



# **Healing Properties of Crystals & Stones: Learn how to use crystals every day to help you balance your body, mind, and spirit**

*Ashley Leavy*

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# Healing Properties of Crystals & Stones: Learn how to use crystals every day to help you balance your body, mind, and spirit

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## **Healing Properties of Crystals & Stones: Learn how to use crystals every day to help you balance your body, mind, and spirit** Ashley Leavy

By bringing a crystal into your energetic field, your body will start to mimic the perfect harmony and balance found within that crystal. When there is harmony in your energy field, then your physical, emotional, mental, and spiritual bodies will come into alignment, allowing you to heal yourself. You can pursue self-healing and growth on your own, but using healing crystals to help you on your journey can be a powerful and life-changing experience. Crystals act as a center of focus, to help get you to the place in which you can become perfectly whole, healthy, and balanced. You can also use healing crystals for releasing and removing unhealthy patterns in your life, for protection, for manifesting abundance or love, for healing yourself and others, and for so much more! How Can This Book Help You? With almost 400 listings, this book is an extensive (160+ pages), but easy-to-use reference guide to crystals. It provides you with practical tips for using crystals every day. Chakra correspondences are included for each stone (which is useful for healing work). It contains inspirational words for your crystal journey from crystal healer and teacher, Ashley Leavy. There is a NEW BONUS section about the "Formations of Quartz Crystals" (including fun, descriptive illustrations). It includes a FREE BONUS "Crystal Journey" guided meditation (mp3 file) to enhance your connection with crystals. It includes a FREE BONUS printable "Crystal Meditation Journal" notes page (PDF file) for documenting your crystal journey meditation experiences. It includes a FREE BONUS video about using crystals for meditation and for connecting with your guides. There is also an extensive glossary of terms to help explain concepts and key terms to beginners.

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