

**Title: Conversations**

**Subtitle: Frozen Light - The Crystal Lightworker Companion**

**Second Subtitle: Re: Frozen Light - The Crystal Lightworker Companion**

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It's a pleasure, Pete. And thanks, yea, fluorite is water-soluble too. Studying crystals before cleansing and working with them is good practice.

About cleansing by submerging in sea salt & water, it can be risky as to crystals or getting salt particles trapped in minute cavity. When the salt cause your crystal to crack. Many of us city people do not have the privilege nearby, actually a cool shower works too, just as we human crystals show becoming increasingly intuitively-guided, whatever method you use will be

I have Melody's book too, which is a very extensive guide on crystals. If you have crystals, I recommend The Crystal Bible by Judy Hall featuring over 200 crystals (ISBN 1-84181-175-0). For an A to Z metaphysical guide with the more popular crystals, Crystal Enchantments by D.J. Conway (ISBN 1-58091-010-6). Crystal Balls & Ancient Scrying & Modern Seership, by Ted Andrews (ISBN 1-56718-026-4). Crystal Woman, which tells of Lynn V. Andrews shamanic journey with her crystals (ISBN 0-446-38572-7)

Blessings on your journey of awakening... =)

Snow