



# Crystal Power, Crystal Healing: The Complete Handbook

*Michael Gienger*

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## **Crystal Power, Crystal Healing: The Complete Handbook** Michael Gienger

It's crystal clear--these shining minerals, reflecting a rainbow of colors, have the power to heal body and mind, and develop our potential. How did they become endowed with so many magic properties, and how can you reap their restorative qualities and spiritual values most effectively? Knowing the answers to these questions may change your life and attitude forever. Look closely at the details of each crystal in dazzling color photographs, focusing on its shape and its facets. Diagrams illustrate a variety of cubic, hexagonal, trigonal, orthorhombic, and triclinic systems, and you can determine which will work best for your lifestyle. An easy-to-understand, precise guide shows you how to find the most helpful healing stones for your needs (including size, form, quality, roughness, and color) and how to apply them. Think about whether they should be polished, in a pendant or pierced form and worn as jewelry. Place a crystal directly on the area of the body you want to affect; arrange a "stone circle" and lie within it for subtle spiritual, mental, and emotional changes; meditate with stones resting against your skin; and take gem essences internally. By positioning them properly in a room, crystals can affect the entire environment! Try amethyst for encouraging spiritual wakefulness and sobriety, relieving grief, and releasing pain and tension--particularly headaches. Citrine fosters individuality and self-confidence, overcomes depression, stimulates digestion, and alleviates diabetes and stomach ailments. Other crystals will spur you to enhance your dreamwork. After you experience what crystals can do, you'll never be without them again! 416 pages (200 in color), 6 x 8.

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