

Read Mon Cahier Cristal Power Le Livre En Ligne PDF EPUB Mobi- Aurore Widmer



Read Mon cahier cristal power Aurore Widmer le livre en ligne PDF EPUB mobi, Les cristaux, la nouvelle tendance qui booste l'énergie et apporte le bien-être body & mind !

Partout sur Instagram les cristaux s'affichent ! Objets doudou qu'on emporte partout avec soi, objets déco, ou accessoires tendance montés en bijou, ils sont le must-have des filles les plus cartésiennes ! Car si leur action vibratoire n'a pas encore été prouvée scientifiquement, le pouvoir de l'intention que l'on place en eux est incontestable ! Ils soignent tout. Fatigue, insomnies, émotions fortes, stress, petites douleurs, besoin de clarté ou encore ouverture spirituelle, les pierres répondent à tous les besoins !

Au programme :

- **Le fonctionnement des cristaux** : leurs actions, comment les utiliser, où les placer dans sa maison. Avec tous les conseils pour trouver SA pierre, bien la choisir, l'entretenir (la décharger et la recharger), les 10 pierres must-have...
- **Des programmes de lithothérapie thématiques** (énergie, antistress, harmonie), avec à chaque fois la nutrition, les plantes ou huiles essentielles et les rituels de développement personnel en synergie
- **Un programme spécial pour se reconnecter au féminin sacré en soi**, pour se mettre à l'écoute des énergies qui fluctuent pendant le cycle et les accompagner avec les pierres et un lifestyle adapté. En bonus : les conseils pour se cocooner pendant ses règles.
- **Un parcours de développement personnel avec les pierres**, qui nous guident vers nos challenges de vie .

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