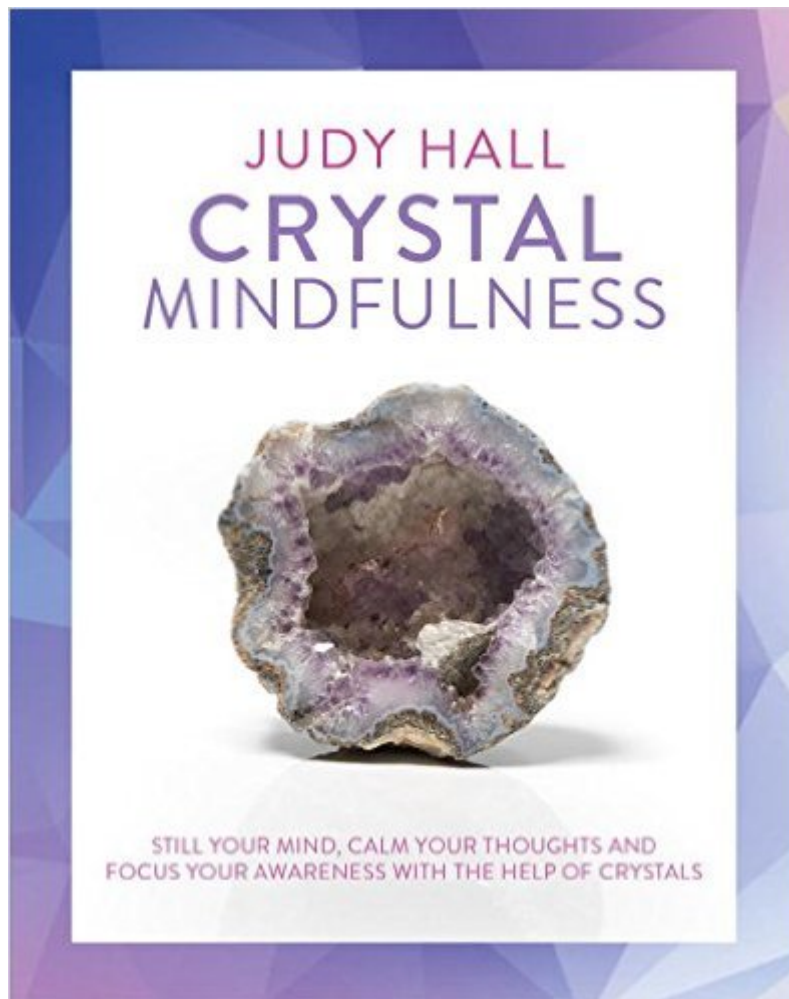


The book was found

Crystal Mindfulness: Still Your Mind, Calm Your Thoughts And Focus Your Awareness With The Help Of Crystals



Synopsis

Have you heard about mindfulness and want to practise it but find it challenging? Crystals can help in so many ways. They have been around for millions of years and in their terms the passing of decades is merely the blink of an eye, so they offer new ways of perceiving your life. Gazing into the depths of a crystal offers you instant clarity and stillness of mind. Providing a point of soft focus, crystals help you to stay attentively in the present moment without judging it or needing it to change. The unique qualities of each crystal assist in switching off your mind's chatter or compulsive thinking. Crystals can ease your anxieties, dispel your anger, show you how to forgive and let the past be, and so much more. They can help you make a decisive move (when that's appropriate). They connect you to yourself at a very deep level. The introduction covers what mindfulness is, how it works and benefits you, and how crystals can help you practise it. Part 1 looks at specific topics that are relevant to your mindfulness practice, such as staying grounded, becoming centered, shutting off the chattering mind and accepting yourself. Part 2 is a comprehensive crystal mindfulness directory featuring 24 beautifully photographed crystals. Each description of the crystal and its benefits to mindfulness is accompanied by an exercise for a specific purpose, as well as other features such as keywords and a Crystal Reflection to use for instant access to inner calm. Flick through the pages until a picture catches your eye and work with the crystal as suggested, or target your crystal mindfulness practice more specifically using the book's headings. Then tune into the crystal you need and the magic will happen.

Book Information

Paperback: 96 pages

Publisher: Watkins Publishing (November 22, 2016)

Language: English

ISBN-10: 1780289731

ISBN-13: 978-1780289731

Product Dimensions: 5.9 x 0.9 x 8.3 inches

Shipping Weight: 13 ounces (View shipping rates and policies)

Best Sellers Rank: #792,751 in Books (See Top 100 in Books) #330 in Books > Religion & Spirituality > New Age & Spirituality > Divination > Crystals #3688 in Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing #4112 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

[Download to continue reading...](#)

Crystal Mindfulness: Still Your Mind, Calm Your Thoughts and Focus Your Awareness with the Help of Crystals
Crystals: Your Beginners Guide To Crystals And Healing Stones (Power of Crystals, Healing Stones, Relieve Stress, Energy Healing)
Crystals: Crystal Healing For Beginners, Discover The Healing Power Of Crystals And Healing Stones To Heal The Human Energy Field, Relieve Stress and Experience Instant Relaxation I-THIRD EDITION- Crystals: The Complete Beginner's Guide to Crystals and Crystal Healing
Crystal Enlightenment: The Transforming Properties of Crystals and Healing Stones (Crystal Trilogy, Vol. 1)
Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)
Wicca Crystal Magic: A Beginner's Guide to Practicing Wiccan Crystal Magic, with Simple Crystal Spells (Wicca Books Book 4)
Mindfulness: Achieve Inner Peace And Harmony With Mindfulness And Meditation - Live Life Without Stress And Anxiety (Mindfulness, Meditation, Buddhism, Yoga, Enlightenment Book 1)
Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen)
MINDFULNESS: Mindfulness for Beginners: Free your Mind from Stress, Anxiety and Depression: How to Find your Inner Peace (Meditation for beginners)
The Beginners Guide to Chakra's and Crystals Box Set:: A Beginners Guide To Crystals Their Uses And Healing Powers And Chakras: Understanding The 7 Main ... Gems, Law of Attraction)
The Essential Guide to Crystals: Tap into the healing power of crystals
The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks)
Awareness Through Movement: Easy-to-Do Health Exercises to Improve Your Posture, Vision, Imagination, and Personal Awareness
Crystal Healing Mastery: Heal Your Life With The Miracles And Power Of Crystals And Stones
Crystal Prescriptions: The A-Z Guide to Over 1,200 Symptoms and Their Healing Crystals
Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing)
Mindfulness-integrated CBT for Well-being and Personal Growth: Four Steps to Enhance Inner Calm, Self-Confidence and Relationships
Coloring Journal (black): Therapeutic journal for writing, journaling, and note-taking with coloring designs for inner peace, calm, and focus (100 ... and stress-relief while writing.) (Volume 11)
Acceptance and Commitment Therapy for Couples: Using Mindfulness, Values, and Schema Awareness to Rebuild Relationships