



# Seashell Therapy: Discover the Healing Power of the Sea

*George Toth*

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## **Seashell Therapy: Discover the Healing Power of the Sea** George Toth

Seashells are natural, historic, time tested, global, multicultural, and mythical, and they have the stimulus to heal. In Seashell Therapy, author George Toth discusses the raw strength and influence of the earth's oceans that hold the answer for how you feel physically, emotionally, and spiritually. Seashell Therapy explores ways to use the power of the ocean as natural life-force energy, converting the elements of sound, sight, touch, and spirit within the seashell and transforming these elements into a healing influence. The book: Discusses Toth's personal experiences with seashells and reviews the biological nature of shells and mollusks Talks about myths and rituals surrounding shells Summarizes seashells and their attributes based on multicultural designations Provides an overview of the historical and contemporary practices with shells Examines healing and therapeutic techniques Offers visual imagery exercises and other techniques to complement more traditional therapies Gives case studies from Toth's therapy practice By allowing natural energy forces of the sea to come into your life, you will discover the benefits and healing properties of seashells. Combining ancient customs, mythology, little-known facts, demonstrated techniques, ascribed characteristics, magical approaches, and modern methods to complement traditional healing modalities, Seashell Therapy provides a tool to help you discover and maintain wellness in life. With one or a bucket full of seashells, you can change your life.

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