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## The Essential Guide to Crystals: All the Crystals You Will Ever Need for Health, Healing and Happiness

By Simon Lilly, Sue Lilly

Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Essential Guide to Crystals: All the Crystals You Will Ever Need for Health, Healing and Happiness, Simon Lilly, Sue Lilly, "The Essential Guide to Crystals" is an authoritative, superbly illustrated book that displays crystals in all their dazzling beauty and reveals every aspect of their ancient, mysterious power. It covers the many ways in which crystals can be used to heal our spirit and otherwise enhance our life. An introductory section presents a historical overview and then gives guidance on techniques such as crystal healing and meditation, the use of amulets and birthstones, and working with crystals that correspond to our auras, chakras or reflexology points. We learn how to build up and maintain a collection. The second and main section of the book gives an in-depth profile of over 100 crystals, arranged according to colour groups. For each crystal there is a full-colour photograph, with descriptive text and reference notes on appearance, healing properties and other practical uses, as well as associated myths and legends. Key words identify each crystal so you can pick the stone to suit your needs, whether your purpose is cleansing, soothing or energising. "The Essential...



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