

Cunninghams Encyclopedia Of Crystal Gem And Metal Magic

Every plant, every flower, every herb and every tree has energy, and that energy has magical properties. This book is go-to guide on how to work with these magical herbs and plants, how to use them and what to do with them.

In The Encyclopedia Of 5,000 Spells: The Ultimate Reference Book for the Magical Arts, independent scholar, educator and author of several books of folklore, folkways, and mythology Judika Iles enables the reader to enter the world of folklore, myth and magic with binding spells and banishing spells, spells for love, luck, wealth, and power, as well as spells for spiritual protection, physical healing, and enhanced fertility drawn from Earth's every corner and spanning 5,000 years of magical history.

The book explains how to make your own incenses, oils, ointments, inks, tinctures, herb baths, bath salts, brews, ritual soaps and powders.

Seeking the divine through dreams is an ancient and nearly forgotten technique for personal spiritual connection. Dreaming the Divine shows you how to push beyond the boundaries of ordinary dreaming using dream incubation and sacred

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sleep, techniques practiced in dream temples in early Egypt, Babylon, Greece, and Rome. Discover how to create sacred dreams for healing, advice, glimpses of the future, protection, fertility, and a host of other reasons. This book includes practical and simple techniques for receiving sacred messages in your dreams, including: Preparation and journaling Rituals and spells Tips for remembering dreams Meanings of dream symbols Messengers and deities Helpful baths, foods, teas, and scents

Quick and Easy Crystal Magic for Every Day Deepen your awareness, relieve your stress, and reach your goals with daily crystal magic. This fun, approachable book features simple and effective ways to use crystals throughout the wheel of the year. You can even incorporate them into your sabbat, full moon, historical, and special occasion celebrations. Perfect for any age or interest level, 365 Days of Crystal Magic provides indispensable knowledge on a variety of topics, including prepping and cleaning crystals, utilizing birthstones, and working magic according to the astrological bodies. Every calendar date features a practical idea for using crystals to find love and community, improve your divination, strengthen your willpower, lift your mood, and much more.

Cunningham's Encyclopedia of Crystal, Gem & Metal MagicLlewellyn Worldwide
"From crystals and herbs to flowers and essential oils, this comprehensive guide

shows you how to use a variety of New Age elements to enhance your life. Each page includes information on their attributes, healing properties, and how they can be applied in any situation. With detailed descriptions and an informative glossary, you can quickly discover the New Age element that best serves your purpose, whether it's promoting healing, activating creativity, or bringing about good fortune"--Amazon.com.

Llewellyn is pleased to present a new Scott Cunningham book—a long-lost Book of Shadows. Discovered in a battered manila envelope, this previously unpublished manuscript was penned by Scott in the early 1980s. This rare book includes original spells, rituals, invocations, and an herbal grimoire. Featured in the design are Scott's actual hand-drawn signs, symbols, and runes. More than twenty years after his passing, Scott Cunningham is still an iconic and highly regarded figure in the magical community. His books on Wicca are considered classics, and his writings continue to inspire and inform those new to the Craft. Spell Crafts Take a look at your hands. See them as wondrous vehicles of power. Feel the energy that flows through everything you do. Tap into that power! Carve a symbol, dip a candle, mix fragrant herbs, sculpt clay, and make your life all that you want it to be. When crafts are used to create objects intended for ritual or to symbolize the divine, the connection between the craftsperson and divinity grows

more intense. This second edition of Spell Crafts, the much-loved and oft-read guide to magical handwork, features new illustrations and a new preface by David Harrington. Learn how to create and use all of the following: - magical simmering potpourris - a beaded psychic mandala - clay pentacles, plaques, and runic dice - a shaman's arrow - sand paintings - Corn Mother - a magical spell broom - protective hex sign - Witch bottles - flower garlands - spell banner - magic mirror - prosperity trivet - wheat weaving

The definitive resource for working with powerful crystals! Sparkling, luminous, and colorful, it is no wonder crystals have always been regarded as a source of power from ancient times to present day. But with the enormous number of crystals now on the market, it is difficult to choose exactly the right stone. In 101 Power Crystals, internationally renowned crystal expert Judy Hall brings together 101 crystals that are powerful across a wide spectrum of uses and suitable for all types of user. Not all crystals suit everyone, and the selection has been specially chosen to offer alternatives and new possibilities that may not have been thought of before. This distinctive collection includes high vibration crystals that experienced crystal practitioners will want to explore as well as those with earthier vibrations that are suited to beginners or those developing their sensitivities. It also features some rare and recently discovered crystals and

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stones that have not been included in any other volume, such as Aurora Quartz, Que Sera, Trigonic Quartz, and Preseli Bluestone. Each entry covers the history, mythology, and symbolism of the crystal in addition to its healing properties and environmental effects. There are crystals and stones for love, health, protection, abundance, and many other powers.

Improve your life on all levels—mentally, physically, emotionally, and spiritually—with this essential reference guide to 160 easily-procured crystals, minerals, and stones. Packed with practical knowledge and 190 beautiful full-color photos, this easy-to-use handbook will teach you all about the gemstone world. Each page provides you with concise information: stone name and properties, color, corresponding chakra, planet, element, zodiac sign, numerological association, and mental, emotional, physical, and spiritual uses. Margaret Ann Lembo's metaphysical crystal directory will also give you Mohs scale ratings, divinatory meanings, and a series of positive affirmations for each stone. Learn how to charge, cleanse, and use gemstones in healing grids, plus how to use them as oracles for personal development and spiritual awakening. Praise: "When energetically used with the understandings and tips provided in this A–Z essential guide, all good things are possible. Your 'everything' go-to for crystals!" —Cyndi Dale, bestselling author of *The Complete Book of Chakra*

Healing and Beyond Soul Mates "A must-have guide for anyone who even enjoys picking up rocks. Her straight-from-the-hip approach is matched by her passion, love and knowledge of each and every geode, multifaceted crystal, and everything in between." —Joan Ranquet, author of Communication with All Life

Featuring more stones, spells, group rituals, and meditations, *The Second Book of Crystal Spells* offers creative methods for advancing your magical practice to the next level. Building on techniques and information from *The Book of Crystal Spells*, Ember Grant presents this companion guide to help you work magic for protection, romance, divination, health, and more. Use tarot card and crystal combinations, elemental spells, and quartz point grids

Learn about fascinating magical tools, including Himalayan salt lamps, hag stones, and natural wands

Explore a variety of special rock and mineral formations, as well as stones for enhancing your sixth sense

Incorporate crystals into your rituals for sabbats and esbats

This book also includes expanded appendices and correspondences, covering topics like crystal systems, planetary associations, chakra stones, and more. With an easy-to-follow format and in-depth knowledge on an expansive assortment of stones, this remarkable guide will make you a crystal magic expert.

Born the bastard son of a Welsh princess, Myriddin Emrys -- or as he would later be known, Merlin -- leads a perilous childhood, haunted by portents and visions.

But destiny has great plans for this no-man's-son, taking him from prophesying before the High King Vortigern to the crowning of Uther Pendragon . . . and the conception of Arthur -- king for once and always.

Recognize and celebrate the magic of life with timeless rites and spells. Create a magical household—a haven of harmony, safety, spirituality, security, and romance. The benefits include a happier existence, protection against thieves, improved health, restful sleep, satisfying spiritual experiences, and a perfect environment for positive magic. This warm and wise guide by much loved author Scott Cunningham has been helping people create sacred space in their homes and gardens for nearly twenty years.

Presents information about one hundred types of crystals and how they can be used to enhance one's love life and deal with relationship issues.

Cultivate your craft with the natural power of essential oil magic Distilled from the most fragrant, magical, and healing plants, essential oils have been used in witchcraft for thousands of years. Essential Oil Magic is your own personal reference guide to making magic with oils. It simplifies and modernizes the practice, showing any witch how to use potent plant essences to transform their body, mind, and spirit. Discover detailed profiles on 30 powerful essential oils like basil, cedar, and sage, then explore an array of rituals and recipes that will

elevate your practice and the magic you can conjure. Try out homemade spells like: Clear The Air of stagnant energy with a diffusion of lavender and black spruce for your home. Attract love and romance with a Goddess Body Wash of honey, patchouli, and rose. Manifest wealth with a Pocket Pyrite charm anointed with orange and ginger. Practice the art of oil magic and unlock the green witch within.

“A treasure trove of practical magic for both novices and more experienced practitioners . . . beautifully crafted spells that invoke the alchemy of possibility.”—PanGaia A leaf from an oak tree . . . a wildflower . . . water from a sparkling stream . . . dirt from a cool dark cave—these are the age-old tools of natural magic. Born of the earth, possessing inherent power, they await only our touch and intention to bring their magical qualities to life. The four elements are powerful magical tools. Using their energies, we can transform ourselves, our lives, and our world. This much-loved, classic guide offers more than seventy-five spells, rites, and simple rituals you can perform using the marvelous powers of the natural world. Scott Cunningham was a greatly respected teacher and one of the most influential members of the modern Craft movement. A practitioner of elemental magic for twenty years, he wrote more than fifty books, including the seminal *Wicca: A Guide for the Solitary Practitioner*.

Inside this book you will find some of the best spells known only by few practitioners of hoodoo. Learn the power of Florida water, the secret and powerful herb known as the devils shoestring along with other secret herbs. Learn what the candles will be telling you as you burn in them in rituals. The book is filled with spells for every type of purpose. A must have book for your

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collection.

There's a reason caviar has a reputation as a love food, but a little vanilla or peppermint can work wonders too! You'll savor mushrooms like never before after experiencing their intuitive-raising effects, and a bunch of celery will resonate with new meaning as it boosts your sexual desire and psychic awareness. Virtually any item in your pantry can be used for personal transformation. From artichokes to kidney beans to grape jelly, food contains specific magical energies you can harness for positive results. This encyclopedia of food magic offers twenty-seven of Scott Cunningham's favorite recipes. Magical menus for more than ten desired goals including love, protection, health, money, and psychic awareness are provided as well. This commemorative edition also presents special features and articles celebrating Scott Cunningham's remarkable life.

Have you ever wondered what real Crystal magic and Crystal Healing looks like? If you are looking for a practical ultimate guide to discover the Hidden Power of Crystals, the beneficial properties and mastering the magic of crystals to improve your life, then keep reading. Wicca Crystal Magic is the place you should start if you are looking into learning more about the traditions and history of Crystals in Witchcraft. Crystals are an essential component in the Wiccan religion . The magical power of crystals and stone has been recognized by people all over the world from as far back as 11,000 years ago. Those powers include healing, which is what crystals are best known for in the wider contemporary "New Age" culture. This practical guide explains how the powerful energies of crystals can be harnessed on the vibrational level to create the changes you seek. You'll then be introduced to the most widely used crystals in contemporary magic, including their primary magical properties and tips on how to select and

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care for them. This book will not only a theoretical explanation you over twenty different spells across twelve different topics. It also provides all of the basics a new witch needs to understand their magical practice. A step by step guide walks practitioners through the structure of a spell from start to finish, including cleaning up and disposing of ingredients used in spells. Every tool a beginning witch needs is covered in detail, as well as a few uncommon ones. It is important to note that, every formless substance we interact with has spiritual energy within it. It is such things as candles, crystals, and plants that influence us in amazing ways we have never thought of before. In short, here is what you will find in this Wiccan Guide: History of crystals and minerals stones Use of crystals in various ancient cultures How to choose and care for own crystals How to harness the projective and receptive energies of crystals Widely used crystals in Witchcraft Uses and properties for rituals and magic Crystal spells and rituals step by step And much more! Even if you've never practiced Crystal Magic, you'll get all the tools to get started and understand this subject and the extraordinary power of mineral stones! If you are serious about your magic practice, you must learn and understand the energy of these stones. A crystal can be an incredible component and tool for your spellwork! Crystals are beautiful and powerful, and they add so much to your life. With this book you will discover basic and advanced strategies to practice Crystal Magic and take your knowledge about Wicca to a new level! Esther Arin Spells, with decades of experience, has a very simple and straightforward approach and will guide you to discover the magic of Wicca. Discover the Secrets of Wicca Crystal!

Jack Gale, accomplished speaker and author, demonstrates magic s relevance to contemporary living. He explores magical techniques in a new century, the purposes behind

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them and the sort of results they may yield, drawing on his own and other s experiences, to thread a pathway through the labyrinth world of different magical approaches and systems. Magic is not for everyone; it is an adventurous path to follow, fraught with potential pitfalls. Part of the purpose of this book is to inform the would-be practitioner of the potential dangers which may be encountered and to discuss appropriate safeguards. Despite glamorous notions attached to it, magic is also, at times, very hard work requiring single-minded application. It possesses life-changing potential and can be stimulating, rewarding and enriching. With a magical approach, whatever life may hold for you, it is unlikely to be boring! Jack s individual and very readable style shines through the whole book making it both enlightening and very enjoyable to read.

An hour-long introduction to magical work with herbs, including purchase and preparation of herbs, and recipes for incenses, oils, sachets and tinctures.

You hold in your hands the material result of many years' hard craft. This Book contains some of the secrets of Life itself; or rather, the occult deity of Life on Earth, Baphomet. Horned, vital, beautiful, awe full, our aeons old Chaos Magick idol finds a name from the Knights' Templar, then goes incognito through the Enlightenment (when flourished those great natural philosophers beloved of science historians), before emerging via devil worship and witchcraft into this era of Deep Ecology. Darwin could have used a picture of Baphomet as his frontispiece, to demonstrate the one flesh from which all species originate. Contacting this Great Spirit, the anima mundi, allows access to a new way of ordering the world, with fresh visions of how and why we could Live. Here the authors weave strands from their lives into a rich tapestry of images, which might give you a pointer or two towards your own self-

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realisation, whilst amusing, entertaining, and instructing along the way. Revolution, evolution, leap beyond the apocalypse to the Now!

Crystal Therapy is a handy guide to the healing power of 94 crystals, complete with beautiful color photographs of each crystal family. This book is suitable for beginners and experienced practitioners, and it focuses on crystals that are easily obtainable. You'll learn which crystals to use for particular health or life issues, receive clear explanations of crystal-related terms (such as phantom and record-keeper), find out how to choose a crystal that's been humanely mined, and read fascinating channeled messages from each crystal. The authors discuss how the crystals work with the angels and archangels; and outline steps for laying particular crystals in your home to build energy grids that help with abundance, romance, a good night's sleep, protection, and more

Do you work magic with herbs? Do you use them in spells, for talismans or simply use their innate powers? If you don't have Cunningham's Encyclopedia of Magical Herbs, you need to get it right away. This book has become a classic in its field. Paul Beyerl, a respected author on herbs calls it "...an essential reference book by students of herbalism and magick alike ... Scott's personable charm touches every page... I highly recommend this book." And Jeanne Rose, famous author of books on herbs and developer of an herbal course says "I love books like this ... It is accessible, easy to read, and with its encompassing index (all too often neglected), simple to use as well." Over 200,000 people already

have this book and use it frequently. In this edition of the book (it's expanded and revised on the 15th anniversary of original publication) you will find the magical properties and folklore of over 400 herbs! You'll also find lists of herbs based on their magical powers, their genders, their planetary rulers, and more. Perhaps the most important list is the folk name cross-reference. With that information, when a recipe calls for "bramble, " you'll know it needs blackberry. Or if the magic calls for "enebro," you'll know you that is juniper. The main part of this book is the listings of the herbs. Each one includes names, associations, and magical attributions. Violets can be used for protection, luck, love, and more. Primrose is for protection and love. Garlic is for protection, healing, exorcism, lust, and prevention of theft. This book is considered a classic. It is probably consulted more than any other book on this subject. If you want to learn the secrets of magical herbs, this book is a must!

Due to the sheer number of Wicca 101 books on the market, many newcomers to the Craft find themselves piecing together their Wiccan education by reading a chapter from one book, a few pages from another. Rather than depending on snippets of wisdom to build a new faith, Wicca for Beginners provides a solid foundation to Wicca without limiting the reader to one tradition or path.

Embracing both the spiritual and the practical, Wicca for Beginners is a primer on

the philosophies, culture, and beliefs behind the religion, without losing the mystery that draws many students to want to learn. Detailing practices such as grounding, raising energy, visualization, and meditation, this book offers exercises for core techniques before launching into more complicated rituals and spellwork. Finalist for the Coalition of Visionary Resources Award for Best Wiccan/Pagan Book "In her first book-length work, Sabin presents a first-rate, fresh, and thorough addition to the burgeoning field of earth-based spiritual practice volumes...written in a light, informative style that magically mines depth, breadth and brevity."—Publishers Weekly (starred review)

In *Backwoods Witchcraft*, Jake Richards offers up a folksy stew of family stories, lore, omens, rituals, and conjure crafts that he learned from his great-grandmother, his grandmother, and his grandfather, a Baptist minister who Jake remembers could "rid someone of a fever with an egg or stop up the blood in a wound." The witchcraft practiced in Appalachia is very much a folk magic of place, a tradition that honors the seen and unseen beings that inhabit the land as well as the soil, roots, and plant life. The materials and tools used in Appalachia witchcraft are readily available from the land. This "grounded approach" will be of keen interest to witches and conjure folk regardless of where they live. Readers will be guided in how to build relationships with the spirits and other beings that

dwell around them and how to use the materials and tools that are readily available on the land where one lives. This book also provides instructions on how to create a working space and altar and make conjure oils and powders. A wide array of tried-and-true formulas are also offered for creating wealth, protecting one from gossip, spiritual cleansing, and more.

'Author of the excellent *The Crystal Bible*, Judy Hall is truly a master of her subject and the book is a clever idea well executed.' Paradigm Shift Listing over 1,200 symptoms, this is a practical first-aid guide based on sound crystal-healing principles that have been practiced for millennia. Crystals are a gentle, non-invasive system of holistic healing with no side effects. Suitable for children and animals, they can also benefit your environment and your home.

Find the knowledge and inspiration you desire with this collection of Scott Cunningham's spells, essays, and rituals—collected for the first time from his best contributions to *Llewellyn's Magical Almanacs*. Delight in Cunningham's timeless wisdom on popular topics such as the Sabbats, protection magic, moon spells, and herbal remedies. New and longtime fans will marvel at Cunningham's ability to breathe magical life into such unique topics as tattooing, the divine history of sneezing, dressing with power, Greek oracles, birds of the deities, and more. Well known for perfecting his spells and rituals through experimentation

before publishing them, Cunningham wrote with unmatched simplicity and grace. His words in this collection are sure to inspire you on your path to an enchanted life. About the author: Scott Cunningham was a much-loved writer whose classic book, *Wicca: A Guide for the Solitary Practitioner*, introduced generations of young witches to the Craft. The continued popularity of Cunningham's books on Wicca and natural magic is a testament to the power and truth of his writings. Explains the effects of fragrance, identifies useful flowers, spices, herbs, and oils, and suggests their magical properties

Raise Your Crystal Spellwork to the Next Level Discover dozens of spells that you can use for health, love, home and garden, problem solving, dreams, astral travel, and much more. With hands-on spells, rituals, grids, and other magical methods, *The Book of Crystal Spells* is a practical and in-depth guide to using stones in creative ways. • Find tips on cleansing and charging your stones • Learn to craft magical jewelry, amulets, and talismans • Incorporate numerology, meditations, elixirs, and crystal grids in your spellwork • Expand your magic practice by using glass, sand, metals, quartz crystal points, and more Increase your knowledge of crystal spells with accessible exercises and extensive appendices and correspondences. Whether a beginner or an expert, take your magic to a higher level with the magic of stones, which gives you access to the

energetic connection between you and the universe.

Practice an ancient magic that is both natural and beautiful - the magic of amulets and charms, sachets and herbal pillows, incenses and scented oils. This practical and poetic guidebook by SCott CUnningham has introduced over 100,000 readers to the practice of herbal magic. Magical Herbalism will teach you how to identify, gather, grow, dry and store herbs and use them for protection, divination, healing and love. Also included are: the magical names of herbs, flowers, trees and roots; a Witch's herbal; Herbal redes; a list of baneful herbs and flying ointments.

Definitive guide to the enchanted world of crystals and gems Did you know that wearing an amulet of green jade on an interview will help get the job? Have you heard that an amethyst ring can help break bad habits and even encourage sobriety? Anyone looking for love can place two pink quartz crystals in the bedroom; you'll not be alone for long! These are just a few of the hundreds of secrets shared in this definitive guide to the enchanted world of crystals. Semi-precious stones and gems have long been known for their magic as well as their beauty. In this book of charms, readers learn everything there is to know about the powers of crystals from birthstone magic to gem divination to jewelry spells. This is a fun, entertaining, and enlightening book that will appeal to everyone who's ever worn a birthstone, kissed the ring of a lover for luck, or bought a crystal for good energy. The Magic of Crystals and Gems is a treasure chest filled with the ancient wisdom of crystals. It is also a handy how-to filled with

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little-known lore along with the myth, meanings and specific magical qualities of hundreds of crystals, both common and very rare including many meteorites. Author Cerridwen Greenleaf shares secrets to how and why crystal balls work, scrying with obsidian, crystal astrology, divination, healing, psychism and connections between the stars in the sky and gems of the earth. This one-of-a-kind work on the power of crystals will help readers understand which ones are right for them and how to unlock the mystery of sacred stones. It belongs on the bookshelf of everyone interested in the magical gifts of Mother Nature.

The ways of magic are revealed in nature . . . The secrets are written in meandering streams and drifting clouds, whispered by the roaring ocean and cooling breeze, echoed through caves and rocks and forests. When you draw a heart in the sand, call on the four winds for assistance, or ask the rain to wash away a bad habit, you are practicing earth magic. By working in harmony with nature, we can transform ourselves, our lives, and our world. This tried-and-true guide offers more than one hundred spells, rites, and simple rituals you can perform using the powerful energy of the earth. Scott Cunningham was a greatly respected teacher and one of the most influential members of the modern Craft movement. A practitioner of elemental magic for twenty years, he wrote more than fifty books, including the seminal *Wicca: A Guide for the Solitary Practitioner*.

Practice an ancient magic that is both natural and powerful—the elemental Earth magic of crystals, stones, and metals. This comprehensive and clear guidebook by Scott Cunningham has introduced over 200,000 readers to the secrets of over 100 gems and metals. Learn how to find and cleanse stones and use them in divinations, spells, and tarot card readings. Discover how to determine the energies and stories contained within each stone, and the

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symbolic meanings of a stone's color and shape. Also included in this classic guide: A 16-page, full-color insert, new with this edition Birthstone and jewelry magic lore Tables listing both planetary and elementary rulers of stones, magical intentions, and magical substitutions Selling more than 200,000 copies, Living Wicca has helped countless solitary practitioners blaze their own spiritual paths. Let the wise words of Scott Cunningham guide you toward a new level of practice. Living Wicca takes a philosophical look at the questions, practices, and differences within Witchcraft. You'll learn how to create your own rituals and symbols, develop a book of shadows, and even become a high priest or priestess. Also covered in this Scott Cunningham classic are tools, magical names, initiation, the Mysteries, 120 Wiccan symbols, and the importance of secrecy in your practice. New edit New interior design Cunningham's classic introduction to Wicca is about how to live life magically, spiritually, and wholly attuned with nature. It is a book of sense and common sense, not only about magick, but about religion and one of the most critical issues of today: how to achieve the much needed and wholesome relationship with our Earth. Cunningham presents Wicca as it is today: a gentle, Earth-oriented religion dedicated to the Goddess and God. Wicca also includes Scott Cunningham's own Book of Shadows and updated appendices of periodicals and occult suppliers.

Learn how to improve your life using the spiritual properties all around you in nature. This revised and expanded guide includes the magical properties and uses for nearly 300 plants. Entries describe how to use spells or rituals and potions that solve ev Step into the fantastically fragrant world of magical oils and discover a new, invigorating way to delight your senses, uplift your spirits, improve your health, and enjoy total relaxation. Whether

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your intention is magical or medicinal, specially blended essential oils can enrich your life with their mystical, energizing, and transformative power. Within this one-of-a-kind portable apothecary, you'll learn to select and mix 67 essential oils for a myriad of magical, medicinal, and spiritual applications. Spanning every purpose from inner calm and romance to healing and energy work to prayer and spellcraft, all 1,200 recipes are arranged alphabetically to make it easy to find precisely what you need. Step by step, Celeste Rayne Heldstab also shows how to create your own blends for spells, rituals, and remedies. Amp up their potency with correspondences for the elements, day of the week, time of day, Moon phase, astrological sign, herbs, and gemstones. —Protection for house & home —Love & passion —Career & finances —Dreamwork & meditation —Beauty & skin care —Fatigue, headaches, & other common ailments Praise: "Celeste skillfully demystifies the process of using and blending oils by providing lucid, detailed, and easy-to-read instructions while emphasizing the magical power inherent in plants."—Judika Illes, author of *The Encyclopedia of 5,000 Spells*

A chakra is a spinning vortex of energy created within us by the interpenetration of consciousness and the physical body. Through this combination, chakras become centers of activity for the reception, assimilation, and transmission of life energies. From the base of your spine to the top of your head, there are seven major chakras, and when you read "The Truth About Chakras" you'll understand that they can effect incredible life transformation and healing. In the physical body, the chakras correspond to nerve ganglia, endocrine system glands, and various bodily processes. Like emotions, the chakras influence mental, emotional, and physical states. By learning how to work with the chakras, you'll discover how to put these to practical use. -Learn the basics of the chakra system, enhancing the flow of your life force -Employ

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colors, animals, Tarot, planets, and other associations of each chakra for a complete metamorphosis -Experience inner growth, physical ecstasy, and spiritual enlightenment as you perfect the exercises designed to connect you with your own personal energy centers -Enhance health, perception, personal power, and divine potential -Heal with chakra energy Although the chakra system began in the East, it has come to be accepted as part of many Western spiritual systems. In "The Truth About Chakras," "you have a chance to get the basic information you need to work with the chakras no matter what spiritual system you are following. Get "The Truth About Chakras" today.
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