



Crystal Mindfulness: Still Your Mind, Calm Your Thoughts and Focus Your Awareness with the Help of Crystals

Judy Hall

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Have you heard about mindfulness and want to practise it but find it challenging? Crystals can help in so many ways. They have been around for millions of years and in their terms the passing of decades is merely the blink of an eye, so they offer new ways of perceiving your life. Gazing into the depths of a crystal offers you instant clarity and stillness of mind. Providing a point of soft focus, crystals help you to stay attentively in the present moment without judging it or needing it to change. The unique qualities of each crystal assist in switching off your mind's chatter or compulsive thinking. Crystals can ease your anxieties, dispel your anger, show you how to forgive and let the past be, and so much more. They can help you make a decisive move (when that's appropriate). They connect you to yourself at a very deep level. The introduction covers what mindfulness is, how it works and benefits you, and how crystals can help you practise it. Part 1 looks at specific topics that are relevant to your mindfulness practice, such as staying grounded, becoming centered, shutting off the chattering mind and accepting yourself. Part 2 is a comprehensive crystal mindfulness directory featuring 24 beautifully photographed crystals. Each description of the crystal and its benefits to mindfulness is accompanied by an exercise for a specific purpose, as well as other features such as keywords and a Crystal Reflection to use for instant access to inner calm. Flick through the pages until a picture catches your eye and work with the crystal as suggested, or target your crystal mindfulness practice more specifically using the book's headings. Then tune into the crystal you need and the magic will happen.

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