

Chakra Crystals (7 Crystals & Book Kit)

Kate Tomas

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Chakra Crystals (7 Crystals & Book Kit) Kate Tomas

Kit Contains: 1) 7 beautiful polished crystals 2) Crystal pouch 3) Book of instructions with meditations. In Chakra Crystals, Kate Tomas, one of the world's leading crystal therapists, presents her remarkable meditation-based healing techniques for personal empowerment. Working with a particular crystal for each chakra, you will discover powerful visualizations to enable you to connect with crystal resonance, and create the right conditions for self-healing. The crystals include haematite, carnelian, citrine, green quartz, blue agate, sodalite and clear quartz.



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