



Mood Crystals

A hands-on guide to managing your emotional wellbeing with crystals

Christel Alberez, Nerissa Alberts

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Description

As human beings we all experience a myriad of different emotions that have a profound effect on how we live our everyday lives. The awareness of our emotions, or emotional intelligence, is a skill to cultivate as it is inevitably connected to personal wellbeing and the vitality of all relationships in life.

Crystals and minerals are teachers who guide us through their specific energetic signatures how to maintain, enhance, or alter our moods. When we are aware of our current mind state and work consciously with crystals, we can find practical yet deep practices to help evolve our emotional wellbeing.

Organized by emotional states, *Mood Crystals* will help you to cultivate your emotional intelligence as you develop greater awareness of your current mood and practice consciously with crystals. A thorough questionnaire at the back allows you to assess what you're actually feeling and decide which crystal (or crystal combination) will be most beneficial to you at any given moment to enhance your mental happiness.

About the Author

Christel Alberez and Nerissa Alberts are certified in the vibrational healing modality of Crystal Resonance Therapy™. With over a decade working consciously with crystals, they have the invaluable gift of practicing, witnessing, and facilitating personal and collective crystal healing journeys together. On their blog *Gemstone Stories*, they demonstrate how each stone is a teacher with a story to tell through us.

Example spreads from the book

