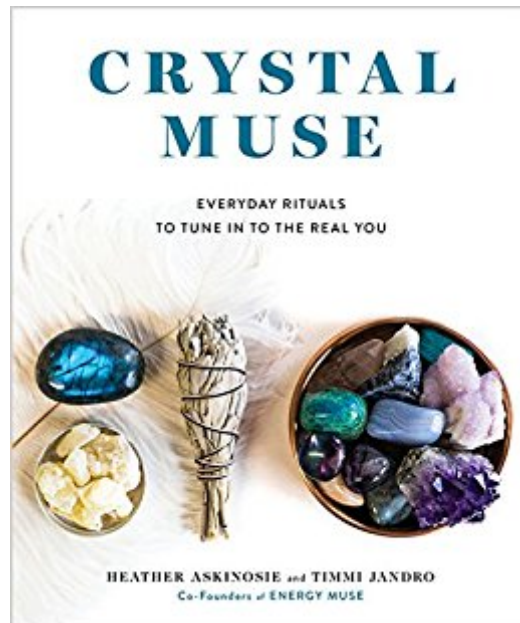


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Crystal Muse: Everyday Rituals To Tune In To The Real You



Synopsis

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.

Book Information

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New Age & Spirituality > Mental & Spiritual Healing

Customer Reviews

“Crystal Muse is pure enchantment. It is written with grace, deep knowledge, and the kind of magic that comes only from years and years of experience trusting and working in the

unseen realms. I highly recommend this book to everyone who wants to live a more delightful and fulfilling life.

• Christiane Northrup, M.D., *A New York Times* best-selling author of *Goddesses Never Age* “My connection with crystals began on a journey to a red rock on a spiritual vortex in Sedona, AZ. I now have a crystal altar in my home and place them around my yoga mat during practice. Each crystal is a gift of patience and self-love. In a chaotic time, *Crystal Muse* shares how connecting to the calm, grounding energy of crystals can help us engage with each other and ourselves.

• Lena Dunham, actress, writer, and filmmaker “Heather and Timmi offer up simple, powerful rituals that make it easy to tune in to the energy of the Universe on a daily basis. Their breakdowns demystify crystals and help you incorporate them into your everyday life for miraculous results.

• Gabrielle Bernstein, #1 *New York Times* best-selling author of *The Universe Has Your Back* “I’m a believer that a healthy lifestyle begins with a healthy mind. *Crystal Muse* has taught me how to use crystal energy to shift my mindset . . . so I’m prepared for whatever my day throws at me (even with the chaos that comes with being a supermomma of three!).

• Molly Sims, mom, actress, and author “A must-read for any crystal curious soul to a fully-fledged gemstone junkie. Pages full of practical rituals, easy-to-read crystal meanings, and how-tos make this book my new crystal go-to.

• Emma Mildon, international best-selling author of *The Soul Searcher’s Handbook* “Finally! A crystal book that explains how to use your crystals in the now age. With simple, crystallized rituals that can be done in under 11 minutes, *Crystal Muse* will take you on a journey within to transform your life from the inside out.

• Jason Wachob, founder and CEO of mindbodygreen and author of *Wellth* “This colorful book will become your crystal bible! A must for enthusiasts and the crystal curious alike.

• Ruby Warrington, founder of The Numinous and author of *Material Girl, Mystical World* “Packed with energy, insight, and patience, crystals are a result of the Earth’s eternal transformation and therefore can offer deep wisdom and profound healing, and be brilliant reminders of our own transformation. *Crystal Muse* bridges the gap between books about wellness and books about crystals with a blend of practical, crystal energy techniques for personal betterment.

• Jason Mraz, singer and songwriter “Crystal Muse offers health, support, and healing assistance for humans old and young looking to increase inner and outer glow and growth.

• Jill Willard, intuitive and author of *Intuitive Being* “So many of my blog readers (and myself!) have shown a huge interest in crystals – what they do for us, how to enjoy them, how to soak in their magic, and so much

more. Finally, two amazing humans break it down for us in an approachable, reader-friendly, and realistic way! Heather and Timmi have created a space where we can all enjoy the ancient mysticism of crystals in the current age.

• Jordan Younger, founder of The Balanced Blonde and author of *Breaking Vegan*

“Fashion is all about creating a moment. The crystal rituals in *Crystal Muse* help me to be present today so that I can design the fashions of tomorrow.

• Mary Alice Haney, fashion designer, creative director, and CEO of Haney

“Working in the music industry and being a mother of three can be, at times, stressful. The crystal rituals of *Crystal Muse* give me peace of mind no matter how crazy my day gets.

• Jody Gerson, chairman and CEO of Universal Music Publishing Group

Heather Askinosie is a leading influencer on the power of crystals, Feng Shui, and holistic healing. For over 25 years, she has had the privilege of studying with the best healers from all over the world, who have passed down ancient teachings on how to utilize energy technology. In 2000, Heather co-founded Energy Muse with business partner, Timmi Jandro. Energy Muse is a conscious lifestyle brand, providing tools of empowerment, inspiration, and hope in the tangible form of jewelry and crystals. Together, Heather and Timmi are helping people reconnect with the energy of the Earth to align with their highest self, realize their true calling, and tap into their own personal magnificence. You can visit them online at www.energymuse.com.

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 Crystal Clear: The Inspiring Story of How an Olympic Athlete Lost His Legs Due to Crystal Meth and Found a Better Life
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