



Beginners Guide to Gems and Crystals: Crystal Healing

Gabby Benson

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Gemstones and crystals are more than pretty pieces of rock to be made into jewellery. For centuries they have been used as an aid to healing and meditation and as a means of increasing personal awareness and stimulating individual growth.

This guide to gemstones and crystals introduces the absolute beginner to the most commonly found stones and their uses. It gives advice on choosing the stones that are right for you. It tells you how to cleanse, charge, programme and keep them and how to use them in a surprising number of ways in your everyday life.

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