



Gemstones A to Z: A Handy Reference to Healing Crystals

By Diane Stein

Crossing Press, U.S. Paperback. Book Condition: new. BRAND NEW, Gemstones A to Z: A Handy Reference to Healing Crystals, Diane Stein, Legendary healer Diane Stein shares her extensive knowledge of gemstones in this concise agate-to-zircon reference. Each listing includes the stone's common name, its corresponding colour and chakra, and a concise resume of its healing properties. Stein suggests ways to use stones to support physical and psychic well-being, by simply carrying one in a hand or pocket, wearing it as jewellery, or engaging in more advanced practices like the "laying on of stones." She also presents a glossary of terms designed for beginning students of alternative healing practices, and teaches how to clear, dedicate, and maintain crystals to maximize their beneficial effects.

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