



# The Complete Idiot's Guide to Crystals

*Karen Ryan*

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# The Complete Idiot's Guide to Crystals

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**The Complete Idiot's Guide to Crystals** Karen Ryan

*Healing energy from nature.*

In *The Complete Idiot's Guide® to Crystals*, readers come to know crystals from their chemical composition and historic connections to the ways in which selecting, preparing, and using them can empower and enhance their lives when they're used in physical, emotional, and spiritual healing.

?Includes instructions on preparing crystals for use-cleaning, charging, activating, and protecting them

?How to use the Five Master Healers-clear quartz, rose quartz, amethyst, smoky quartz, and turquoise-and other crystals to heal the body, mind, and spirit

?Techniques for healing sessions that anyone can easily follow

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