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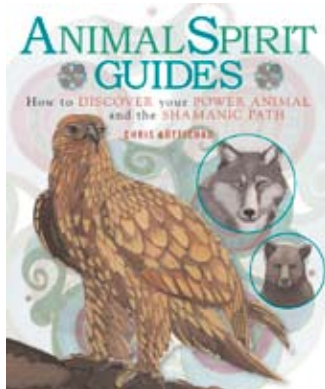
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**Animal Spirit Guides**  
Luttichau, Chris



172 x 144 mm  
144 pages

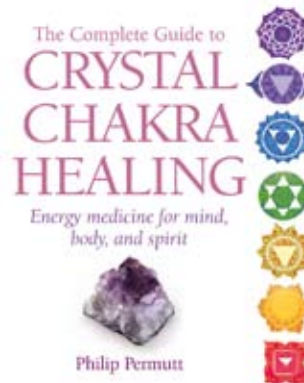


ISBN 9781906525545 - \$35.00 HB

QTY:

All animals, from the wolf to the ant, the mongoose to the fox, carry messages of guidance and hope. Learn how to discover your animal guide, or 'power animal', and invite it into your life to help heal past issues and inspire you forward into the future. Using the traditional rituals of the shaman, such as drumming, visualization and dreaming, discover more than 50 power animals and the special gifts they offer. Beautifully illustrated by Melissa Launay, this insightful guide will introduce you to natural, shamanic ways of living, and inspire you to work with the amazing energies of your power animal.

**Crystal Chakra Healing**  
Permutt, Philip



235 x 190 mm  
160 pages



ISBN 9781906525538 - \$45.00 PB

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This book explains exactly how to use a crystal pendulum to diagnose the health of a chakra and how to use a wealth of healing techniques to gently re-balance energy - from placing a single crystal on the body to using mini-quartz crystals, and using your hands to sense and send out energy. There are in-depth sections on each chakra, with checklists of symptoms, plus profiles of over 100 amazing crystals you can find easily and use for healing. **The Complete Guide to Crystal Chakra Healing** has everything you need to know about crystals, plus charts, photographs and step-by-step illustrations, exercises and case studies.