



Crystal Healing: The Practical Guide to Using Crystals for Health and Well-Being

Simon Lilly, Sue Lilly

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Based on the theory that every crystal has a unique vibrational resonance, *Crystal Healing* show how these powerful gems can balance the body's energy systems and enhance our spiritual, mental, and physical well-being. Best-selling authors Simon and Sue Lilly provide 25 "layouts"-formations for placing crystals on or near the body-as well as advice on wearing crystals against the skin; using them in meditation, visualization, or reflexology; and even placing them around the home to encourage the flow of positive energy. A directory covers the uses of 100 different crystals.

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