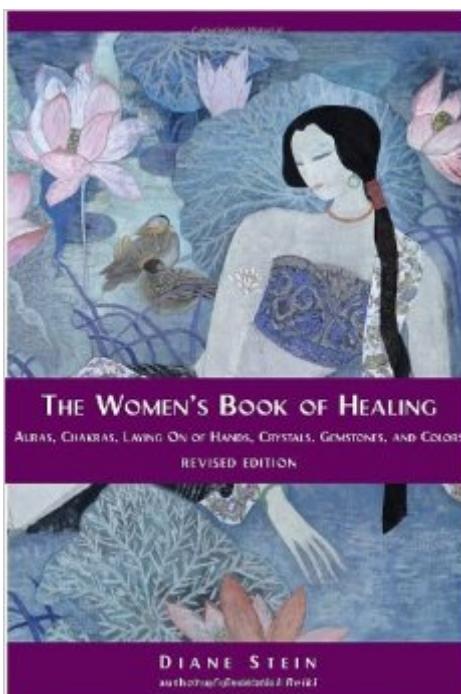


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The Women's Book Of Healing: Auras, Chakras, Laying On Of Hands, Crystals, Gemstones, And Colors



Synopsis

Women are naturally healers. Throughout time, they have performed curative roles as mothers, midwives, caregivers, and wisewomen, but modern medicine has suppressed this important tradition. Ancient women healers knew that the body is more than what is seen: through body, emotions, mind, and spirit, we can connect with the Goddess and actively choose to heal ourselves and others. By relearning and using ancient skills like aura and chakra work, creative visualization, meditation, laying on of hands, psychic healing, and working with crystals and gemstones, women can prevent or transform many dis-eases of the body and spirit before they become matters for modern medicine. In *THE WOMEN'S BOOK OF HEALING*, Diane Stein, author of the best-selling *ESSENTIAL REIKI*, demystifies, explains, and teaches these skills in ways that modern women can learn and use. She first introduces basic healing, then applies those skills to healing with crystals and gemstones—a beautiful, effective, and empowering aspect of the ancient woman's healing methods. A comprehensive guide from a knowledgeable healer, *THE WOMEN'S BOOK OF HEALING* proves that well-being is within a woman's choice and natural abilities, and reaffirms her timeless role as healer of herself and others. An affirmation of woman's traditional role as healer, speaking to a national trend toward alternative medicine and natural healing methods. Demystifies, explains, and teaches the healing capabilities of auras, chakras, laying on of hands, crystals, gemstones, and colors. Thoroughly revised and updated, with a new introduction. Diane Stein's books have sold more than 600,000 copies.

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Customer Reviews

I bought this book because it covered a wider range of crystals than the only other crystal-healing book I had, (Crystal Enlightenment by Katrina Raphaell). However, I have found I use Stein's book far less. It crams a great deal of information about a wide range of crystals: however depth is often sacrificed as she goes from one crystal to another in a few words. Because of this information-density it can be hard to find what you are looking for. There is an index but it's not uncommon to look up several entries on the same stone, only to find lots of short, not very informative mentions. Tighter structuring or indexing would have helped greatly. I also found the women-only tone a little irritating at times. I consider myself to be a feminist but did not feel it needed to be marketed as a specifically "womens" book. I did not feel there was information in there that warranted a separatist approach. She had a tendency to generalise about the nature of women-as-healers in a utopian way, which I thought was unrealistic and also a little suffocating. Diane Stein has improved as a writer since then: for those who are interested in other forms of healing, "Essential Reiki" is a great, ground-breaking book. (She also tones down the preachiness for that one). For a book on crystals, however, I'd recommend Katrina Raphaell's "Crystal Enlightenment" far more.

I just got the book and immediately checked out the high points, reading the prologue, bits here and there, etc. I knew this was something I could get into. Diane Stein has put into words the same conclusions that it has taken me years to reach. I have not read the entire book, but I will devour every word. The main topic, explanatory from the title, is woman's place in healing, that woman has always been a healer. She has sections about auras and laying on of hands, of crystals and gemstones and their powers. My sister was in a head-on collision the first of June. It's a miracle she's alive. I took her a necklace of amethyst, which is a healing stone, and it is really making a difference. Diane also has a section on chakras and colors. I am not yet familiar with chakras, but I know from experience the power of color therapy. My bedroom is done in shades of blue and I have a sound-effects machine that simulates the ocean. Oh, yes, it works! I highly recommend this book, even though so far I have just skimmed off the overflow. Another plus - she expresses herself in plain English. There is not a lot of technical jargon to plow through and say, "Say What? " If I could only keep one of my Christmas gifts, this would be it. Thanks for listening to me.

If you want to learn more about gemstone/crystal, aura, or chakra/color healing et. al., or just empowerment of women as healers in general, then this is the book for you. However, it does get a

little over-feminist at times (especially in the beginning chapters) and almost sounds preachy in this way, so if you are not a raging feminist, take it with a grain of salt and move on as I did, the rest is worth it. The correspondence tables are excellent as are the sections on the gemstones and crystals and their healing properties, as well as what stones to use to heal or help certain ailments.

This book is a very helpful tool when I need to put together information for my energy clients. It helps to identify what areas I need to focus on and what therapy modalities to apply based on the clients input. Great Tool!

I just love everything that Diane Stein writes! This book is no exception. This book was recommended reading for my Reiki I certification, with Diane Stein's Reiki books, which I also love!! It is so full of wisdom and although it is woven together in a way that encourages you to read the entire book, I still find it a super useful reference book for my healing work. There is a lot of dense information, but I find that if I use the book like an oracle, asking for the wisdom I need and then opening and trusting the information that comes through will guide me to my answer, it is spot on every time! I have read a lot of Freud in college and Diane Stein reminds me of Freud, she has genius insights, but often you have to read lots of other pages to get to the genius insights. Hard to describe, but she is definitely a masterful healer and I think she has a way of introducing you to her healing practices in her writing that just helps to enrich your own healing practice. I am so grateful for this book!!

I am enjoying the book. It is nice for me to have some of the information I use handy in just one book instead of 6 or more. Thank you Diane for a well put together book for those of us who do this sort of healing. Reverend Lorrie Lee Fyfe Ontario, Calif

This book belongs on your shelf if you are looking for a resource you'll refer to time and again. Easy to read, accessible, and packed full of info. Worth the money.

I am enjoying my book to learn something new everyday similar to other cultures combine of Indian and African cultures relating to crystal healings.

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