



# The Crystal Experience: Your Complete Crystal Workshop in a Book with a CD of Meditations

*Judy Hall*

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## **The Crystal Experience: Your Complete Crystal Workshop in a Book with a CD of Meditations** Judy Hall

From bestselling international author Judy Hall comes a fascinating book that gives you a personalized, practical and direct experience of the thought-provoking wisdom that crystal healing has conveyed to thousands throughout the world.

Going far beyond a reference guide, *The Crystal Experience* is more like a personal tutor, leading you through the key ideas and concepts of crystal healing via inspirational and holistic hands-on exercises and rituals. Interactive exercises help you to tailor the book to your needs; Journaling sections allow you to write your own experiences directly into the book; The Step-by-step learning program guides you to revision work and more advanced exercises; An exclusive CD featuring meditations and inspirational music will bring you into a receptive state for deeper work, and case studies make this guide your own personal workshop in a book.

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