



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

*Judy Hall*

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**Crystals: How to Use Crystals and Their Energy to Enhance Your Life (Hay House Basics)** Judy Hall  
This illuminating guide 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. Discover how to:

- cleanse, charge and attune your crystals
- work with the aura and the chakra system
- bring mind, body and spirit into balance with crystal healing
- use crystals for self-protection and energy enhancement
- connect with higher beings, or crystal mentors

*Hay House Basics* is a new series that features world-class experts sharing their knowledge on the topics that matter most for improving your life. If you want to learn a new skill that will enhance your wellbeing, *Hay House Basics* guarantees practical, targeted wisdom that will give you results!

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