

Download Grief And The Healing Arts: Creativity As Therapy (death, Value And Meaning)

Techniques of Grief Therapy is an indispensable guidebook to the most inventive and inspirational interventions in grief and bereavement counseling and therapy. The deep and unique state of rest developed by transcending offers a way to accept the difficult feelings that result from the death of a loved one. Crystals and Metaphysics. Crystals are used for healing, meditation, energy work, storing information, protection, grounding, and channeling. Many have specific shapes such as crystal skulls and singing crystal bowls, used for healing, balancing, awakening, and scrying. Crystal Meanings. Different crystals have different healing properties, and knowing how to harness their powers can transform your life and help you achieve harmony and balance.