



Crystals for Energy Healing: A Practical Sourcebook of 100 Crystals

Ashley Leavy

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Get advice and information about 100 healing crystals!

This comprehensive sourcebook of 100 essential crystals for spiritual healing and all-round protection is packed with practical advice and fascinating information. Not only will you find out about the crystal's attributes, legendary power, and holistic benefits, but also about each crystal's specific energy to enhance, heal, or protect you. Crystals are the most natural, empowering force we can work with to promote spiritual balance and protect us from exposure to physical or psychic negativity. For thousands of years, crystals have been used for their powerful healing energy and to protect the wearer from negative forces. The ancient Taoists believed sacred stones vibrated with 'chi' or universal energy; the Greeks and Romans believed they embodied the gods and the planets; indigenous peoples believed they were alive with spirit. Black stones like obsidian have been used for centuries to protect from evil, and amethyst is still considered the power stone of spirituality, creating a protective shield around the body and promoting deeper levels of awareness. *Crystals for Energy Healing* includes introductory chapters on what crystals are, both their scientific legacy and their magical one; caring for and choosing crystals; and the importance of chakras and color in spiritual healing. There is also a practical chapter about working with these stones specifically chosen for protection and spiritual healing. The alphabetical sourcebook section that follows provides information about the uses and benefits of each crystal listed.

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