



For Starseeds: Healing the Heart-Pleiadian Crystal Meditations

Ruth Starseed Hoskins

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"For Starseeds: Healing the Heart-Pleiaidan Crystal Meditations, twenty-eight healing meditations open the spiritual seeker to higher consciousness and heal the heart. ""Whether you're familiar and at home with the stone kingdom or just getting started in this glorious realm, For Starseeds: Healing the Heart-Pleiaidan Crystal Meditations is an instructive, comforting, and fascinating read. Ruth shares deeper dimensions of each stone that feel spot on to me. She also shows you how to honor your own experience with stones. A welcome new book for those seeking to understand the world of crystals and meditation"" -Lee Burch, RN, Psychiatric Nurse "In her latest book, For Starseeds: Healing the Heart-Pleiaidan Crystal Meditations, Ruth integrates a wealth of knowledge gained from 40 years of experience as a licensed psychotherapist, clinical social worker, and educator, with her extensive research and work in the area of metaphysics and spirituality. Readers will find an abundance of detailed information, as well as a practical guide to utilizing these teachings for their personal growth. In these critical times, meditation can be a valuable tool for maintaining one's equilibrium, and the techniques contained within these writings may provide invaluable assistance" - Michael Diamond-Arts and Media Journalist"

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