any fellow novice gem user.

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