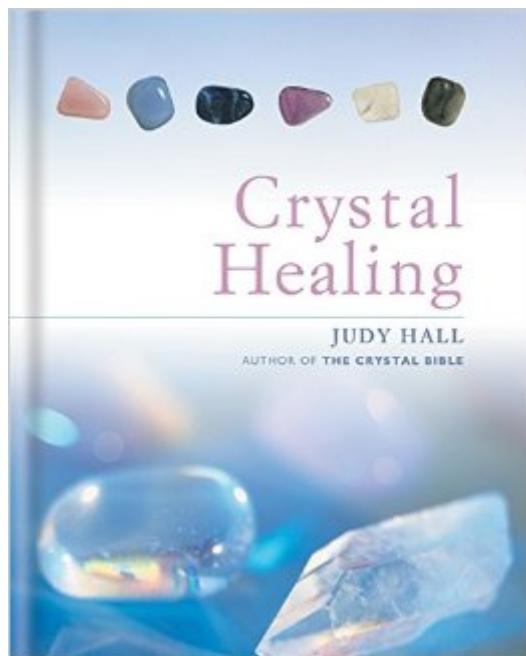


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# Crystal Healing



## **Synopsis**

Judy Hall, author of the bestselling Crystal Bible, offers us a fresh way of looking at 12 master healing crystals in this key to opening your higher awareness. Crystal Healing looks at seven crystals attuned to the seven chakras (the body's energy centers) and five "master healer" stones that can be used singly or in combination to relieve stress, promote relaxation, balance the emotions, and invigorate body, mind and spirit. Clear color photographs, along with useful charts, diagrams and grids combine with complete instructions. Special features such as a chart on using crystals for specific ailments make this portable volume a terrific addition to your purse or bed table.

## **Book Information**

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## **Customer Reviews**

Don't let the size of this book fool you! I was pleasantly surprised to find that it was packed with full of useful information. I have been looking around for crystals for awhile now and had a difficult time narrowing it down, but this book simplified the process and gave numerous examples on how each one should be used. The illustrations were extremely helpful as well. This book covers the following: Introductions to Crystals and Chakras-How crystals work-Activating and caring for your crystals-Gem elixers-Anatomy-How to cleanse and recharge your chakras-How to strengthen your auraCrystal combinations for your:-Body: Detoxification, Grounding, Vitality-Mind: Concentration, Focus, Memory, Learning, Problem-solving, Creativity, Mental Problems-Emotions: Depression, Negative Emotions, Sex Life-Spirit: Intuition, Dreams, Meditation, Connecting with the Divine-Relaxation: Stress Relief, Insomnia-Clearing and Protection: Protecting Your Energy and

Home, Enhancing Your WorkspaceQuick reference section on how each of the 12 crystal healers affect the body, emotions, mind, spirit, and the environment.Which crystal or crystal combinations to use for 95 ailments, the organs, and the systems.

This book has a great format and, for its coverage of 12 specific crystals and their uses, it's extremely comprehensive. (i was able to buy the complete set of the twelve (fairly large) tumbled stones on ebay for \$28) would also be great as a gift. i really liked the fact that all twelve stones together comprise an entire 12 point chakra layout (also there's a nice 100+ ailments chart/table in the back of the book for easy reference).

Love this little book! It gives you the basic 12 starter crystals, what they are used for and how to use them. It is a wealth of information in a little package. Definitely recommend this as a started book for anyone that wants to learn about and use crystals. I also love Judy Hall's Encyclopedia of Crystals.

This is a very different book from many others published about crystal healing. Judy Hall focuses on just 12 stones and how to use them for treating mind, body, and spirit. She includes a number of layouts, visualizations, and healing techniques to use. Additionally, there is a reference guide in the back of the book that includes an in-depth listing of the properties of each of the 12 stones (along with a quick reference chart to break it down even further). I really enjoyed how this book had a clear focus on just using a few stones as a healing toolkit; this makes things less complicated or overwhelming (especially for beginners). As an avid reader on the subject of crystal healing, I found this to be a "gem" of a book and would highly recommend it to those just getting into the field. It really shows that you do not need a large, fancy, crystal toolkit to get the job done - Thank you Judy Hall!

Judy Hall is one of the highest regarded authors on the subject of crystals and stones. After having read another book of hers, The Crystal Bible, I had exceptionally high expectations for Crystal Healing. My expectations were met, and then some! The information in this book is perfect for those just beginning to use crystals; those who are experienced in using crystals are also sure to find some new nugget of wisdom as well.Crystal Healing focuses on twelve stones, which the author refers to as your "crystal toolkit." The book is full of beautiful full-color photographs of these stones, explaining what healing influences each stone is best used for, including what organs, glands, systems, functions and chakras the stone will affect.Not only does this book give practical

information on the individual stones, but it goes onto explain, and show in diagrams, how the stones work best together in crystal grids. There are a variety of grids shown in the book, including a full body grid for a general healing, and smaller grids for more specific ailments. The grids show where the stones should be placed on or around the body, and which stones should be used in each location. This information is easily digestible, and one can begin to use crystals right away for healing purposes. The book can be read straight through, as well as used as a reference book. The only other thing needed to begin using crystals for healing are the crystals themselves. The crystals in this book can be easily found in stores or online. I whole-heartedly recommend this book to anyone looking for a new and relatively easy way to begin healing themselves or others.

As mentioned by the other reviewer, this would be a great book for a beginner, but would also make a good "pocket guide" for the more experienced. It only focuses on 12 stones, but those 12 can do a lot! This book also includes cleansing instructions for your stones as well as helpful go-to charts for curing many ailments. I was very impressed.

I have learned a great deal from this book. I have Judy Hall's Crystal Bible and I really like Crystal Healing better. It has so many ideas and gives clear and practical ways to use the crystals everyday. I have recommended this to others.

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