



Crystal Yoga I: The Crystal Mesa (v. 1)

Roger Calverley

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The Crystal Mesa can be used in many ways: to assist the inner work of balancing energies, harmonizing mind and heart, clarifying intent and discernment, working with the chakras. The Crystal Mesa can also be a teacher of mystic wisdom, of which it is a sacred storehouse; it also deepens meditation and links its user's awareness to primal energies and archetypes for understanding the experiences which come through spiritual practice.

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