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A Beginner's Guide to Crystal Healing & the Five Elements of Traditional Chinese Medicine

Marion McGeough

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This book is divided into three sections: The first explains in simple terms what the Five Elements are and you will be introduced to the archetypes of each of the Five Elements. The archetypes are simply personality types. As you progress with your reading, you will be able to identify your archetype. Once you have discovered what this is you will be able to detect where in your body any imbalance is present. The second section will introduce you to the basics of crystal healing: you will learn how to purchase, use and clean crystals. The third section will show you how you can help to heal yourself. I have selected ten of the most powerful crystals to assist the healing process for each of the Five Elements. You are also guided on how to carry out a crystal healing treatment for each of the five archetypes.

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