#### Healing Anger The Power Of Patience From A Buddhist Perspective Dalai Lama Xiv

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crystals provide calming support when you're feeling angry, stressed, or frustrated. Here are a few ways that you can use anger crystals: Elixirs are a good way to absorb the healing energy of crystals.

10 Healing Crystals for Anger and Irritability
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basic emotion experienced by all. Like every emotion, for anger to
run its course, it needs to be expressed and then validated, and
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