

Sacred Stones

Philip Permutt, Lyn Palmer

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Sacred Stones takes you on a personal journey of discovery leading to a deeper connection, which can benefit your wellbeing on a physical, emotional and spiritual level. Since the dawn of mankind, stones and rocks have been revered throughout the world. From Stonehenge in England to Uluru (Ayers Rock) in Australia, and from Easter Island to the Cote des Megalithes in Brittany, France and Petroglyphs in Arizona, stones are regarded as sacred. You may have collected pebbles and stones that have caught your eye, picked them up, examined them, befriended them and taken them home to make treasures of them. You may have been drawn to a crystal and amazed by an ancient sacred site. Sacred Stones is a guide to discovering your personal connection to the world of stones, pebbles and crystals, all of which have an innate energy - learn how to tune into and benefit from that energy. Discover how to read the faces in stones and develop your own special relationship with individual stones and crystals. Gain pleasure from the simple exercises that enable you to use stones and crystals to benefit your health and wellbeing.



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