



# **The Ultimate Guide to Crystals Stones: A Practical Path to Personal Power, Self-Development, and Healing**

*Uma Silbey*

[Download now](#)

[Read Online](#) ➔

# The Ultimate Guide to Crystals Stones: A Practical Path to Personal Power, Self-Development, and Healing

Uma Silbey

## **The Ultimate Guide to Crystals Stones: A Practical Path to Personal Power, Self-Development, and Healing** Uma Silbey

For centuries, ancient cultures referred to crystals as the veins of the earth, frozen liquid, and frozen light. Uma Silbey unlocks the secrets of these remarkable storehouses for earth's energy to reveal their remarkable effects on personal power, self-enhancement, and healing. In this ultimate guide, she describes how you can channel the subtle forces within a crystal to empower your meditations, direct your thoughts, energize your body, and unleash a lifelong flow of creative and physical energy. From selecting the right crystal and "programming" it for your personal use to special techniques and exercises to heighten your abilities, Silbey guides you on the path to self-mastery.

In *The Ultimate Guide to Crystals and Stones*, Silbey provides information on:

Different colors, shapes, and properties of quartz crystals and stones  
How to wear crystals and stones to take advantage of their protective powers  
How to heighten your crystal experience through visualization and meditation  
Insights into crystal gazing and crystal ball reading  
How crystals facilitate night dreaming and astral projection  
Crystal and stone techniques that can be used for healing physically, mentally, and emotionally  
And more!

## **The Ultimate Guide to Crystals Stones: A Practical Path to Personal Power, Self-Development, and Healing Details**

Date : Published November 15th 2016 by Skyhorse

ISBN : 9781510709645

Author : Uma Silbey

Format : Hardcover 344 pages

Genre :

 [Download The Ultimate Guide to Crystals Stones: A Practical Path ...pdf](#)

 [Read Online The Ultimate Guide to Crystals Stones: A Practical Pa ...pdf](#)

**Download and Read Free Online The Ultimate Guide to Crystals Stones: A Practical Path to Personal Power, Self-Development, and Healing Uma Silbey**

---

## **From Reader Review The Ultimate Guide to Crystals Stones: A Practical Path to Personal Power, Self-Development, and Healing for online ebook**

**KarnagesMistress says**

I received this book for free through Goodreads Giveaways.

---

**M. says**

A very good explanation on the power and use of crystals. They aren't just pretty to look at!

---