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The Metaphysical Book of Gems and Crystals

Florence Mégemont

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The Metaphysical Book of Gems and Crystals

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The Metaphysical Book of Gems and Crystals Florence Mégemont
Details the powerful effects of gems as an alternative therapy for physical, psychological, and spiritual healing

• Reveals the physical, healing, and astrological properties of over 70 minerals, along with instructions for maintaining and recharging their powers

• Examines the “life” energy of stones, their basic vibratory patterns, and how this energy is used therapeutically to treat various disorders

• Shows how to use gems in color therapy and to harmonize the chakras

Gemstones have been used for both therapeutic and spiritual purposes since the beginning of time and in all traditions. Used properly, they can contribute to and accelerate healing through the practice of lithotherapy, which uses gems and minerals to restore enzymatic functions, and they can energize spiritual development. Alternative medicines such as homeopathy have given prominence to the therapeutic character of certain minerals, but the use of gemstones in expanding awareness or establishing a holistic, energetic connection with the stone itself have scarcely been brought forward. In this reclaiming of ancient wisdom, Florence Mégemont explores the many potent and beneficial dimensions of the mineral world.

Over 70 precious and semiprecious stones are inventoried as to their principal deposits, therapeutic applications, and zodiac correspondences. Readers will discover which physical and emotional disorders can be relieved by using which minerals and--with the application of chakra therapy--which gemstones are indispensable to their spiritual health. While not proposing that lithotherapy is a substitute for traditional allopathic treatment, Mégemont shows that it can be a powerful complement to it. Additionally, stones can act preventively, energizing both our health and spiritual resources to a state of balance and attunement.

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