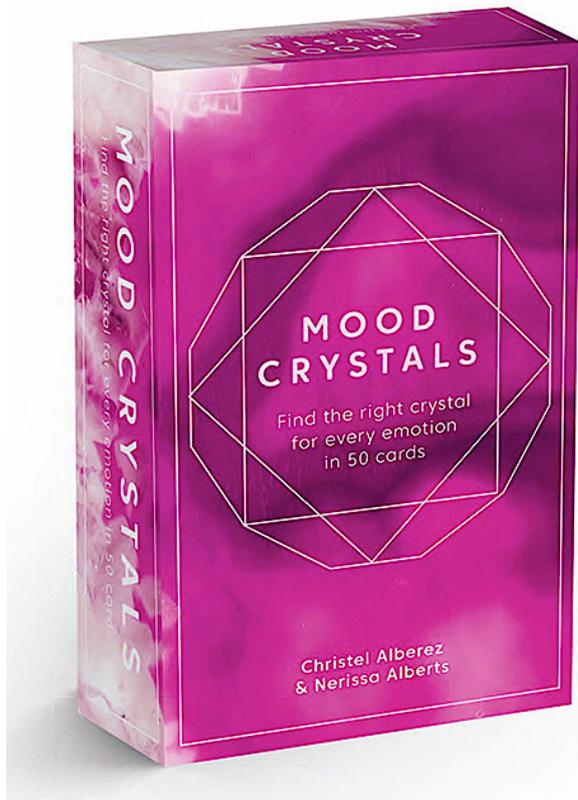


Mood Crystals Card Deck

Find the right crystal for every emotion in 50 cards

Christel Alberez, Nerissa Alberts



Publication	13th September 2022
Price	£14.99 incl. VAT
ISBN	9781446309506
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SALES REGIONS	Craft Trade Only



Key Selling Points

- Includes an instruction booklet featuring a questionnaire to help you select the most beneficial crystal for the moment
- Features practical exercises to help readers consciously engage with stones and tap their emotional frequencies
- Explores 14 different emotional states and offers a suggested practical ritual to engage with crystals to balance these emotions.

Description

This card deck and booklet features practical exercises for engaging with the right stones at the right time and in the most effective way. Perhaps you need to give yourself courage? Or reduce your anxiety levels? There are all sorts of situations where you may want to control or regulate your frame of mind, and crystals are a powerful tool to help with this.

A questionnaire in the included booklet allows you to assess what you're feeling and decide which crystal (or crystal combination) will be most beneficial to you at any given moment and which of the practices you should try with each particular crystal.

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 practising, 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.

Example spreads from the book

