

# DOWNLOAD PDF HOW TO USE THE HEALING POWER OF YOUR PLANETS

## Chapter 1 : How to Use the Healing Power of Your Planets : Donna Taylor :

*Viewing that knowledge from a healing perspective, Donna Taylor gives clear and practical guidance on how astrology can help to identify and transform factors that can create disease: energy imbalances or blockages, frustrated needs and self-limiting attitudes.*

Contact Crystal and Gemstone Powers Crystals and gemstones have healing and spiritual properties, as well as beautiful appearances. Theories abound as to why crystals and gemstones have such powerful attributes. One popular belief is that they absorb energies, emotions and thoughts. Different powers are associated with each type of stone, and a person who uses or wears a particular stone will absorb those powers. Keep in mind that crystal healing does not replace medical treatment. However, it can be used as a complementary therapy. This process removes unwanted energy within the stone that may have been left there by another individual who handled it. If you do not cleanse the stones, it will render them less effective and allow negative energies and imbalances to be passed on. The easiest way to cleanse your stone is to wash each stone separately under running water for one minute and let it air dry, preferably in the sun. If you soak your stone, fill up a natural container not plastic with water, but only put in one stone per container. Get to know your stone and personalize it. Feel it with your hands so that you become familiar with its texture and shape. Keep your special stones in a place so that only you can touch them. If you want to share some other stones, you might place those in a bowl that anyone may handle. This is a great way to help balance your energy levels. Again though, the stone will only help you if it has been cleansed. So, after wearing a piece of jewelry, cleanse it with running water. You certainly do not want to chance giving back unwanted energies to yourself. Some stones might need to be located near a particular point on your body in order to work. If you have a pendant, the length of the chain will determine at what point the stone is on your body. For example, a gemstone pendant hanging near your heart chakra location will affect your emotional well-being. Wearing earrings can aid in balancing the throat and crown chakras. While sleeping, you can put some stones under your pillow or on your nightstand to absorb their energies. If a person is ill, try putting a crystal in his or her room. Your plants can benefit from the stones, as well. Place the stones around the pots and see how much healthier the plants become. Quartz and emerald are good ones to use for this. You might even consider making a gem remedy, which is done by placing a crystal or gem in a clear glass bowl of pure spring water and placing it in direct sunlight or overnight. This process imprints the water with the properties of the stone. Be careful, as some gemstones might be toxic. This water can be used to water plants or even to drink. The quartz stones are good ones to try. These are just some of the ways that you can begin to explore how crystals and gemstones can assist your mind, body and spirit. You may also visit a professional healer who works with all types of crystals and gemstones, to find out which ones to use for yourself.

# DOWNLOAD PDF HOW TO USE THE HEALING POWER OF YOUR PLANETS

## Chapter 2 : Healing Crystals: 8 Ways To Unlock Their Energy - mindbodygreen

*How to Use the Healing Power of Your Planets Encoded in our birth charts is what we need to know about ourselves, from our strengths and career inclinations to our deepest fears and insecurities. Viewing that knowledge from a healing perspective, the author gives guidance on how astrology can help to identify and transform factors that can.*

It exists not only as an energy field around every living thing, but also circulates through the earth, through the atmosphere around us and throughout nature. The flow of this energy connects everything that exists, and you, as a living being, are taking in this energy at every moment. You are always drawing this life energy into your own energy field, and it is this energy that supports your life, as well as the life of all you seek to heal. In order to practice energy channeling—conducting a greater measure of this energy into your patient for the purposes of performing healing work—you must first learn to bring a greater measure of the energy into your own energy field. The technique you will use to do this is referred to as Calling in the Energy. You call in the energy by using your power of Visualization. Visualization will be one of your most important tools as an energy healer because it allows you to direct the energy with your effortless intention alone. You will also "see" this energy, as it flows into you, move through your body towards your shoulders, down your arms, and collect in your hands, so that you may then channel it into your patient. Calling in the energy, using this visualization, will start the energy flowing through you in this manner when it is time for you to begin a healing treatment. The following exercise will help you in becoming practiced and comfortable in calling in the energy: Each day, for three times or more at various times during the day, summon the energy. Stand with your feet about shoulders-width apart, close your eyes and place your arms at your sides but with your hands not touching your body. Really see and feel the energy coming into you, from all around. You may feel a slight tingling beginning, throughout your body, as the energy comes into you. Then "see" the energy moving through your shoulders, down your arms and into your hands. As you hold your hands at your sides, really see and feel this energy coming into you from all around, through your body, down your arms, and then filling up your hands like water filling a glove. You should feel a tingling, or even a sensation of heat, as the energy flows to and collects in your hands. This tingling you feel in your body and hands, when you call in the energy, is not just a physical sensation, but is similar to the sensation you experience when emotions flow through you. You can practice calling in the energy anywhere, at various times throughout the day. Each time you practice this should only take a minute or two. Calling In the Energy After you have had a little practice calling in the energy, and have begun to feel it in your hands, you can proceed to channel the energy into a "live" patient. The chakras are the primary energy centers or energy junctions within the energy field—the primary points at which energy enters the body, as well as the points within the energy field where important life-supporting energetic operations take place. As an energy healer you will often be working with the chakras of your patient, so this is a good place to start. When you channel energy into a chakra you will place your hands gently, palms down, on the chakra, and then simply allow the energy to flow through you and into that chakra. This is a very simple thing, and you have the innate ability to do this, so do not doubt! As you begin this process of channeling energy into your patient, it is best to follow these important guidelines: Remove all rings, watches and jewelry from your hands before beginning a treatment. It is also a very good idea, as a courtesy, to wash your hands. Do not let doubt interfere. Trust, expect and believe that the energy is flowing. Do not worry—the energy does exist and will flow, if only you allow it. Do not press too hard with your hands. Use zero pressure with the hands to maximize the energy flow. Be open to the energy flow. Energy channeling is not a practice of the intellect; it is a practice of opening and release to the energy. Just imagine the energy flowing through you and out of your hands, and you will feel a sense of openness to the energy. You will find, if you simply release yourself to its flow, that it comes easily. Effortless intention alone is sufficient to call in and conduct the energy. Now that you are ready to begin energy channeling, proceed as follows: Have your patient lie flat on your treatment table, arms at his or her sides. Now, call in the energy as

## DOWNLOAD PDF HOW TO USE THE HEALING POWER OF YOUR PLANETS

you have learned to do, in steps 1 to 3 of the calling in the energy exercise above, until you feel the energy tingling in your hands. If you are a male healer treating a woman, you may need to take special care, and vary hand positions somewhat to show courtesy, but try to keep your right palm centered over the chakra. As you do this, try not to be self-conscious or wonder if you are "doing it correctly." All you need do is open yourself to being a channel for it. The energy, as a manifestation of consciousness, already knows how to move and where to go. Focus instead on opening yourself to feeling and sensing the energy flow in your patient—being aware of the energy as it moves through you and into the body of your patient. You can begin to sense how much energy is flowing: After a few moments, or when you have sensed the energy flow diminish, remove your hands. Do you feel any difference in the energy flow, as you channel the energy into this new chakra? As you learn this new skill of energy channeling, do not be too concerned with whatever sensations you may feel or not feel as the energy flows through you. For different healers, and with different patients, there will be times when you definitely sense the energy flow as you channel the energy, and also times when you do not sense it as much or may just barely sense it. The degree to which you sense the energy flow as you channel it into your patient is not necessarily related to the amount or kind of energy you are conducting or the effectiveness of the treatment you provide. You will find, when you gain a good deal of experience in energy channeling, that you will become "transparent," in a sense. You may sense the flow of energy through you, but you will also sense a freedom from your body and mind, a simple awareness of acting as a channel for the energy, as though you were witnessing your own body and the energy transfer. Right now, from the very beginning of your energy healing work, start moving away from worrying about yourself, and instead begin to become aware of the energy, and the energy field of your patient. In energy healing, you must "forget yourself" and instead seek to become one with your patient and the energy, as you work.

# DOWNLOAD PDF HOW TO USE THE HEALING POWER OF YOUR PLANETS

## Chapter 3 : 10 Signs You are on the Lightworker Journey - Forever Conscious

*Document Read Online How To Use The Healing Power Of Your Planets Induce Better Health And Well Being How To Use The Healing Power Of Your Planets Induce Better Health And Well Being - In this site is not.*

These in turn correspond with certain key qualities or personalities described in detail in astrology and Hermetic science. Stated simplistically and for brevity, Mars is seen as masculine and active, Venus is feminine, artistic and passive, Jupiter the theorizer, Saturn the lord of death, Mercury the communicator, Sun the day-king and Moon the night goddess. There are various schemes. One such scheme is as follows: This applies generally, not just to considerations of which foods might be rich in which metals. Some food correspondences are shown: It is the masculine metal that will fight or argue if pushed, or even without pushing. They make decisions quickly, they speak abruptly and forthrightly, they move quickly and are always busy, moving on to new things. They gravitate naturally to military, metal-working, butchering and police matters where they find others of their own kind and a job they thoroughly enjoy. They think on the hoof, rarely reflecting on what they do. They are activity centred, spending most of their time fully occupied. They like sports of all kinds. Many business people fall also into this category. They are accused of being hard, selfish and aggressive. Some incline to violence or criminality. Iron is softened, domesticated and improved with silver, copper or gold. Nux vom and Coffea types abound here. Also Sulphur and Ferrum met. People with an excess of Copper, like Venus, are mild and artistic, goes with the flow, creates harmony, will never upset others needlessly. It is prominent in artists of all kinds; they like sweet things, sloppy films. Like silver people, with whom they match very well, they are inspired, poetic and romantic. The copper type has the needs of others just as clearly in mind as their own. They are kind, deep, generous and warm-hearted. They like their creature comforts, food, etc and a romantic life. Copper people love life and people; they love to socialise and mix with others. They have strong family ties and the presence and companionship of friends and family are very important to them. The copper type needs to develop more confidence, more structure, more strength, more grit. Copper can be strengthened either with iron or lead. Pulsatilla is a key remedy for copper types. They like coffee, dark clothes, winter, night-time and gloomy or highly structured music. They tend to be rather conservative and love structure and strict time guidelines, etc. They can be uptight and intolerant especially of interference from others, which they dislike. They are often too wrapped up in themselves to bother much about others. They tend to be very serious, to think too much and to dwell in the past. Jobs like architects, bankers, accountants, solicitors. They are rather conservative and set in their ways. They dislike change and upset of any kind. The lead type needs to loosen up a bit and develop more spontaneous joy. It is chiefly mellowed and improved through gold, copper, tin or silver. Close remedies are Calc, Plumbum, Alumina and Lycopodium. Tin people are the theorizers; even when there is nothing to think about; they like to speculate, maybe gamble a little, a flutter on the horses is not beyond them; they also like travel and long journeys abroad. Their love of theories comes from their ability to clearly see patterns in events and data. These patterns are often not visible to others. From these patterns and trends they build up theories to explain the world around them. They are natural philosophers. They often have a well developed sense of humour. Tin types need to develop more action and less thought, to live less in themselves and more in the outer world. It is the inquisitiveness, expansiveness and growth tendency of Jupiter that makes tin people so obsessed with patterns and information. They tend to be excessive and obsessive in the things they do. This also stems from their great natural enthusiasm. Tin can be livened up a little with iron, made more artistic with silver or copper and deepened with lead. Chelidonium and other liver remedies are associated with Tin. Mercury is the chatterbox, ceaselessly talking and gossiping, sometimes harmlessly, sometimes bitchily. Mercury makes a good messenger, diplomat or go-between, yet they can be two-faced and cannot keep a secret! They appear as all things to all people, somewhat promiscuous in every sense and rather changeable. Silver is the sensitive metal of the emotions and the more refined senses. Maybe they are clairvoyant or just oversensitive; they like

## DOWNLOAD PDF HOW TO USE THE HEALING POWER OF YOUR PLANETS

to be treated kindly and will not tolerate any roughness. They do not get on with iron types, for example, who they find far too rough and insensitive. Like copper they have a fine artistic sense and prefer family and friends most. The lunar silver type is the most caring and compassionate of all the metals; they like people and want to mother them and care for them. In this sense they are the archetypal feminine type. People with excess silver may find life rather painful and constantly on an emotional roller-coaster, as they react to negative and positive things so intensely and with powerful emotion. They need to develop some lead or iron to harden and protect them from the harsh realities of life, by reducing the intensity of their emotional response. Argentum, Pulsatilla and Ignatia are related to the Silver type of person. Gold is king, proud, refined and naturally superior. Vain, arrogant and somewhat haughty, the sun type is nevertheless very warm-hearted and kind. Once you get past the vanity, you see that they are kind givers who love to throw parties and splash out on big shows. They are music lovers and especially like opera. They make loyal friends, and though intent on big schemes, will always help others in need. Gold people succeed very easily and are gifted as natural winners; they come top, come first, get the gold medals, strive to win or win without even trying; they can be proud, aloof, smiling, aim to succeed, become famous; kings, queens, bosses, directors, music lovers, etc. Remedies like Aurum, Platina. Discussion To utilise metal therapy directly, you need to search through your life and identify all those qualities that mark you out as being lead, tin or silver, say. By checking your likes and dislikes for example, you can eventually narrow this down. In this way you will eventually discover your own unique metallic blend. You can build up through a few days thinking a quite complete profile of yourself in relation to the qualities of the 7 metals. This is quite easy. You just set yourself a questionnaire about colour and food preferences, etc. Then you can determine where your metallic strengths and weaknesses lie. The end-goal is to restore the metallic balance and acquire a more even blend which likewise promotes a balance in health and well-being. But such a method is too complicated to describe here. There are three possible outcomes of your search. Firstly, you may find you have an even blend of all the metals and no problems in life. Make the most of your good fortune, you are unusual! Thirdly, it may turn out that you have all the metals even but one or more standing out as having a much higher score. This indicates that you have an excess of this one metal in your life. To reduce its effect upon you, you need to push it further away from you by discarding all colours etc that relate to it and adopt qualities, colours, etc, that are its opposite. This will neutralise its overall effect and restore the balance. There are things you like and have by virtue of a metal excess, and there are those that you have due to a metal deficiency. You must search for both. If you like blacks and dark blues, sleep easily, but are hard to rouse and lack energy then you have a clear excess of lead. But you may also feel brightened by reds, which is your second favourite colour. This indicates a lack of iron. Thus this person should reduce the lead in their life and heighten the iron. By making this kind of adjustment, they can compensate for the lack of one and excess of another. They will lose their tiredness and gain a more positive outlook, just through making quite subtle changes to the contents of their life. As a general rule, men need to cultivate more silver or copper to tone down their mars, and women need to develop more lead or iron to balance their copper and silver. It is well to bear in mind that although we all contain aspects of all the metals, nevertheless, one or more will tend to be dominant in excess or deficient in any one person. The reasoning behind these close correspondences is that they share similar qualities and resonate with each other on many different levels. A link is thereby established and repeatedly emphasised between man, the earth-bound metals and the wider cosmos.

# DOWNLOAD PDF HOW TO USE THE HEALING POWER OF YOUR PLANETS

## Chapter 4 : The Power of the Moon

*DOWNLOAD HOW TO USE THE HEALING POWER OF YOUR PLANETS INDUCE BETTER HEALTH AND WELL BEING how to use the pdf PDF stands for portable document format.*

The Metaphysical Meaning of hematite Updated on July 25, more Properties of hematite In this article I would like to talk about several important metaphysical properties of hematite. What is the composition of this significant and powerful stone? From its chemical formula,  $Fe_2O_3$ , we see that hematite is essentially iron oxide. There are several oxides of iron, and besides hematite the most abundant is magnetite. Hematite is a magnetic material, although its magnetism is weaker if compared to that of magnetite. Hematite stones are very compact and relatively heavy. They can range in color from black to reddish-brown, but by far the most dominant is the silver-gray metallic color. In most cases, when you purchase hematite it will be in form of tumbled stones of various sizes. Hematite rings Photo by: First of all it is easy to see that the content of iron in hematite is one of the highest among all the spiritual crystals and semi precious stones. We know that throughout history, in the ancient Vedic astrology, as well as in the western astrology and esoteric practice, iron has always been associated with planet Mars. Actually today we have scientific evidences that hematite as iron ore is present on this planet. Therefore, if one wants to incorporate the attributes of Mars, that is, extreme, uncompromising energy, courage, strength, and will , there is no better stone than hematite. The connection is so straightforward that it is a mystery to me why this link is not recognized more widely. Think only about how people who suffer from anemia and do not have enough iron in their blood also suffer from the lack of courage, strength and will. On the other hand, there are people who are overabundant with respect to these masculine features, and they should probably opt in for another type of spiritual stones, for example some crystals that incorporate copper in their structure, such as malachite stones, or azurite. Copper is known to balance iron, and vice versa, so have this in mind if you need to establish proper equilibrium of spiritual energies within your own microcosm. Hematite healing stones can be nicely incorporated into various types of jewelry. In order to decipher the hematite ring meaning, one should know that any ring in general means fidelity, devotion and commitment to some person. Hematite adds to these qualities with its grounding and rooting properties. The necklaces and bracelets of hematite do not have special meaning, apart from their decorative function. The use of hematite in meditation Hematite is without any doubt a grounding stone and stone of protection. This can be deducted from its color at the first place, but also from the general characteristics that put it within the group of crystals and gemstones that have their impact on the root chakra, muladhara. All root chakra crystals are connected to the fourth ray of the seven rays of light. This means they enhance the purity of our body, mind and soul. The protective features are seen from the fact that hematite is able to produce a shielding aura if used properly in meditation. This aura is in turn capable of protecting the meditator from negative energies of external sources. The grounding features of hematite help bring the spiritual energies of higher frequencies, which emanate from the seventh crown chakra, to the first root chakra. Without proper grounding, any sort of metaphysical or spiritual experience cannot be used to its full extent and often its applicability for practical self development is questionable. Healing properties of hematite, care, and jewelry As far as the healing powers are considered, hematite is able to heal and regenerate those forces within our organism which are related to blood circulation, and skin rejuvenation. As already mentioned, it helps with anemia and bleeding. It also enhances lucidity, concentration, and clears the mind from negative patterns and thoughts. Hematite can be combined with other metaphysical crystals, such as, rock crystal, rose quartz, amethyst, herkimer diamond, and citrine, which can be used to calm down its raw power and strength. From obvious reason hematite stones should not be cleansed with water. Instead, it should be placed on top of a cluster of quartz crystals, or tumbled stones and kept there for at least 24 hours. If you have the need for the beneficial influence of some of the hematite energies, my recommendation would be to obtain a piece of hematite necklace or bracelet. Hematite jewelry is relatively inexpensive and the potential gain can be huge.

# DOWNLOAD PDF HOW TO USE THE HEALING POWER OF YOUR PLANETS

Please note that magnetic jewelry should be worn only by those people who do not have pacemakers, or pumps. As the influence of the magnetic field produced by magnetic materials on humans is not very well known, pregnant women should first seek the advice of their physician.

## Chapter 5 : The Metaphysical Meaning of hematite | RemedyGrove

*Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.*

## Chapter 6 : 10 Healing Benefits of the Sun - mindbodygreen

*Viewing that knowledge from a healing perspective, the author gives guidance on how astrology can help to identify and transform factors that can create disease. show more Product details.*

## Chapter 7 : How to Use the Healing Power of Your Planets: Induce Better Health and Well-Being by Donna Taylor

*Donna Taylor is the author of How to Use the Healing Power of Your Planets ( avg rating, 2 ratings, 0 reviews, published 2017 ), Ketogenic Diet (*

## Chapter 8 : Chios Energy Healing ( Aura and Chakra Healing ) - Alternative Medicine / Holistic Health

*How to Use the Healing Power of your Planets Induce Better Health and Well-being (eBook): Taylor, Donna Skip to main navigation Skip to main navigation Skip to search Skip to search Skip to content.*

## Chapter 9 : How to Get Rich Using the Power of Your Mind: 8 Steps

*There are many ways to unlock the healing energy of crystals, and the high-vibe stones can be incorporated into everything from your morning shower to your yoga practice. Today, more people than ever before are open to using healing crystals.*