

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 some crystals or getting salt particles trapped in minute cavity. When the salt can cause your crystal to crack. Many of us city people do not have the privilege of a hot spring nearby, actually a cool shower works too, just as we human crystals show. Becoming increasingly intuitively-guided, whatever method you use will be fine.

I have Melody's book too, which is a very extensive guide on crystals. If you're into 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