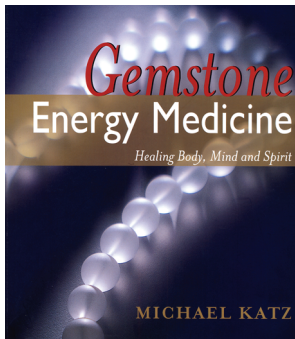


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Gemstone Energy Medicine: Healing Body, Mind, and Spirit

Michael Katz

\$24.95 QP, 0-924700-24-6, Natural Healing Press, 800/326-2665 (New Leaf Distributing), www.naturalhealingpress.com

In *Gemstone Energy Medicine*, Michael Katz describes the healing and spiritual benefits of 30 gemstones. Katz studies commonly known gems, such as emerald and ruby, and lesser-known stones, such as purple rainbow fluorite and leopard-skin jasper. He categorizes the stones into seven groups: physical healing and purification, emotional healing and upliftment, karmic healing and resolution, mental clarity and expansion, higher consciousness and spiritual awakening, masculine and feminine healing and empowerment, and healing and nourishing with earth energies.

In a fabulous foreword, Rashid A. Buttar, D.O., the medical director for the Center for Advanced Medicine, describes the scientific underpinnings of energy healing and the therapeutic use of gemstones. Then, Katz addresses multidimensional healing, how energy flows through crystals of different shapes, and color-ray healing with gemstones. He interweaves poetry, diagrams, and exquisite photos with practical instruction, and he outlines a system for using gemstone-sphere necklaces as cutting-edge healing tools.

Intensely colored photos and an effective quick-reference guide enhance the manual. I tried using a quartz sphere and found that the philosophy and specific recommendations worked for me. The popularity of gemstones these days means the audience for this exciting release will be broad.

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