

Blue Topaz Necklace Therapy

Blessing Water to Maximize Blue Topaz's Benefits

In this technique, you transform the water-molecule clusters in your drinking water into clusters that hold positive thoughts. These thoughts can be blessings, affirmations, or instructions that you want to communicate to your body for your cells to act upon. Then you drink the water to impart the information to your body.

Therapy Tools

- One therapeutic-quality Blue Topaz necklace
- Glass or pitcher of drinking water

Indications

When you are experiencing any of the following—

- Desire for optimal health
- A physical condition you wish to improve
- Recent surgery, injury, or illness
- Feeling depressed, sad, or melancholy

When you wish to do any of the following—

- Communicate blessings, affirmations, or instructions to your cells
- Uplift your general health
- Mobilize the physical nutrients and non-physical energies that will help manifest your desire for health in a particular area
- Feel better about yourself
- Improve certain abilities or performance

Effects

Water molecules respond to blessings and affirmations by forming special molecular clusters within the water. These clusters contain the information represented by the blessing or affirmation. When you wear a Blue Topaz necklace and sip the blessed water, the clusters that were formed by your blessing break down into single molecules. The information in your blessing is thereby released into your body and aura. Because your body recognizes the information as being tailored specifically for its benefit, it accepts the information and directs it where it's needed.

This information also mobilizes whatever energies and physical nutrients you need to help manifest your affirmation or blessing. The single-molecule water produced by the Blue Topaz energy binds with these nutrients and brings them to your cells.



This technique takes advantage of Blue Topaz's ability to release information from water. The more you practice this technique, the better you will become at producing long-lasting molecular clusters that hold information efficiently.

Examples of blessings and affirmations that you can impart to your drinking water include: "I love myself," "I am grateful for every cell in my body," or "I am improving myself every day in every way." Water molecules also respond to information and instructions such as, "My LDL cholesterol levels are finding a more perfect balance with my body chemistry, for the good of my entire body." Another example is: "Dear cells, our body just had surgery. Please help our body heal."

Procedure

- 1. Wear a Blue Topaz necklace for about 15 to 30 minutes to allow plenty of Blue Topaz energy to collect around your throat.
- 2. Decide on the blessing, affirmation, or instructions you wish to impart to your body. Take care to word it exactly as you want, being sure to use positive language. Phrase it in a way that allows your body's intelligence to take the lead in implementing your instructions. (The "LDL cholesterol" blessing above is a good example of this.) Write down your blessing.
- 3. Fill a drinking glass or pitcher with water. Ideally, the water should be filtered, spring, distilled, or good well water.
- 4. Bless the water. Hold the glass or pitcher close and look into the water. While focusing on the water, repeat your blessing aloud or silently.
- 5. Imagine the water collecting your blessing by reforming its water molecules into beautiful clusters to hold them. You can also imagine the water appearing brighter and more sparkly.
- 6. Slowly sip a glass of the water you have blessed.

Time Guidelines

This technique is most effective when you repeat it with every glass of water you drink and when you drink several full glasses of water throughout the day. (Eight glasses a day are generally recommended.) If you take off your Blue Topaz necklace, remember to put it back on about ten minutes before you drink your next glass of water.

In general, this technique is most effective when the water is first blessed. With time, the vitality of the information gradually diminishes. Of course, no harm will be done if the information in a pitcher of water has dissipated an hour after you blessed it. You can easily



remind personally blessed water of the information you imparted. The reminder takes only a few seconds and reestablishes the clusters you created earlier.

For ease and practicality, follow the procedure above for blessing a pitcher of water once or twice a day. Then, each time you pour a glass, recall the information you put into it and imagine seeing the beautiful water clusters once again.