



## Crystal Muse: Everyday Rituals to Tune In to the Real You

*Heather Askinosie, Timmi Jandro*

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*Crystal Muse* explores how you can transform life's challenges into opportunities for growth by being equipped with the right crystals and mindset. Learn how you can connect with crystals and empower your life by using this guide to set such transformational intentions as:

- Attracting love through learning to love yourself
- Relieving anxiety by surrendering to meditation
- Becoming a magnet for prosperity
- Crystallizing a breakthrough
- Consciously conceiving a new life
- Cutting your unhealthy energy cords
- Getting rid of insomnia to sleep with your mind fully at rest
- Cultivating the connection with your creative spirit
- Aligning with the energy of the moon
- Grounding yourself with the energy of the earth; and
- Finding the temple within

These practices are a collection of over 25 years of rigorous research, world travel, and spiritual quests by holistic healer and crystal expert, **Heather Askinosie**. For over two decades, Heather and her business partner, **Timmi Jandro**, have been offering insights into crystals through their crystal healing business, Energy Muse. Throughout *Crystal Muse*, Heather and Timmi share their personal stories on the path toward alternative practice, and explain how these remedies can work for the reader's life too.

## Crystal Muse: Everyday Rituals to Tune In to the Real You Details

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## **From Reader Review Crystal Muse: Everyday Rituals to Tune In to the Real You for online ebook**

### **Aline says**

The quality of the book is amazing and you can see that they put much work and care into it. I have read most of it, but haven't tried a ritual yet. First I need to get myself some more crystals :D

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### **Rossana Y says**

This book has everything, information about crystals, meditations, rituals...I love it!

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### **Alicia says**

Amazing book! It's not only beautiful but the information, rituals, stories and pictures flow very well. I really love it and enjoy it. Awesome!!

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### **Faith Tydings says**

I have barely cracked the surface of this book but I absolutely love it.

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### **Cheryl says**

Omg I love this book! Everything is so organized into specific chapters with detailed easy to understand rituals. The energy put into creating this beautiful book comes through the pages. I'm so happy to have a physical copy. SO HAPPY with my purchase!

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