

## Cosmic Crystals: Rituals and Meditations for Connecting with Lunar Energy

**Ashley Leavy**

Fair Winds Press (Aug 20, 2019)

Softcover \$24.99 (192pp)

978-1-59233-885-6

When she was twenty-nine, a total hysterectomy left Ashley Leavy feeling bereft, grieving, and needing the comfort of feminine energy. Bringing together her love of crystals and of the moon, she created a spiritual practice that fostered alignment with the lunar cycles, long a potent metaphor for human life. Her beautiful, sensitive book *Cosmic Crystals* is an invitation to follow the journey of the moon, that most feminine of astrological elements, through each astrological sign and house to discover the many facets of its healing power.

With the belief that aligning with the moon's rhythmic changes can make life less turbulent and stressful, the book shares that healers, mystics, and practitioners of magic throughout the world have used crystals as a natural means of amplifying energy and modifying the human energy field for thousands of years. Drawing on modern, Native, and Celtic sources, astrology, and her own spiritual practice and experience with crystals, Leavy's book is a comprehensive manual of insightful rituals and meditations for practitioners of all levels.

The book reveals the many ways crystals can be used to enhance the emotional connection to energy work; create sacred space; deepen intuitive and psychic abilities; remove negative thought-forms and emotional debris from the human energy body; help with grounding and centering; and promote healing. The book also highlights the promise and potential held in each full moon and demonstrates how to harness lunar energy for good.

Lavish illustrations—each a work of art—are enriching and inspiring. Readers are guided into an in-depth understanding of how to choose, care for, and use crystals to promote healing, abundance, and a more “soulful” life in tune with the cosmos. Whether for personal use or for gifting, *Cosmic Crystals* is a worthy companion on the quest to understand, deepen, and benefit from the connection with lunar energy.

KRISTINE MORRIS (September / October 2019)

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