
HEALING
WITH
GEMS
AND
CRYSTALS

DAYA SARAI CHOGRON

HEALING WITH GEMS AND CRYSTALS

It is being increasingly accepted that gems and crystals possess incredible healing powers. They speed up the healing processes of the body by correcting any imbalances within. Based on the wisdom of the ancients, the author discusses and shares how gemstones can help add years of buoyant health to your life.

Healing characteristics of different gems

Selecting the gemstone best suited to you

Effects of wearing stones



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