



Crystals: How to Use Crystals and Their Energy to Enhance Your Life (Hay House Basics)

Judy Hall

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Hay House Basics is a comprehensive new series being launched by Hay House. These introductory titles cover core topics in the areas of self-development and mind, body, spirit. Clear and concise, these books aim to de-mystify popular esoteric subjects so that anyone can understand them. They explore the benefits these techniques can have for the reader's life, and provide recommendations and suggested next steps for them if they wish to study the topic on a deeper level.

Crystals: How to use Crystals and their Energy to Enhance Your Life is an illuminating guide to working with crystals that will show you how to sense the energy of these precious stones and choose the right ones to support you in different areas of your life – from health and abundance to relationships and career. Learn about the different techniques and exercises that you can use to connect with their powerful energy and discover:

- how to cleanse, charge and attune your crystals
- how crystals work
- how to work with the aura and the chakra system
- crystal healing
- working with crystals for meditation and expanded awareness
- using crystals for self-protection and energy enhancement
- how to connect with the crystal skulls and the crystal oversouls
- ...and much more!

This book takes you through everything you need to know about these beautiful gems and the immense benefits they can bring to your life.

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