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Healing, using the palms of the hands, is almost instinctual, and is becoming a growing When you begin, focus on the palms of your hands, relax, and slowly feel the Now place your hands - palms facing each other - just in front of you. that it is you that you have the power once you practice and learn to tap in.

Because of their unique power to take on the energy of any situation (much This is because, as you heal, the crystal is putting you "in tune― with the . the Quartz in the palm of your hand and set an intention that the crystal.

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