



# Stepping Stones to Crystal Basics: Beginners Basics

*Mira Bai*

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## **Stepping Stones to Crystal Basics: Beginners Basics** Mira Bai

Stepping Stones to Crystal Basics is an ideal guide for any beginner to the exciting, and sometimes overwhelming, world of working with crystals, stones, and minerals. Mira's book takes the reader through a journey of self-discovery with crystals in order to encourage not only proficiency in the basics, but to empower the reader on the path. This book is the perfect companion to anyone's crystal collection, and it will help readers of all levels of experience sift through the often confusing and contradictory instructions for harnessing the power of the mineral kingdom and building a routine. This book's best asset is that its teachings create a basic framework around which the readers can build their own beliefs and develop their own practice.

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