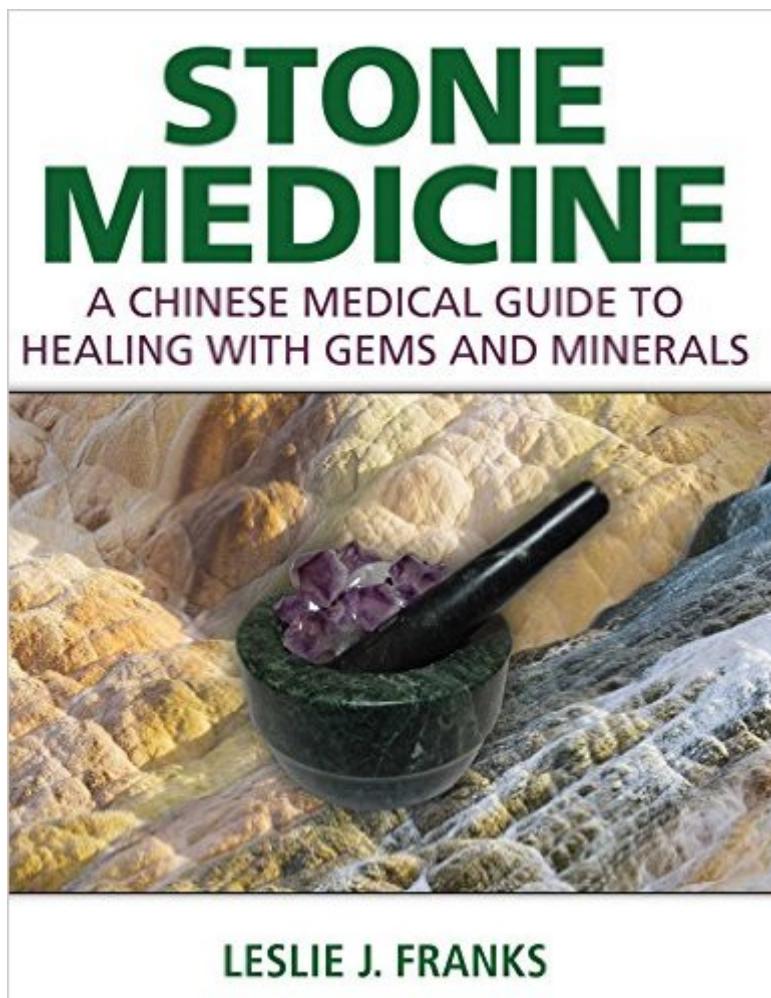


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# Stone Medicine: A Chinese Medical Guide To Healing With Gems And Minerals



LESLIE J. FRANKS



## Synopsis

A comprehensive manual for using crystals, gems, and stones to address physical, emotional, and spiritual health conditions. Includes an extensive Materia Medica detailing the healing and spiritual properties of 200 crystals and stones based on Classical Chinese Medicine. Explores the role played by the color of each stone, its Yin and Yang qualities, crystalline structure, chemical composition, and topical and internal applications. Explains how to make stone and crystal elixirs, wear stones as healing jewelry, use them in massage and energy work, and cleanse and recharge them. Based on the oral teachings of Dr. Jeffrey C. Yuen, a Taoist priest from the ancient lineage of the Jade Purity School (88th generation) masters. In addition to herbalism and acupuncture, Chinese Medicine has a rich tradition of using stones as medicine, passed from generation to generation for thousands of years. In this comprehensive guide and extensive Materia Medica, Leslie J. Franks presents the Stone Medicine teachings of Dr. Jeffrey C. Yuen, an 88th generation Taoist priest from the ancient lineage of the Jade Purity School, which dates to the Han dynasty, 206 BCE. Detailing the therapeutic properties of 200 gems, stones, minerals, and crystals, Franks begins with an extensive look at 15 different forms of quartz, followed by chapters on transformative stones, protective stones, nourishing stones, source energy stones, and alchemical stones. She explains the physical, emotional, and spiritual conditions each stone can treat and how their color, form, hardness, and energetic qualities affect us according to Chinese Medicine. She discusses how to make stone and crystal elixirs for internal and topical use, how to charge quartz with the healing properties of other stones, how to cleanse and recharge a stone after use, and how to combine stones to create healing formulas for individual conditions. She explains different techniques of wearing stones as healing jewelry and how to use them in massage and energy work. She examines the chemistry and sacred geometry of crystal structure, revealing how the minerals contained in the stones affect our physiology by supporting our Jing (Essence); by nourishing Qi (energy), blood, and fluids; and by clearing Wind, Cold, Damp, and Heat conditions that can lead to disease. Including a thorough primer on Traditional Chinese Medicine and backed by modern scientific research, this book explains how stones access our deepest layers, vibrating ever so slowly, to initiate deep lasting change.

## Book Information

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## Customer Reviews

Leslie Franks has done a masterful job of organizing and presenting Master Jeffrey Yuen's view point of Chinese energetics - this is the book I have been wanting for at least ten years! Franks sums up nicely much precious information which I have spent 15 years in gathering - from recordings, transcripts of talks, and personally attending Master Yuen's seminars. The first 75 pages provide short descriptions of Yuen's teachings about Chinese medicine in general, which provides a good foundation for understanding the text of the Stone teachings. In the rest of this generous-sized book, the Stones are arranged according to which level of Qi with which they most resonate, which is a potent way to apply them. She also lists their chemical compositions, crystalline structure, level of formations, chinese name, appearance, key characteristics, directionality, functions and uses, and combinations of stones to use. While this book is aimed at practitioners of Chinese medicine, it should be useful to many health care providers because of her clear explanations. She is a natural teacher; thank you, Leslie Franks!

I am learning so much from this amazing book. The author succeeds in imparting a basic understanding of classical Chinese medicine to the layperson, whilst introducing the qualities and uses of a plethora of stones. Since childhood I've been collecting stones and crystals in nature, and I'm having fun learning about their essence and potential for healing. I highly recommend this book for a wide range of individuals; from the avid stone lover to the serious student of Chinese medicine.

This is the only book I've ever seen that takes a detailed, scientific approach to using stones in treating with Chinese Medicine. If you are a student of Chinese Medicine or a layperson, it's written in very digestible language and goes into great detail. I'm really enjoying learning the different modes

of using the stones, the properties of specific stones and how they link to the body, etc energy and the scientific details of Chinese medicine.

This is hands down the most comprehensive book on the use of gems and minerals for healing purposes. It is amazingly well formatted and the pictures of the stones are incredible. Don't look any further to find a better book on this subject as you just won't find one.

WOW! What an amazing book! It's a big, thick, heavy tome of a book, just chockfull of information. If you have at least a general background in Chinese medicine (you have to have some way of diagnosing the problem according to TCM criteria, or else none of it will make sense), and love crystal healing, this book is absolutely indispensable. I've never seen anything like it. Leslie Franks has my deepest respect for putting this together. I absolutely love it.

After practicing acupuncture for 30 years, I began playing with applying Herkimer Diamonds to acupuncture points. The results blew me away. I have collected rocks, stones, crystals and gemstones my entire life. Then I googled and learned that there actually was stone medicine being taught from one of the most esteemed teachers in the field, Jeffrey Yuen, and some of his students. A few months later I discovered this book! I can't say enough about both the content and the ease of use of this book. It is brilliant. If you have found yourself at this page, your entire journey will be inspired and enhanced by this offering. To have had this book 30 years ago would have been miraculous. To have it now is truly a blessing for which I am very grateful and feel everyone interested in stones for healing and transformation would benefit greatly from having it in their personal library. Thank you Leslie Franks for making this your love offering to all of us who love the stones.

An amazing and comprehensive book for anyone with a healing practice and who is drawn to working with crystals and stones. I've got every stone and crystal book published, I think - but was very excited to stumble across this one, with its in-depth exploration of HEALING APPLICATIONS with the stones, not just listing their metaphysical properties. A must have for any healer and/or lightworker!

Wonderfully written book with clear insights illuminating a path to understanding stone medicine. I have really enjoyed reading this book, and it will find an honored place on my bookshelf in my

healing clinic.

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