



Crystal Harmony: Healing Properties of Crystals and How to Use Them to Harmonise Your Life

Debra Cushing

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If you've always wanted to learn about crystals, but didn't know where to start, this is the perfect beginner book for you.

Some of the things that are included in this book:

How to choose your crystals

Cleansing and energizing your crystals

Crystal Systems - basic shape and geometric forms

Getting to know different crystals

Working with crystal grids

Using crystals in meditation

Using crystal pendulums

Crystals and electromagnetic fields (EMF's)

Using crystals in healings and to rebalance energies

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