

# SHUNGITE

Protection, Healing,  
and Detoxification



REGINA MARTINO

# Shungite Protection Healing And Detoxification

**Heather Askinosie, Timmi Jandro**



## **Shungite Protection Healing And Detoxification:**

**Shungite** Regina Martino, 2014-01-23 A practical guide to the many healing and purifying uses of the mineral known as shungite Explains how shungite counteracts the harmful effects of EMF and radiation from computers cell phones Wi Fi and other electronic devices Cites many double blind scientific and medical studies on shungite Explores how shungite acts as a natural antioxidant immune booster pain reliever and allergen suppressant as well as water purifier and revitalizer Reveals how shungite contains fullerenes which recent research shows are able to slow both the growth of cancer cells and the development of AIDS Found near the small village of Shunga in Russia the remarkable mineral known as shungite formed naturally more than two billion years ago from living single cell organisms Used in Russian healing therapies since the time of Peter the Great shungite contains almost the entire periodic table of the elements as well as fullerenes the hollow carbon based molecules that recent research shows are able to slow both the growth of cancer cells and the development of the AIDS virus Citing many double blind scientific and medical studies on shungite Regina Martino explains its many protective healing and detoxifying properties including its ability to counteract the harmful effects of electromagnetic fields and radiation from computers cell phones Wi Fi and other electronic devices and appliances Acting as a natural antioxidant immune booster pain reliever and allergen suppressant shungite and shungite water can be used to treat skin ailments and musculoskeletal diseases accelerate the healing of cuts and wounds cleanse internal systems and increase the body's intake of vital energy Detailing shungite's many microelements and biologically active substances Martino reveals how the stones have been proven to purify and revitalize water Exploring the energetic properties of shungite she reveals how it facilitates energetic transfers between the chakras and higher energies outside the body and can be used to harmonize living spaces Truly a marvel of the natural world shungite offers protection against the perils of our modern technological world and healing for both body and spirit

*Healing with Shungite* Jessica Mahler, 2020-12-29 Harness the restorative power of the shungite stone with this easy to read manual for cleansing energy at work or home guarding yourself from EMFs soothing anxiety and stress and many more practical therapeutic solutions for healing with this incredible crystal Many crystals and protective stones offer a variety of health benefits but none quite so versatile as the popular mineral of shungite Whether you're an experienced witch or a beginner looking for daily energy protection *Healing with Shungite* offers a comprehensive overview of this protective stone including what's so special about its properties why it works and how to use it in your everyday life Separated into three easy to read sections this book includes The history of shungite use from ancient traditions to modern day healing Where to find the mineral and what to look for when purchasing How shungite can act as a powerful shield against EMFs cell phone radiation and more An overview of auras and chakras for more effective healing How this grounding stone can soothe anxiety and stress Practical rituals and activities for using shungite at home and work Written by a professional writer and energy healer this book combines the practical and the spiritual for an accessible interesting look

into this amazing protective mineral      *Crystals for Karmic Healing* Nicholas Pearson, 2017-01-29 A detailed guide for using crystals and gemstones to resolve negative karma and discover your soul's purpose Details the spiritual and chemical interpretations of more than 50 healing stones as well as fossils flint and amber Offers advanced crystal exercises for past life regression cutting karmic cords releasing cellular memories and accessing the Akashic Records Demonstrates how to use crystal grids and layouts for healing karma and how to seek assistance from angels and other divine beings As direct geometrical expressions of the Divine crystals have the ability to work upon the soul at the deepest levels The more mindfully and conscientiously we spend time with these crystalline forms the more crystalline we become in terms of our spiritual bodies and their inner holographic perfection As potent catalysts of elevated consciousness and overall spiritual growth crystals and gemstones offer a powerful resource for resolving negative karma patterns and realigning you with the light of your soul's purpose Detailing the spiritual and chemical interpretations of more than 50 healing stones as well as fossils flint and amber Nicholas Pearson guides readers through the how and why of resolving karmic knots and obstructions with the help of crystals He offers hands on crystal meditations and demonstrates how to use crystal grids and layouts for healing karma He explains how to cleanse and program stones and shares more advanced crystal exercises for past life regression cutting karmic cords releasing off world karma and cellular memories and accessing the Akashic Records to reveal your soul's blueprint and rewrite its contracts with higher powers Explaining how to incorporate color chakra therapy gem elixirs and dreamwork in your karmic crystal practice Pearson also explores how to access the Violet Flame of spiritual alchemy the Seventh Ray to transmute restrictive karmic patterns He introduces the Lords of Karma and other spirit guides gods goddesses and angels who can help with karmic healing He offers guidance on what stones are appropriate for everyday wear and on working with crystal skulls Lemurian seed crystals shungite and time link crystals The author also explains how crystals can be used to resolve planetary karma releasing us into the next phase in the collective transformation of humanity Unveiling the inner teachings of the mineral kingdom Pearson shows that if you work with crystals consciously reverently and humbly your life will transform      **Crystal Prescriptions** Judy Hall, 2014-12-12 This third A Z directory by the author of *The Crystal Bibles* explores the effects of electromagnetic field EMF pollution and geopathic stress GS on health and well being and the diseases and healing crystals associated with them Including 20 crystal portraits the directory assists in identifying the right crystal for your needs whether it is for personal energetic support and healing for EMF and GS effects or environmental protection against electromagnetic and geopathic stress With practical applications the directory also includes essential information on keeping your crystals working for you      [The Pocket Book of Stones](#) Robert Simmons, 2021-01-12 Features beautifully lit color photos of each stone to aid in identification and to showcase the beauty of the crystals and gemstones Provides a description of each stone a quick look list of keywords elemental and chakra correspondences scientific data and the story of each stone's beneficial physical emotional and spiritual qualities Based on the bestselling *The Book of*

Stones Who They Are and What They Teach Detailing the spiritual and healing qualities of 390 members of the mineral kingdom The Pocket Book of Stones is a condensed reference guide to crystals and gems based on the bestselling The Book of Stones Who They Are and What They Teach This portable A to Z guide features beautifully lit full color photos of each stone to aid in identification and to showcase the beauty of the crystals and gemstones This updated edition describes 47 new stones not covered in the original Pocket Book of Stones and contains a comprehensive index of the spiritual emotional and healing qualities of the stones Every entry contains a vivid color photo quick look list of keywords elemental and chakra correspondences plus the beneficial physical emotional and spiritual qualities of each mineral crystal or gemstone Author Robert Simmons provides a description of each stone including scientific data and the story of each stone s spiritual and healing qualities as well as recommendations for other stones that combine harmoniously with it The scientific information offered provides a familiar frame of reference for those not yet familiar with crystal energies and also broadens the knowledge of those who come to stones primarily for spiritual purposes This book provides an ideal introduction to stones and their energies for those who are new to the field as well as an invaluable portable reference for well versed readers

*Crystal and Stone Massage* Michael Gienger, 2015-01-24 A full color guide to crystal massage for healing energy balance and stress release in the physical emotional and energetic bodies Illustrates full body massage techniques with crystal wands crystal spheres polished stones and amber Details the healing properties of more than 50 crystals and gemstones and how to select the proper one for a specific condition Explains how to cleanse and recharge crystal gemstone and amber after each massage so energies are not transferred from one person to another In this full color illustrated guide Michael Gienger along with contributors Hildegard Weiss and Ursula Dombrowsky details the energetics and healing properties of more than 50 crystals and gemstones for use in massage The book explains how to select the proper crystal or stone to aid healing of a specific condition as well as for relaxation and stress release It illustrates specific massage techniques with crystal wands crystal spheres and polished stones that best utilize the crystal or stone s properties and shows how to perform a full body massage that works on several levels physical ethereal mental and spiritual depending on how the crystals are applied Explaining how crystals absorb energy and information during a massage the guide shows how to cleanse and recharge their energetic fields so energies are not transferred from one person to another It also details how to rebalance and replenish your own energy after giving a massage The book also includes a detailed chapter on the harmonizing effects of amber massage complete with a step by step illustrated massage sequence Amber s unique electromagnetic vibrations make it especially conducive to creating homeostasis in the body and thus a beneficial addition to any crystal or stone massage practice With this complete illustrated guide anyone can enhance their massage practice or self healing through the powerful effects of crystals gemstones and amber

**Stone Medicine** Leslie J. Franks, 2016-02-13 A comprehensive manual for using crystals gems and stones to address physical emotional and spiritual health conditions Includes an extensive Materia Medica

detailing the healing and spiritual properties of 200 crystals and stones based on Classical Chinese Medicine Explores the role played by the color of each stone its Yin and Yang qualities crystalline structure chemical composition and topical and internal applications Explains how to make stone and crystal elixirs wear stones as healing jewelry use them in massage and energy work and cleanse and recharge them Based on the oral teachings of Dr Jeffrey C Yuen a Taoist priest from the ancient lineage of the Jade Purity School 88th generation masters In addition to herbalism and acupuncture Chinese Medicine has a rich tradition of using stones as medicine passed from generation to generation for thousands of years In this comprehensive guide and extensive Materia Medica Leslie J Franks presents the Stone Medicine teachings of Dr Jeffrey C Yuen an 88th generation Taoist priest from the ancient lineage of the Jade Purity School which dates to the Han dynasty 206 BCE Detailing the therapeutic properties of 200 gems stones minerals and crystals Franks begins with an extensive look at 15 different forms of quartz followed by chapters on transformative stones protective stones nourishing stones source energy stones and alchemical stones She explains the physical emotional and spiritual conditions each stone can treat and how their color form hardness and energetic qualities affect us according to Chinese Medicine She discusses how to make stone and crystal elixirs for internal and topical use how to charge quartz with the healing properties of other stones how to cleanse and recharge a stone after use and how to combine stones to create healing formulas for individual conditions She explains different techniques of wearing stones as healing jewelry and how to use them in massage and energy work She examines the chemistry and sacred geometry of crystal structure revealing how the minerals contained in the stones affect our physiology by supporting our Jing Essence by nourishing Qi energy blood and fluids and by clearing Wind Cold Damp and Heat conditions that can lead to disease Including a thorough primer on Traditional Chinese Medicine and backed by modern scientific research this book explains how stones access our deepest layers vibrating ever so slowly to initiate deep lasting change Crystals Judy Hall, 2015-01-05 Hay House Basics is a comprehensive new series being launched by Hay House These introductory titles cover core topics in the areas of self development and mind body spirit Clear and concise these books aim to demystify popular esoteric subjects so that anyone can understand them They explore the benefits these techniques can have for the reader's life and provide recommendations and suggested next steps for them if they wish to study the topic on a deeper level Crystals How to use Crystals and their Energy to Enhance Your Life is an illuminating guide to working with crystals that will show you how to sense the energy of these precious stones and choose the right ones to support you in different areas of your life from health and abundance to relationships and career Learn about the different techniques and exercises that you can use to connect with their powerful energy and discover how to cleanse charge and attune your crystals how crystals work how to work with the aura and the chakra system crystal healing working with crystals for meditation and expanded awareness using crystals for self protection and energy enhancement how to connect with the crystal skulls and the crystal oversouls and much more This book takes you through everything you need to know

about these beautiful gems and the immense benefits they can bring to your life      *Crystals Made Easy* Judy Hall, 2021-10 A practical step by step guide to working with crystals for healing protection and spiritual development Judy Hall is an internationally recognized crystal expert with over 45 years experience in crystal healing In this illuminating guide she shares the immense benefits that working with crystals can bring to your life She explains how to use crystals to increase your energy enhance your wellbeing keep calm in a crisis and change the way you think and live You ll also learn about the different techniques and exercises that you can use to connect with the gems powerful energy Discover how crystals work and how to choose the right ones for you how to cleanse charge and attune your crystals the many things that crystals can help you with ways to use crystals for healing the mind body and emotions how to use crystals for self protection and energy enhancement This book was previously published under the title *Crystals Hay House Basics series*      **The Seven**

**Archetypal Stones** Nicholas Pearson, 2016-11-15 A guide to the mystery teachings of the mineral kingdom for catalyzing spiritual growth and healing Focuses on 7 essential crystal and gemstone mentors obsidian jade lapis lazuli emerald quartz amethyst and diamond Integrates crystal lore from around the world with mineral science to reveal the archetypal wisdom embodied within each stone Provides crystal healing exercises and meditations on the specific spiritual work each stone archetype supports Stones and crystals are our most ancient teachers The relationships between the mineral kingdom and the human kingdom are as old as life itself for the mineral kingdom comprised of beautiful crystals dense rocks sands clays and everything in between is the very foundation upon which life developed on Earth Supporting humanity through the eons these teachers offer curative and restorative properties for healing as well as powerful guidance to catalyze spiritual growth Integrating gemstone lore from around the world with modern mineral science Nicholas Pearson guides readers on a journey into the inner realm of the mystery teachings of the mineral kingdom a journey that mirrors the soul s path to perfection He reveals the archetypal wisdom embodied within 7 essential crystal and gemstone mentors obsidian jade lapis lazuli emerald quartz amethyst and diamond examining each stone s mythological historical and cultural associations in tandem with their crystalline structure and chemical composition He explores each stone s healing and spiritual properties providing practical exercises esoteric revelations and meditations on the specific spiritual work each stone archetype supports Obsidian for example is the stone of initiation revealing our shadow side and guiding us to places in need of light Diamond the final perfected stone of the seven illuminates Divine Love purifying us and leading our consciousness to enlightenment cutting through any vestiges of fear or illusion because it is the hardest sharpest most luminous teacher the mineral kingdom has to offer Enabling each of us to harness the power of stones for spiritual evolution and healing this guide to the mystery teachings of the mineral kingdom shows how the ancient call to evolve with the crystals and stones that surround us lives on in an unbroken legacy      Soul Breathing Carrie L'Esperance, 2016-05-17 An exploration of the multidimensional interplay between body mind and spirit Identifies the frequencies that support life and the dissonant frequencies incompatible with life

such as the imbalances of EMFs Explains how to cultivate higher consciousness by building a strong light body Includes techniques and exercises for psychic cleansing physical and emotional detox chakra and aura strengthening and oracular dreaming Civilization has reached a critical threshold in time unlike any other Whether life continues to evolve or devolve depends upon our ability to reach higher states of consciousness en masse This requires calling upon the transformative power of the soul a power not handed to us but earned We are living proof that the physical and spiritual realms of existence work together in unity Yet for many of us our natural soul light and inner spiritual intuition are suppressed due to the distractions of day to day living and the electromagnetic pollution of our screen filled technological world In this exploration of the multidimensional interplay between the body mind and spirit Carrie L Esperance reveals how we can restore the flow of spiritual light in everyday living through the art of self mastery She explains how technology has severely reduced humanity's natural abilities and spiritual power She shows how EMFs and wi fi toast our energetic bodily systems and suppress our immune systems blocking the ethereal frequencies of light and suppressing our creative intuition and higher powers Detailing the spiritual bio geometry of light and the holographic principle she explores how the cells of our bodies receive light's deeper vibratory frequencies to support conscious evolution and soul development as well as explaining near death and out of body experiences She identifies the dissonant energies that endanger mind body health and reveals new advances in brain science that allow us to transcend the malign influences that hamper human evolution She provides exercises and techniques for spiritual alignment and receptivity including psychic cleansing physical and emotional detox chakra and aura strengthening and oracular dreaming Preparing us for the new cosmology and the greater community of worlds that is being revealed L Esperance shows that when we are properly connected with our soul's intelligence and cultivate the reception of higher frequencies of consciousness then we are able to soul breathe to absorb more pranic energy the electromagnetic force and cosmic radiation that is the sustaining element of all life and consciousness Crystals for Psychic Self-Defense Nicholas Pearson, 2025-01-07 Presents magickal techniques with crystals for warding off harmful energies binding and curse breaking including crystal grids amulets spells and rituals Explains how to discern the symptoms of psychic attack and offers multiple methods for cleansing your energy field and your crystals Includes an in depth directory of 145 of the most powerful and effective crystals and gemstones for protection banishing and recovery from psychic attack In this full color guide crystal healing teacher Nicholas Pearson shows how crystals are ideally suited for confronting negative energies and providing enduring protection as he demonstrates how to partner with the mineral kingdom for protection cleansing and counter magick In the realm of protection Pearson explores passive approaches such as psychic shields jewelry and carrying gemstones as well as more active practices such as spells meditations and rituals He shares magickal techniques for warding your home vehicle and work space and for counteracting geopathic stress EMF pollution and ill wishing from those around you To combat and neutralize psychic attack he examines the necessary yet challenging



territory of binding banishing reversal curse breaking and exorcism sharing crystal spells grid layouts and rituals for spirit release He also looks at special techniques aimed at strengthening the boundaries of empaths and highly sensitive people The author s in depth directory of 145 of crystals and gemstones describes the uses of the most powerful and effective traditional gems and stones as well as more recent additions to the healer s tool kit teaching you everything you need to know to protect yourself and recover from psychic and magickal attacks *Кристаллотерапия от А до Я: Книга 3: Защита минералами от электромагнитного воздействия. Книга 4: Камни для настройки чакр и активации энергии кундалины* Джуди Холл, 2023-09-26 **Кристаллотерапия от А до Я. Защита минералами от электромагнитного воздействия** Джуди Холл, 2021-12-29 **Légendes et messages des pierres thérapeutiques** Arthémisia, Véronique Barrau, 2022-05-24 Gr ce aux antiques croyances et l gendes revenez aux origines de la lithoth rapie avant de d couvrir ses multiples bienfaits Comment favoriser la protection la s r nit et l harmonie gr ce aux pierres Quels min raux permettent d apaiser le corps et l esprit Vous pourrez vous appuyer sur les nombreux conseils d livr s dans ce livre pour mieux utiliser vos pierres au quotidien comment les choisir les purifier les recharger et les programmer Et pour aller plus loin chaque jour tirez l une des 24 cartes t l charger pour vous accompagner tout au long de la journ e laissez les l gendes s infuser dans votre quotidien et suivez le rituel en lien avec la pierre appropri vos besoins du moment **Celeste Crystals Guide** Mark Feigan, 2022-04-19 A concise and organised overview of the general and metaphysical healing properties of over 120 crystals fossils and minerals The author is a crystal seller and qualified crystal healer He is always being asked for his recommendations by people experiencing issues that they want help with This book is a result of those requests It contains a handy table of common needs and general recommendations for easy reference The listings are kept brief with a focus on the emotional intellectual physical and spiritual assistance that crystals can provide *Crystal Therapy* Naira Élan, 2025-07-08 **Crystal Therapy Healing Protection and Spiritual Elevatio** Transform your reality with the Earth s oldest tools Crystals are universal conductors of subtle energies that harmonize body mind and spirit This work welcomes both beginners and experienced practitioners offering scientific foundations ancestral wisdom and practical guidance to harness the power of crystals Discover how to use them to promote physical well being serving as a complementary therapeutic support to traditional medicine Learn techniques to protect environments and people blocking negative influences and dissipating dense energies Master harmonization methods to bring peace to your home and improve relationships cultivating spaces of tranquility and positive connection This essential guide provides safe protocols for cleansing programming and applying crystals empowering you to create profound changes in your health energetic protection and personal and environmental harmony If you are looking for a book on crystal therapy crystal healing energy healing energetic protection spiritual self healing vibrational therapies holistic balance energetic purification the power of crystals or integrative practices this work brings together everything you need to incorporate crystals into your life consciously and responsibly Explore detailed

techniques cleansing rituals protection methods and ways to expand consciousness becoming the protagonist of your own healing journey      *Crystals for Mom* Jenn Morgan,2019-11-12 Now new moms moms to be stressed moms and every mom in between can use the healing power of crystals to increase energy improve focus and stay calm throughout life s hectic moments As a mom you have enough to worry about Your laundry list of responsibilities grows by the day not to mention children are also susceptible to the toxic energies around them Let the natural healing power of crystals help align your energy clear your chakras calm your mind and keep you and your child open to love and happiness In *Crystals for Mom* discover all the ways crystal healing can benefit your specific needs as a parent with expert advice about which crystals to use for any situation that may arise Try emerald crystals to soothe children s nightmares or amber to calm a fussy baby and black tourmaline to guard against bully parents or holding rose quartz to remember self love each different crystal has a unique purpose and can help your hectic life become calm and fulfilling Cherish each moment with your little one with this go to guide that explains all the many benefits of crystals Learn to select prepare and use crystals for meditation and energy healing and even learn tips and tricks to share with your kids so they too can benefit from the positive energy found in these amazing natural healing stones      *Crystal Muse* Heather Askinosie,Timmi Jandro,2020-06-02 *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 New York Times best selling author of *Goddesses Never Age* *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      *Crystals for Energy Protection* Judy Hall,2020-01-28 Simple and effective ways to use crystals in order to boost and protect your personal energy field helping you feel healthier calmer and revitalized This book has all the crystals and tools you need to clear heal and protect your energy field and environment whether you feel your relationships drain your energy you struggle to set boundaries or your body is under attack from pollutants or technology overload You ll

discover The effect of electromagnetic stress on your energy field Crystal solutions to balance the chakras and subtle bodies How to strengthen your boundaries and protect yourself from toxic energy Crystals to help you clean and clear the space around you All you need to know to understand your energy field and ground yourself on the planet This is an expanded and updated edition of the book previously titled Crystals for Psychic Self Protection with a new stunning selection of colour photographs and a new section on Understanding Your Energy Field Crystal guru Judy Hall has put together yet another simple manual this time to reveal how powerful gems can protect and enhance energy levels Soul Spirit magazine

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, **Shungite Protection Healing And Detoxification** . This immersive experience, available for download in a PDF format ( PDF Size: \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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### Shungite Protection Healing And Detoxification Introduction

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