

# The Book of Crystals: A Practical Guide to the Beauty and Healing Infuence of Crystals and Gemstones

Fiona Toy

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Crystals have fascinated humankind from the earliest times. Tales of Atlantis and Lemuria indicate that these fabled civilizations had harnessed the power of gem stones for both practical and esoteric. Crystals have been found in the tombs and temples of the ancient Egyptians. References to the magical properties of stones can be found throughout Greek mythology, and the Ancient Romans were known to meticulously record the healing properties of crystals. In short, crystals have been used and treasured throughout the ages.

The uses of crystals are as varied as they are beautiful. Crystals can be used to help focus meditation, for prediction, as stepping-stones to expanded awareness, for emotional well-being and physical healing, or simply as objects of beauty.

The concise and practical guide will serves as an essential introduction to the fascinating world of crystals. Included are detail descriptions and color photographs of 24 of the most popular and powerful crystals and healing stones, from Blue Agate to Rose Quartz to Tiger's Eye. Topics covered are:

- How to choose a crystal
- Caring for your crystals
- Birthstones
- Zodiac affinities
- Crystals around the home and in the office
- Healing with Crystals
- Crystals and Chakras
- How to use crystals for meditation or for prediction



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