

# 7 EMOTIONAL WOUNDS

How to Heal Them with Crystals



**HUMILIATION** THROAT & CROWN CHAKRA  
**PHYSICAL STRUCTURE:** THEY TEND TO RETAIN WATER IN TISSUES, WATER RETENTION AND ALSO OBESITY.  
**PSYCHIC STRUCTURE:** FEAR TO FALL, MANAGING THE SPACE AROUND IT'S OFTEN HARD, SO THEY LOOK CLUMSY. THEY'RE NOT ABLE TO FIND FREEDOM THROUGH ACTIONS, SEXUAL INHIBITION. THEY CAN'T DEFEND THEMSELVES, SO THEY USUALLY LEAVE THE COMPETITION. THEY TEND TO HUMILIATE THEMSELVES AND OTHERS. THEY CARE ABOUT EVERYTHING AND EVERYBODY.  
**PHYSICAL UNBALANCING:** BACK PROBLEMS, MASSIVE SHOULDERS, AND HUMP TONSILLITIS, CYSTITIS, HYPOTHALAMUS AND PITUITARY GLAND UNBALANCES, EVERY ISSUE OR UNBALANCING GENERATED BY EXPRESSION BLOCK.  
**CRYSTALS:** AQUAMARINE, ELETAL HERKIMER DIAMOND, APOPHYLLITE, BLUE APATITE, CHRYSOCOLLA.

**INJUSTICE** THROAT & THIRD EYE CHAKRA  
**PHYSICAL STRUCTURE:** STRAIGHT AND WELL-PROPORTIONED BODY, WITH BROAD SHOULDERS. THEY TEND TO TAKE A "MILITARY ATTITUDE: THE JAW IS RIGID, AND MUSCLES ARE OFTEN BLOCKED BY TENSIONS.  
**PSYCHIC STRUCTURE:** MAKING A CHOICE IS ALWAYS TRICKY. THEY NEVER CHOOSE TO RELAX BECAUSE THEY FEEL GUILTY. THEY BUY SOMETHING JUST IF THEY REALLY NEED IT, VERY RARE JUST BECAUSE THEY LOVE IT.  
**THEY FEEL GUILTY WHEN OTHERS ARE WORKING WHILE THEY ARE ON VACATION. THE CONCEPT OF "MERIT" IS VITAL TO THEM. THEY PREFER TO HELP OTHERS INSTEAD TO BE HELPED. THEY HATE BEING THE FAVORITE, AND THEY DON'T BELIEVE IN LUCK.**  
**PHYSICAL UNBALANCING:** USUALLY STRESSED, BACK PROBLEMS, CRAMPS, MUSCULAR SPASMS, CONSTIPATION. THEY CAN ALSO SUFFER FROM SKIN PROBLEMS LIKE ECZEMA AND PSORIASIS.  
**CRYSTALS:** AQUAMARINE, BLUE APATITE, CHALCOOPYRITE, AMETHYST, SHATTUCKITE AND CHRYSOCOLLA.

**BETRAYAL** HEART & THROAT CHAKRA  
**PHYSICAL STRUCTURE:** STRUCTURED AND ROBUST BODY. THIS WILL BE THE FIRST TO HAVE AN ATTACK, ATTACKS ATTACKS ATTACKS WITH VITAL AND LIGHT EYES.  
**PSYCHIC STRUCTURE:** AGGRESSIVE, INTOLERANCE, NEED TO PREVAIL, EVERY CONFRONTATION BECOMES A CLASH. THEY LIVE A STRESSFUL LIFE.  
**PHYSICAL UNBALANCING:** STOMACH AND LIVER PROBLEMS, INFLAMMATION. THE AREAS OF THE BODY MORE AFFECTED ARE THE RESPIRATORY TRACT, THE BODY'S DEFENSE SYSTEM, CIRCULATION, THYROID, AND THROAT.  
**CRYSTALS:** CHERRY TOURMALINE, PINK KUNZITE, AZURITE, SILICA GEM, AQUAMARINE, BLUE APATITE, ELETAL ROSE QUARTZ, CHRYSOCOLLA, PEACH MORGANITE.

**ABANDONED** SOLAR PLEXUS AND THROAT CHAKRA  
**PHYSICAL STRUCTURE:** THERE ARE SOME PART OF THE BODY TEND TO FALL DOWN. IT COULD BE POSTURE, UP EYELID OR ALSO INTERNAL ORGANS.  
**PSYCHIC STRUCTURE:** CARELESS CHILD. HE/SHE TENDS TO BUMP THINGS AROUND, THIN WRISTS AND ANKLES, CURVED BACK.  
**PHYSICAL UNBALANCING:** DIABETES, FUNGI, BACTERIA, VIRUSES, ASTHMA, BREATHING ISSUES, MIGRAINE AND FAT ACCUMULATION.  
**CRYSTALS:** CHRYSOCOLLA, AQUAMARINE, CITRINE, SILICA GEM, GOLD TOPAZ AND HELIODOR.

**REJECTION** ROOT CHAKRA, BASE CHAKRA & SOLAR PLEXUS  
**PHYSICAL STRUCTURE:** THIN AND ALSO SCRAWNY. WHO HAVE REJECTION WOUNDS TO OCCUR SPACE WITH THE BODY. THEY WOULD LOVE TO BE INVISIBLE.  
**PSYCHIC STRUCTURE:** REJECTION WOUNDS CAN BE EXTREMELY EARLY. THEY DON'T KNOW WHAT THEY'RE LOOKING FOR IN LIFE, BUT THEY CONTINUALLY NEEDS OF NEW INFORMATION, KNOWLEDGE, NEW THEORIES, EXCESSIVE SPIRITUALITY. EVERYTHING THEY CAN USE TO SUPPORT THEMSELVES.  
**PHYSICAL UNBALANCING:** SKIN PROBLEMS. THEY REFUSES ANY SKIN CONTACT.  
**CRYSTALS:** BLACK OBSIDIAN, APACHE TEARS, JET STONE, CITRINE, CARNELIAN, GARNET, FIRE AGATE, PYRITE AND SMOKY QUARTZ.

**THE SIXTH WOUND** CROWN & EARTH STAR CHAKRA  
**GAIA IS THE ENERGY OF THE CREATION THAT EVERYONE HAS IN EVERY CELLULAR. WE ARE PART OF THE SAME ECOSYSTEM OF GAIA, OUR PLANET. AND THIS IS NOT JUST ABOUT OUT CONNECTION WITH NATURE, BUT ALSO THE ALIGNMENT WITH THE BIOLOGICAL RHYTHM OF DAY AND NIGHT FOR EXAMPLE. BE FULLY CONSCIOUS OF THE UNIVERSAL LOVE OF GAIA, WHICH IS THE SAME ENERGY WE'RE MADE OF. WHAT HAPPENS INSIDE OF US NEEDS TO REFLECT OUR ACTIONS LIKE A MIRROR.**  
**CRYSTALS:** TIFANY STONE, HERKIMER DIAMOND, MOONSTONE, ELETAL QUARTZ, APACHE TEARS, BLACK KYANITE, SHUNGITE, CHALCOOPYRITE, BLACK TOURMALINE AND ELAT STONE.

**THE SEVENTH WOUND** ROOT, BASE & HEART CHAKRA  
**WHEN THE FIVE EMOTIONAL WOUNDS CRUSH OUR HEART, SO WE START TO DOUBTS TO EXIST. OUR MIND LEARNED TO SABOTAGE OUR LIVES AND FORGET WHO WE REALLY ARE. WE FIND THE MEANS TO CHANGE OUR DESTINY. THE SEVENTH WOUNDS IS A GREAT GIFT BECAUSE IT COMES TO HEAL THROUGH THE HIGHEST EXPERIENCE OF PAIN.**  
**CRYSTALS:** AZURITE, MALACHITE, CHRYSOCOLLA, GEMSTONE.

# Healing Emotional Wounds

**Benner, David G**



## **Healing Emotional Wounds:**

**Healing Emotional Wounds** Benner, David G,1990

**Healing Emotional Wounds** David G. Benner,2016-07-20

Though emotional pain constitutes an inevitable part of life not only can it be healed it can be the soil out of which we grow into greater wholeness and wellbeing This book arose not simply out of the author s work with others but out of lessons learned as he worked his way to healing and forgiveness associated with his own emotional wounds as well In helpful practical language that is filled with real life examples Healing Emotional Wounds examines the inner course of events that predictably follows experiences of emotional wounding This includes a discussion of the ways in which we attempt to cope with hurt focusing on common but counterproductive coping strategies that actually impede healing It then examines in detail the emotional intellectual and volitional tasks that are involved in healing emotional wounds each presenting concrete steps that we can take to help ourselves and others experience healing and gain freedom from bondage to our wounds Such freedom does not involve escape from unpleasant experiences or difficult circumstances but release from their tyrannizing inner consequences This also provides the possibility of living a more fulfilling and significant life because of these experiences

*No More Tears* C. S. McGraw,2016-09-15 Life is not known to be easy By the end of the day you are bound to have a few nicks and tears on your ego Usually if you scrape your knee or cut your hand you immediately treat it with first aid So why not do that for your emotional wounds too Emotional wounds often activate the same pathways in the brain as physical wounds meaning they cause us just as much real pain as a physical hurt would Therefore part of self care really calls for treatment of all emotional wounds Many of us fail to treat our emotional wounds however because we are afraid to face the pain Maybe the pain is traumatic or maybe it is humiliating We act in denial but this only hurts us more in the end Unhealed emotional wounds can have a terrible effect on the sanctity of our lives They can manifest in many ways from overeating to addiction to relationship issues and low self esteem Stop the pain now You don t need to live this way You can take control of your life by healing your emotional wounds and ending the pain and the tears This book is your guide to facing the pain Why keep crying when you can address your pain and heal it yourself Healing emotional wounds is not easy but it is worth it With the advice in this book you can easily learn how to heal your wounds change your thinking and tackle life with a fresh healthy mindset

**Emotional Wound First Aid Kit** John Schurmann,2016-04-07 FIRST AID KIT FOR EMOTIONAL INJURIES WOUNDS OR PAINS Life is full of emotional struggles some small some big And while you may be coping fairly well it s easy to suppress feelings hold anger or resentment in the wake of rejection hurt injustice or abuse and open sores can have a really tight grip on your life In Emotional Wound First Aid Kit John Schurmann offers specific step by step treatments that are fast simple and effective He defines the cause of emotional pain wounds or injuries and what you can do to repair heal and maintain optimal health Using real life examples of transformed lives and drawing on 30 years of professional experience Schurmann explains how to Assess the severity of an emotional pain Care for and nurse your

emotional sores Let go of the injustice resentment hurt Protect and strengthen your emotions Deepen and enrich your relationships and feel closer to your loved ones Forgive the person who hurt you Love trust and forgive yourself Overcome negative self talk Communicate with assertiveness Become a positive and happy person Restore damaged relationships Set healthy boundaries Become your best friend Love and enrich your relationship with God Furthermore the kit provides the central self care skills to help you develop a healthy vibrant and resilient mind heart and spirit Moreover it can be used to develop your own self help program or as an adjunct to therapy How Are You Managing Your Emotional Wounds Let s find out If more than one of these statements apply to you there is reason to suspect that an emotional injury wound or pain is present in your life I often suppress my feelings I choose to keep hurtful events a secret I hold anger or resentment I have trouble trusting people I struggle to forgive people I have trouble sharing my feelings I feel guilt and or shame I struggle to let go of betrayal loss or hurt I self medicate with alcohol drugs sex or work I still grieve the loss after so many year Most people don t know how to nurse their emotional wounds or develop optimal emotional health Wounds that don t heal can contaminate every aspect of your life Open wounds affect how you view the world how you relate to others and how you conduct your life in general Because the FIRST AID KIT FOR EMOTIONS has been nonexistent most people don t know how to nurse their emotional wounds Untreated emotional wounds can cause physical mental emotional and spiritual problems They can set off mental health disorders such as depression anxiety or addiction They can wipe out relationships add to job failures obscure life s purpose or direction and ultimately destroy life This workbook is full of stories of transformation People who felt stuck alone in despair finding the courage to face their emotional wounds taking the risk to open up to their feelings changing in ways they never imagined possible THE SAME CAN HAPPEN FOR YOU If you are looking to restore and enhance your emotional intellectual and spiritual health this workbook will be an invaluable resource

**The Black Girl's Guide to Healing Emotional Wounds** Nijama Smalls, 2020-02-23 I wish my father had been present in my life so I would not have accepted a lot of crap from men Growing up I didn t feel loved by my mother which caused It is hard to find and maintain a solid group of trustworthy girlfriends to do life with I was devastated by a previous lover and that hurt changed me for the worse I often don t feel loved I m not happy with how my life turned out If you have ever said any of the above then this book is for you This means there may be emotional wounds that are stopping you from living your best life Disappointments rejection competition overthinking and family secrets are some of the emotional wounds that cause inner chaos and damage our sense of self As black girls we suffer differently and our history is complex Nijama Smalls is all too familiar with the suffering of black girls and shares her personal journey of uncovering the origin of Black girl trauma while also addressing the ongoing process of healing and recovery from wounds caused by past hurts The beauty of this book is that it provides a prescription for healing in the form of a soul cleansing process Enter this journey so that you can be set free to live the life God has planned for you Sis it s time to heal and end the suffering

**Emotional Wound Healing Dr.**

Mabel Radebe,2016-02-10 Almost everyone suffers from an emotional blow from time to time which may cause an emotional bruise injury or a serious wound Some people find healing from such emotional injuries or wounds easy while others struggle with recovery and move on with life carrying a burden of unhealed wounds The aim of this book is to promote emotional healing to the emotionally wounded person and to provide practical guidelines on how to recover from an emotional blow resulting from a divorce miscarriage infidelity death of a loved one or the diagnosis of a life threatening disease **Feel Deal Heal** Valarie Johnson,2019-04 YOU ARE COMPLETELY ENTITLED TO FEEL WHAT YOU FEEL You are also 100% responsible for your own healing Feel it Deal with it Heal it Feel Be clear on what you feel Know why you feel it ask yourself self reflection questions Pay attention inward now PAIN Be laser focused on pinpointing your pain so that you can deal with the real pain and heal accordingly Deal Pinpoint the pain then release absolutes always never forever etc Own your healing you have everything you need to ease your pain because you have the power of perspective Take Action even baby steps Give yourself grace during the dealing Heal Breathe through the process Allow emotional ups and downs and see it as par for the course Love yourself through your journey Acknowledge your healing and celebrate it Use this journal the questions and space inside to journal through your journey Makes a great gift for a friend who needs a safe space for healing Healing The Heart Of Emotional Wounds C. P. Varkey, *Healing Emotional Wounds* Tosha McCraney,2023-01-26 After being delivered from drug addiction and emotional devastation in 2011 God led Tosha Mcraney on a powerful journey of healing Over the next five years she studied the word of God receiving valuable lessons that she now shares to help others unlock or heal a past or present wound In a thirty day journal Tosha offers an introspective roadmap that leads believers down an insightful path within to overcome a variety of emotional challenges that include rejection loneliness depression guilt and shame grief fear and anxiety abandonment bitterness addiction and lust and others While blending her personal observations with thought provoking scripture and reflection questions Tosha offers effective strategies extracted directly from the word of God and inspired by His never ending love to guide anyone struggling with emotional trauma to find hope and ultimately heal from the inside out Healing Emotional Wounds is a thirty day journal that shares personal observations reflection questions and scripture to help believers identify accept and then heal from emotional trauma *The Role Death Plays in Life* Robert R. Leichtman,Carl Japikse,2000-01-01 It is just as important to take good care of ourselves emotionally as it is physically but most folks do not know how or what to do So they let old issues of anger grief shame guilt and remorse build up in their emotions until it is too late In two brilliant essays the authors explore what it means to establish emotional control and heal nagging wounds The first essay is The Nature and Purpose of the Emotions The second is Cultivating Tolerance and Forgiveness They first appeared in The Art of Living series and are reprinted here Healing Emotional Wounds not only shows us how to recognize the damage we have done to our emotions but also how to heal them and restore balance within our consciousness Wounds Can Heal, Healing Emotional Wounds Through the Power of Forgiveness Samuel

Brown,2023-12-08 *Wounds Can Heal Even if Scars Remain* by Samuel I Brown is a compelling exploration of the transformative power of forgiveness in the journey toward healing This enlightening book exposes the destructive nature of harboring unforgiveness and its impediment to personal growth It offers a roadmap to inner peace and emphasizes that healing is attainable regardless of the depth or duration of one s wounds The book underscores the importance of self awareness encouraging readers to confront the sources of their pain and challenge their self limiting beliefs Rather than remaining trapped in cycles of anger and blame it advocates for the liberation that forgiveness can bring Drawing connections to self care resilience trauma recovery mental health emotional well being self love and acceptance *Wounds Can Heal Even if Scars Remain* explores the intricate web of emotions that shape our lives It stresses the significance of effective communication nurturing healthy relationships and empowering oneself as essential components of the forgiveness and healing process Throughout the book readers are guided through a range of emotional wounds and shown how understanding acceptance and forgiveness both for oneself and others can lead to profound healing It provides practical advice for dealing with emotions such as guilt anger bitterness and resentment illuminating the path to greater empathy compassion and overall well being The key message of *Wounds Can Heal Even if Scars Remain* is a powerful one it is never too late to find healing acceptance and peace in our lives Through self reflection forgiveness and compassion for both ourselves and others we can break free from the shackles of our past and embrace a future marked by newfound freedom and emotional liberation This book serves as a guiding light for anyone seeking a more fulfilling and harmonious life

*Healing Emotional Wounds* Grace Gayle,2017-11-04 After burning out from nine years of a difficult ministry in an Ontario Housing complex and the deaths of my father and brother I plummeted into the deepest darkest pit you could imagine As the dam I had created to hold back my emotions came crashing down anger fear depression and loneliness engulfed me I began to recall childhood memories that were now overshadowing my present circumstances The only way for me to heal was to turn around and face the darkness with courage

**Awakening the Toltec Wisdom Within: A Journey to Self-Love, Freedom, and Spiritual Fulfilment** J K Arora,2024-07-02 This book is Magic It changed my life entirely after writing it If it can change my life surely you will benefit from it The book tells me how to live my life what to speak to others what is right or wrong and how to overcome difficulties in life A Journey to Your Most Enlightened Self Are you ready to embark on a transformative adventure that promises a more fulfilling harmonious life Picture a world where ancient Toltec wisdom meets modern day practicality a world where you can achieve a heavenly existence right here on Earth This book is your guide to navigating this extraordinary journey Curious Imagine absorbing clear and concise advice that speaks directly to your soul advice that is not only easy to understand but also remarkably effective in bringing about personal growth Through vivid storytelling and practical examples this book demystifies the ancient teachings of the Toltecs offering you a blueprint for a life of peace joy and true transformation Does this resonate with you This is no ordinary self help book it s an invitation to

explore profound wisdom that has stood the test of time Whether you are just beginning your quest for self improvement or are looking to deepen your spiritual practice this book offers invaluable insights that can elevate every aspect of your being Imagine this Waking up each day with a profound sense of purpose and peace feeling equipped to handle life s challenges with grace and wisdom This book doesn t just promise change it provides the tools and inspiration you need to make it a reality Highly recommended for seekers of transformative insights and those yearning for practical guidance this book is your key to a more enlightened existence Don t miss out on the opportunity to transform your life in ways you never thought possible Dive into this treasure trove of wisdom and take the first step toward a more meaningful heavenly life today

Healing of Emotional Wounds Roberta Lynn Paul,1999      **Untrap Your Emotions** Mary Larson,2023-03-16 Untrap Your Emotions Healing from Emotional Wounds is a comprehensive guide to understanding and healing emotional wounds Emotional wounds can be caused by a variety of experiences including trauma loss and childhood experiences and can have a significant impact on our mental health and wellbeing This book explores various approaches and techniques for healing emotional wounds including identifying and processing emotions practicing self care and self compassion building positive relationships and letting go of negative thought patterns With practical exercises and step by step guidance Untrap Your Emotions offers readers a roadmap to emotional healing and wellbeing Whether you are struggling with anxiety depression or simply looking to improve your emotional health this book provides valuable insights and tools to help you along your journey This book is essential reading for anyone looking to heal from emotional wounds and create a more fulfilling life

*The Black Family's Guide to Healing Emotional Wounds* Nijama Smalls,Shamon Smalls,2024-02-19 A Compassionate Journey to Healing for the Black Family and AlliesI don t know why I sabotage myselfI want to understand how to control my emotionsI want to put an end to the toxic generational cycles that control my familyI ve lost a lot of time and it bothers meI want to be a good partner to my spouseMy abandonment wounds are holding me back from experiencing healthy relationshipsI was neglected and abused as a child and it still haunts meI work with diverse populations and want to understand the Black CommunityIf any of these statements resonate with you then this is the book for you Most of our individual and family problems can be attributed to an unhealed place inside each of us Filled with vivid examples tools and interactive exercises this book is designed to help every member of the Black Family heal so that we can live a life filled with success love and purpose Let s heal to pass down generational healing to our loved ones      Letter Therapy: Healing Emotional Wounds Nancy O'Connor, PH.,2014-11-01 Letter Therapy is written for those who have suffered emotional physical and or sexual trauma Written by a therapist who has 25 years of working in the field of counseling the book relates her strategy of using written but not necessarily letters for healing This 117 page book with twelve chapters explores the process of writing healing letters and gives examples of letters her clients have written to parents mothers fathers spouses lovers partners children grandparents grandchildren and siblings the final chapters are about the tools of recovery and

making a decision about whether or not to confront the offender The book ends with a ten step process which she calls a Bill of Rights regarding the rights of people have in setting boundaries letting go of past wounds and nurturing the self

Emotional Healing For Dummies David Beales,Helen Whitten,2009-12-10 At some point in their lives most people will have thought He should never have said that How could she treat me this way I feel guilty when I remember what I said to him I m so angry I can t bear it Usually we don t feel that we can discuss these hurtful emotions such as guilt anger or jealousy with our friends and families let alone go to a GP for advice on dealing with them We re a nation that bottles things up dismissing anger frustration hatred and guilt as largely insignificant to our minds and bodies But powerful emotions like these do affect us in a long term way not only mentally but also physically and it s important to know how to get them under control before our health really suffers This easy to follow plain English guide shows you why and how emotions can leave a physical scar and talks about various life factors and influences that can lead to emotional stress It will help you heal your emotional traumas with a toolkit of strategies and allows you to take care of your health with a practical hands on approach Emotional Healing For Dummies covers PART 1 INTRODUCING EMOTIONAL HEALING Chapter 1 Understanding Emotional Healing Chapter 2 Exploring the Physiology of Emotion Chapter 3 Tuning into Emotions PART 2 EMOTIONS AND YOUR BODY Chapter 4 You are What you Eat Chapter 5 Body Rhythms Chapter 6 Physical Strategies for Emotional Healing PART 3 EMOTIONAL HEALING FOR REAL LIFE Chapter 7 Mapping the Emotional Environment Chapter 8 Facing up to Emotional Challenges Chapter 9 Managing Relationships Chapter 10 Strategies for Getting through Tough Times Chapter 11 Life s Transitions PART 4 THE EMOTIONAL HEALING TOOLKIT Chapter 12 Thinking Strategies for Emotional Healing Chapter 13 Mindfulness Practices to Rebalance Chapter 14 Lifestyle Strategies for Emotional Healing Chapter 15 Becoming the Emotionally Healed Person PART 5 TAKING YOUR HEALING TO ANOTHER LEVEL Chapter 16 Planning to Manage Emotions in the Future Chapter 17 Inspiring Healing in Others Chapter 18 Helping your Child to Heal PART 6 THE PART OF TENS Chapter 19 Ten Ways to Heal Emotional Wounds Chapter 20 Ten Ways to Stay Positive Chapter 21 Ten Exercises for Emotional Healing *Healing Emotional Wounds* Ruth Hawkey,1999-04 Mysteries Unraveled: The Magic of Healing Crystals Pasquale De Marco,2025-07-10 Embark on a transformative journey into the magical world of crystals with this comprehensive guide to crystal magick Discover the ancient wisdom and profound power held within these precious stones and harness their energy to enhance your physical emotional and spiritual well being Within these pages you will find a wealth of knowledge and practical guidance on how to select care for and utilize crystals for various purposes Explore the diverse realms of crystals from their geological origins to their energetic properties and gain a deep understanding of their unique abilities Learn how to harness the crystal s energy for healing protection manifestation and spiritual growth Discover how to create sacred spaces that radiate positive energy amplify your intentions and promote profound healing Whether you are a seasoned crystal enthusiast or just beginning your exploration this book is your trusted companion guiding you through



the process of connecting with the transformative power of crystals With captivating storytelling and expert insights this book unveils the secrets of crystal magick revealing the hidden wisdom and power that lies within these remarkable stones As you delve into the depths of crystal knowledge you will embark on a journey of self discovery and empowerment unlocking the boundless potential that resides within you Prepare to be amazed by the transformative power of crystals as you explore their ability to enhance your physical emotional and spiritual well being Discover the profound healing and transformation that await you as you embrace the magic of crystals and open yourself to a world of limitless possibilities If you like this book write a review

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### Healing Emotional Wounds Introduction

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