



Crystals: How to Use Crystals and Their Energy to Enhance Your Life

By Judy H. Hall

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Crystals: How to Use Crystals and Their Energy to Enhance Your Life, Judy H. Hall, Crystals: How to use Crystals and their Energy to Enhance Your Life is an illuminating guide to working with crystals that will show you how to sense the energy of these precious stones and choose the right ones to support you in different areas of your life - from health and abundance to relationships and career. You can learn about the different techniques and exercises that you can use to connect with their powerful energy, and discover: how to cleanse, charge and attune your crystals; how crystals work; how to work with the aura and the chakra system; crystal healing; working with crystals for meditation and expanded awareness; using crystals for self-protection and energy enhancement; how to connect with the crystal skulls and the crystal oversouls .and much more! This book takes you through everything you need to know about these beautiful gems and the immense benefits they can bring to your life. Hay House Basics is a new series that features world-class experts sharing their knowledge on the topics that matter most for improving...

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