

Healing The Child Within Discovery And Recovery For Adult Children Of Dysfunctional Families|helvetica font size 11 format

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[Healing The Child Within Discovery](#)

Inner child work is a vital component of the spiritual awakening journey because it reconnects us with a wounded element of ourselves: the child within. When we reconnect with this fragmented part of ourselves, we can begin to discover the root of many of our fears, phobias, insecurities, and sabotages where true healing ...

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Color therapy and healing (also known as chromotherapy or light therapy) is a type of holistic healing that uses the visible spectrum of light and color to affect a person's mood and physical or mental health. Each color falls into a specific frequency and vibration, which many believe contribute to specific uses to affect the energy and frequencies within our bodies.

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Crown chakra healing is the practice of clearing, opening, and harmonizing the crown chakra within our bodies and energy fields. Crown chakra healing employs a wide range of holistic healing remedies to bring alignment to the body, mind, and spirit. These remedies include practices such as meditation, therapy, sound healing, yoga, self-inquiry, aromatherapy, and many others.

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Garnet activates other healing crystals and amplifies their effect. It clears negative chakra energy. It sharpens your perception of yourself and other people. It dissolves ingrained behaviour patterns that are no longer serving your needs. Garnet will remove inhibitions and taboos that have been laid down yourself. It opens the heart and bestows self confidence. Garnet ...

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These beautiful blue violet crystals may stimulate the imagination and this may aid their use as shamanic stones and they have good healing properties including aiding weight loss.. They are the gemstone variety of the mineral Cordierite and comes in a range of shades. They vibrate within the third eye electrical charge when in contact with your aura.

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The Healing Energies, Metaphysical Properties, ... sometimes bluish green, is caused by iron oxides within the chemical makeup of the stone. Ancient seer considered it to be under the influence of the moon, an orb exerting very great magnetic influence. Present day supporters of crystal-gazing suggest Aquamarine to view coming events, do so when the moon is increasing. The ...

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All colors work within the third eye chakra stone, and they are also wonderful healing crystals for you to use at the throat chakra. Their energy will open the throat chakra, creating better communication and self expression and may also help with dream recall and help to bring healing dreams. Large Blue number of reasons why you might choose to use this crystal including ...