

Crystal Companion by Judy Hall

5 stars

The perfect book to help you discover how to work with crystals.

Judy Hall has created a book that will help you work with crystals whether you're a beginner or whether you've been working with crystals for a long time.

Personally, I have been using crystals for decades and often it's been my intuition or dowsing that has led me to use crystals for specific exercises where I'm asking for extra help in solving a situation or outcome. I've also used this same intuition to purchase crystals over the same period, as a result, my collection is a reasonably interesting assortment.

I've needed to mention my work so far because I feel that, finally, I've got the book that is going to help me reach a level of working with crystals that I've been hankering after and I think that now, with this very thorough guide, when I next use crystals I will feel that I am finally doing things with more knowledge and understanding.

The book is set out with very specific techniques and addresses in detail. Subjects like chakras, vibration, colour vibration and how to choose a crystal. Using a pendulum and using crystal grids.

In the second chapter Judy Hall talks about crystal families. I found this chapter particularly interesting because it has finally made me realise how, when working with crystals, we often forget which ones come from the same family. There is also a section on shapes, formations and structures.

The remainder of this book teaches us how to use particular crystals for the body, the heart, the mind, the spirit, for children, karmic clearing, ancestral healing, grounding and protection and for the home and environment. I think that it's this separation of each subject that I have found to be the most helpful as my "butterfly brain" usually jumps from one subject to the other, but I found that, thanks to the way the book is set out, I was able to concentrate on each section, and finally understanding the need to bring my mind to concentrate solely on a chapter and how I should in future, set about healing specific areas, using the crystals recommended.

This book is going to become a constant companion and guide for anyone even slightly interested in understanding why crystals have played a role in our lives for thousands of years, I find that I pick up something new every time I re-read a chapter.

Judy Hall, there are no words that can express how grateful I am that you have written this Crystal Companion.

Treebeard

Breakaway Reviewers received a copy of the book to review.