

# Crystals

by WRIGHT, KATIE-JANE

Crystals

Victoria Beckham uses them backstage at her fashion shows. Miranda Kerr places them in her meditation-yoga room. Adele raves about their calming properties. Welcome to the world of healing crystals. Crystals have existed on earth for millions of years. They're a tool which work with your energy field to absorb, focus and direct energies. This modern, empowering guide illustrates how to tap in to the energy of crystals to strengthen intuition, set intention and feel supported by the beauty and energetic vibrations of popular and lesser known stones. Crystals may be used as talismans, healing touchstones, tools for meditation and accessing different levels of consciousness. Including 50 crystals and their meaning.

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