



Healing with Crystals: Discover how to use the energy of crystals to attract good fortune, reduce stress and benefit your mind, body and spirit

Lindsey James

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Throughout history, crystals have been prized for their healing properties. Even in our modern era, where every single thing has to be fact driven and provable by science, the number of people who believe in the art of crystal therapy and that it is bettering their lives increases daily.

The healing properties of crystals can be utilized in several different ways. For example, they can be carried, worn, placed on or near your body, and one can even make a healing elixir out of them.

Crystals and other minerals form naturally, making them easy to obtain and with only a little knowledge, crystal healing can be used by anyone.

In Healing with Crystals you will learn about:

- The history of crystal healing
- Ways to use crystals
- Crystals and the chakras
- How to choose crystals
- Popular crystals and their properties

Crystals have amazing properties, you only have to accept the abilities that crystals possess to harness their power to improve your life.

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