



Crystals and Stones: A Complete Guide to Their Healing Properties (The Group of 5 Crystals Series)

The Group of 5

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Crystals and Stones: A Complete Guide to Their Healing Properties helps readers to incorporate the healing power of stones into daily life. Aimed at both beginners and experts, the book showcases nearly 200 crystals and stones, describing their impact on human beings' physical, mental, emotional, and spiritual states. The book begins with historical background and practical considerations, such as how stones work and how to clean and recharge their energy. The relationship of stones to chakras is explored, as are practices such as channeling via certain powerful crystals. The heart of the book is an A to Z guide covering everything from amber to zoisite that explains which stones are most effective for particular medical conditions, emotional and energy blockages, and spiritual impasses. Stones and crystals have been important tools for health and spiritual transformation for millennia. This book shows modern readers how to best utilize those tools.

“If we could follow the step by step transformation of coal into diamond, we would discover what enabled Prince Siddhartha to 'awaken' and become this Being of Light known to this day as the Buddha.”—from the book



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