



Crystals & Crystal Healing

By Simon Lilly

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Crystals & Crystal Healing, Simon Lilly, This book is about harnessing the unique power of crystals and gemstones for health & inner harmony, with over 200 beautiful photographs. It offers practical advice on choosing and caring for your crystals and gemstones, with exercises and simple visualizations to introduce you to crystal healing. It shows you how to wear and meditate with crystals, including suggestions for using them at home and in the office. It covers healing placements to help treat a variety of conditions, such as muscular aches and pains, stress and headaches, and using crystals for increased energy, improved concentration and relaxation. Crystals and gemstones are highly prized not only for their beauty but also for their healing and spiritual properties, and Crystal Healing explores new ways in which the mineral kingdom can help us restore balance to our stressful lives. This book introduces safe and easy techniques showing how crystals and gemstones can play an important role in our lives. For example, placing crystals close to an energy imbalance, whether it is a physical illness or emotional and mental upset, may encourage our own healing process to be more effective. Discover...



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