

Power Crystals Journal by Judy Hall.

5 Stars

This is a “must have” to record your journey.

The origins of the word Journal as quoted by Professor Mongar in 2005 *“The words “journal” and “journey” are derived from the same root, the French word, “jour,” which means “day.” The original function of a journal was to record day-to-day living which often included business transactions, weather, nature and travel observations, births, deaths, etc. Later, as the “age of enlightenment” emerged and more and more people had access to education, journals became much more self-conscious, including personal commentary and reflections on social and political issues, events, feelings, and ideas.”*

Judy Hall has designed a journal, by crystals and their uses and powers. For example, Black Tourmaline (Schorl). On the top left-hand side is a photo of Black Tourmaline, with a quick summary of when to use Black Tourmaline (*“to instantly stop jealousy, ill will and all-out psychic attack, wear Black Tourmaline over your thymus. The stone safely defuses the attack”*). The lines on the journal are far enough apart to accommodate handwriting which might be large and flowing. Each crystal has four pages for one to use for recording. Each page includes another “fact” about the crystal – again for example Tourmaline - *“Black Tourmaline is invaluable for sensitive people who are overwhelmed by geopathic or electromagnetic stress, including Wi-Fi, or by radiation. It draws the toxicity out through your feet and transmutes it into powerful Earth-healing energy.....”* (to quote just some of the facts that this journal has).

I love writing and this journal is perfect for me. I randomly open it to write my thoughts of the moment. We had received some very distressing news last week and I found the journal instinctively opening at Black Tourmaline for me to record how hard the news had affected me.

Days later, I'd attended a holistic fair with a friend I'd not seen for over fifteen years and again, simply asked the journal to open where I needed to record the day and this time it fell open on Sapphire *“wearing Sapphire reminds you that the soul is pure and innocent with perfect intention and moral integrity. It brings you peace of mind and serenity”* It was the perfect page for me to write my thoughts on meeting a friend after such a long break and exploring and discovering new crystals and seeing the huge array of healing being offered.

Journals get written over time. They can be a few words one day or a massive outpouring of emotions another day. Having a journal that will help you work with a crystal's energy stored in your mind while seeing its photo, will add “weight” to what you need and want to say.

I personally, can't think of a more perfect gift. Writing a journal is an ideal way of releasing bottled up emotions.

Treebeard

Breakaway Reviewers received a copy of the book to review.