



Gemisphere

Aquamarine
water

Fountain of Youthful Vitality



Michael Katz



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AQUAMARINE WATER

Fountain of Youthful Vitality

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The gemstones referred to in this book are of therapeutic quality, which means that they meet specific parameters of color, clarity and consistency. These parameters are different for each gemstone. Therapeutic quality gemstones are of the finest quality and these alone produce the effects and benefits described in this book. They should not be confused with the more commonly available commercial-grade gemstones.

The information contained herein should not be considered as a substitute for consultation with a licensed health-care professional or as a replacement for any medical treatment.

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HOW Aquamarine water can Restore youth

Aging and Age-Old Questions

Aging is an inherent part of life's great cycle. Yet, as natural as it is to age, so is it natural to wonder how we can avoid the seemingly inevitable decline that comes with aging. Must the wisdom and grace won by years of living be spoiled by a loss of comfort, mobility, and power to achieve? Must health and strength disappear just when we're getting the hang of life? We hear reports of "exceptional" people – farmers in northern climates, saints in eastern mountains – who live with vitality and vigor far past the century mark. We instinctively sense that they are living the most natural lives of all. And so we wonder: Is it possible that aging's negative effects are not inevitable at all, and that deep within our cells we have a capacity for infinite renewal?

To meet an ever-growing demand for longer and healthier life, researchers all over the world are striving to unlock the secrets of longevity. As they begin to uncover the causes of age-related decline, they are discovering new ways to prevent premature aging. Their findings have yielded many approaches: dietary changes, exercise, special supplements, and others. Yet the essential questions remain: What makes our bodies and minds wear out? And perhaps more pressing: How can we reverse the negative effects of aging or even prevent them altogether? This booklet offers some surprising new answers to these age-old questions.

What Happens When We Age?

When we are vibrantly healthy, our bodies' cells are functioning at their peak. They use nutrients and eliminate wastes efficiently, and they contribute fully to the health of the entire organism. We can say that a healthy cell is one that is doing a good job of following the "blueprint" for how it is supposed to work.

Indeed, within every cell lies its blueprint for optimal health. Of course, unlike an architect's blueprint, a cell's blueprint is not a physical drawing. Instead, it is a pattern of energy frequencies. This pattern provides the cell with an ideal picture of how it should function and how to repair itself when needed. The information in our cells' blueprints allows us to heal from anything – whether it's the flu, a paper cut, pneumonia, cancer, sunburn, or a broken heart.

As we age, cells tend to forget and stray from their blueprints. Over a lifetime, as we experience times of less-than-ideal nutrition, emotional ups and downs, environmental toxins, and the general stress of living, these experiences leave their marks on our cells. These cellular deposits are both physical and energetic. They obstruct the cells' vision of their blueprints. When the cells cannot read their blueprints clearly, they naturally begin to stray from them.

When cells stray from their blueprints, the cells' functioning and structure move away from the ideal. Dysfunction, illness, and other symptoms of age-related decline begin to set in. The body's natural flexibility and adaptability – that is, its ability to respond to and recover from stresses – diminishes. Therefore, anything that (1) helps cells regain their awareness of their natural blueprints, and (2) restores the body's flexibility and adaptability will foster health and longevity.

Introducing Aquamarine Water

Aquamarine Water can do both these things. This extraordinary substance uses the healing energy of the gemstone Aquamarine to reawaken our cells to their blueprints. Aquamarine Water also keeps the cells' attention focused on their blueprints and thus helps reestablish the cells' adaptability. This effectively reverses the negative effects of aging and lets us tap into our inner reservoir of radiant vitality.

Since new ways to use therapeutic gemstones were introduced some twenty years ago, many people have enjoyed the diverse and profound benefits of wearing therapeutic gemstone necklaces. They have experienced firsthand that gemstones are concentrated sources of energy that can be used for healing. When used properly, the energy in gemstones can be harnessed to treat a wide variety of conditions. When one wears a therapeutic gemstone necklace, the gemstones' energy is radiated into the energetic field, or aura. From there, the gems' healing energy can dissolve blocks in the flow of life force throughout the person's being to address and heal the very causes of illness.

Each type of therapeutic gemstone employs a unique focus in the way it helps one heal. For example, when one wears an Aquamarine necklace, the Aquamarine fosters awareness of one's own inner ocean of knowledge, wisdom, and creativity. It brings deep relaxation and fluidity to the mind and body as it awakens consciousness on every level of being. Its youthful essence renews one's spirit and provides nourishment from a wellspring of spiritual energy.

As its name implies, Aquamarine has a special relationship with water. Aquamarine's energy resonates with the fluidity of this primal element, both on our planet and in our bodies. In part because of this resonance, water can easily be infused with

the energy of Aquamarine through the use of a special technique. Drinking the resulting Aquamarine Water brings this vitalizing energy directly to your body's cells. There, it starts to reverse the negative effects of aging by helping your cells remember their blueprints and restoring your body's sub-cellular flexibility.

How Aquamarine Water Restores Youth

Unhealthy cells are like a person in a dark forest who cannot see the path that could lead back into the sunshine. Like a compass pointing north, Aquamarine energy turns the cells' attention toward their blueprints so that they can see their way out of their predicament of ill health. When the cells become aware of their blueprints, they are reminded of their highest potential for health. They can see what they are aiming for. Given this chance, the cells naturally and spontaneously work to attain the highest degree of health possible.

Remember, Aquamarine's energy also brings awareness. Aquamarine Water reawakens the cells to the presence of their blueprints. At the same time, it helps the cells keep their attention focused there. This further encourages the cells to accept the blueprints' information, so they can begin their return to glowing health.

Energetic Liquidity: The Opposite of Aging

To understand how Aquamarine Water helps keep the cells' attention on their blueprints, let's look a little deeper – at the atoms that make up our cells, and hence our bodies. Modern physics teaches us that atomic particles switch constantly between states of matter and energy. When the atomic particles that comprise the body are in an energy state, the body naturally takes on more properties of energy. The body becomes more fluid, adaptable, and open to the

free flow of life energy. This life energy nourishes and invigorates the cells, allowing the body to evolve and repair itself.

Yet, as our bodies age or become diseased, their atoms spend more and more time in the matter state. The body's vibrations become denser. The movement of its atoms slows down, and they become more static. When the cells' atoms spend most of the time in the more rigid matter state, the cells lose their adaptability, and they gradually deteriorate and age. Hardness and rigidity set in, which prevent the free flow of energy. Perhaps most important, cells become unable to read and follow their blueprints for optimal health.

Consequently, one secret to maintaining youth is to keep our atoms in an energy state as much – and as long – as possible. Aquamarine Water can help us do this through its extraordinary ability to produce energetic liquidity in the body.

Because of the fluidity and flexibility that characterize the energy state, we can say that when most of a cell's atoms are in an energy state, the cell achieves a state of energetic liquidity. Thus, the more energetically liquid a cell is, the more easily it can adapt and evolve toward greater health. Energetic liquidity puts cells in the best possible position to heal themselves.

The benefits of energetic liquidity are many. Recall that the cells' blueprints are patterns of energy frequencies. Because "liquid" cells have more properties of an energy state, they resonate more easily with the energetic frequencies of the blueprints. This resonance allows them to read and follow the blueprints more easily and accurately. For the same reason, liquid cells can also gather life energy directly from the environment, as they need it.

Because in a liquid – or energy – state, space becomes more flexible, liquid cells can also communicate with other liquid cells in the body directly. Thus, they easily exchange information about

nutrients, energy management, and needed repairs. Areas comprised of liquid cells are also relaxed, yet highly dynamic.

Like Olympic athletes – masters at remaining relaxed while their muscles are working at peak capacity – liquid areas are restful and consume little energy, yet are ready at any moment to spring into action at an optimal level. As more and more of the body achieves energetic liquidity, one feels more vital, strong, fluid, and alive.

Aquamarine Water: Fountain of Liquidity

Drinking water infused with the energy of Aquamarine is the quickest and most effective way known to impart energetic liquidity to the body's cells. Aquamarine Water brings energetic liquidity directly to the cells. If one drinks enough Aquamarine Water, the Aquamarine energy spreads rapidly throughout the entire body, reaching cells that might not be reached by wearing an Aquamarine necklace. This is particularly true in the denser areas of the body, such as the joints and bones.

Over time, as one drinks Aquamarine Water, the cells become more and more in tune with their blueprints. They can see the goal – the picture of their optimal state – more clearly. At the same time, they begin to lose their rigidity and regain their fluidity and adaptability. This, in turn, makes the cells far more able to undertake the changes needed to reach their goal – namely, supremely efficient functioning and radiant health.

The Body's Crystals: A New Look at Aging

Aquamarine Water brings its vitalizing benefits to our cells in yet another way. To understand these benefits requires a new look at certain cellular components that play key roles in the functioning of our cells. We may call these components *potential crystals* and *manifested crystals*.

When we read the phrase, "old person," certain pictures naturally come to mind—for example, a woman stiff in the joints whose face is lined with wrinkles, or an aged man leaning on a cane and walking slowly. All these images point to the hardening, dryness, and rigidity that overtake our bodies as we age. In contrast, when we picture a baby, fresh and new, we imagine skin that is "baby-soft" and moist, and a body that is as flexible as it will ever be.

The evolution from youth to old age is characterized by a gradual shift from softness, moistness, and flexibility to hardness, dryness, and stiffness. Yet these more obvious signs of youth and age actually reflect developments occurring on a sub-cellular level among our bodies' potential and manifested crystals.

Potential Crystals: Carriers of Vitality

When we are healthy and young, our bodies have an abundance of *potential crystals*. Potential crystals are mineral compounds that have the potential to become crystallized but that express their life- and health-giving qualities best when not in crystalline form. Potential crystals include sodium, potassium, calcium, and other mineral compounds.

Potential crystals are essential to the healthy functioning of our bodies. They attract and combine with other helpful nutrients from food, air, and water to create beneficial mineral compounds. They keep these mineral compounds stored in a form that the

body can use as needed for nourishment. By keeping the body's energy currents strong and uninterrupted, potential crystals also support a high level of physical vitality.

Manifested Crystals: Culprits in Aging

As we age, become dehydrated, or diseased, the potential crystals in our bodies dry out and become solid, or crystallized. When their water is removed, we can say that potential crystals become *manifested crystals*. In the ocean, dehydration yields sea salt. In the body, dehydration causes the potential crystals' molecular bonds to break down and re-form to produce manifested crystals—harmful deposits of crystalline compounds that include calcium, uric acid, lactic acid, and others.

The attributes of these crystalline compounds differ in important ways from those of potential crystals. Whereas potential crystals are beneficial to the body, manifested crystals are harmful. Manifested crystals accelerate aging and lead to conditions associated with hardening, inflammation, and dryness. This hardening can occur in muscles, arteries, nerves, organs, or other tissues to produce conditions such as arthritis, bone spurs, hardening of the arteries, scleroderma, abnormal blood thickening, and tumors, both malignant and benign.

Aging cells tend to contain more manifested crystals and fewer potential crystals. The more manifested crystals the body has, the more symptoms of aging we experience.

Revitalizing the Body's Crystals with Aquamarine Water

The good news is that we can restore manifested crystals to their potential crystal form. But how?

Water alone doesn't do it. Rehydrating the body by drinking regular water can only rehydrate manifested crystals. It does not turn a manifested crystal back into a potential crystal. These rehydrated manifested crystals are not useful for the body. They lack the potential crystals' ability to bond easily with other elements to form beneficial compounds. Drinking more water simply helps the body excrete these rehydrated crystals.

Enter Aquamarine Water. The energy of Aquamarine Water is attracted to hardness and rigidity, characteristics of manifested crystals. Drinking Aquamarine Water not only rehydrates harmful crystals; it also helps them return to the potential-crystal form they enjoyed when the body was younger and healthier.

As the Aquamarine Water encourages the cells to become energetically liquid, the cells naturally release the manifested crystals that inhibit their health. Then the Aquamarine Water dissolves these released crystals. It loosens the bonds between their molecules, removing their ability to recrystallize and solidify, while restoring their ability to reconfigure themselves into life-giving potential crystals. As more and more manifested crystals return to a potential-crystal state, the hardening of the cells softens and inflammation diminishes. Your body again enjoys all the benefits of its natural, life-supporting potential crystals.

Longevity's Secrets Unlocked

Thus, drinking Aquamarine Water is a simple and natural way to help us unlock the secrets of longevity. By stimulating our cells' capacity for self-renewal, Aquamarine Water can halt, and even reverse, the negative effects of aging. Drinking Aquamarine Water can help us reap the rewards that growing older is meant to provide: a deepening and expansion of our capacity for life. Aquamarine Water awakens the wisdom deep within our cells so that our hearts and minds can continue to flourish, and our bodies can go on enjoying the vitality, fluidity, and vigor that are their birthright.

drinking Aquamarine water

Indications for Drinking Aquamarine Water

Because Aquamarine Water works on such a fundamental level and addresses the very roots of physical problems, Aquamarine Water can be consumed for a variety of health-related purposes and benefits. As described below, these benefits cover two basic areas: longevity and vitality, and relief from conditions associated with crystallization, inflammation, and dryness.

For Longevity and Vitality

As we've seen, drinking Aquamarine Water can help slow down or reverse premature aging by restoring youthful vitality and adaptability in the cells.

For Relief from Many Conditions

Aquamarine Water can be used to treat any of the following conditions associated with:

Hardness, crystallization, or inflammation. For example –

- Chronically stiff and spasming muscles
- Loss of motion
- Arthritis
- Tumors or cysts (benign or malignant)
- Arteriosclerosis
- Calcification of injured areas
- Scleroderma

Dryness or dehydration

How to Drink Aquamarine Water

For best results, you can substitute Aquamarine Water for all the water you normally drink and use for cooking. It is best to drink at least two to four quarts of Aquamarine Water every day. This will saturate your body with the revitalizing properties of Aquamarine and maintain a high level of Aquamarine energy in your body throughout the day.

Every Day

The Aquamarine energy infused into Aquamarine Water tends to dissipate over several hours after the water has been prepared. Therefore, be sure to drink the water the same day you make it. Ideally, drink most of the water within several hours after making it.

Morning

A perfect way to start each day is to make a batch of Aquamarine Water and immediately drink one large glass. Then, sip the rest of the batch throughout the morning and early afternoon.

Afternoon

Sometime in the afternoon, make a second batch. Again, immediately drink one large glass, and then sip the remaining water throughout the rest of the day.

When Sick or Feeling Weakened

When you're ailing or becoming ill, it is best to substitute Aquamarine Water for all the water you drink and use for cooking. Follow the directions for "Every Day" use above, along with the following special instructions:

For an Acute Condition

Substitute Aquamarine Water for all the water you drink and use for cooking until your symptoms disappear.

For a Chronic Condition

Substitute Aquamarine Water for all the water you drink and use for cooking, and continue to do so for several weeks after your symptoms subside.

As a Pre-Treatment for Other Therapies

Drinking Aquamarine Water is also an ideal way to prepare for any kind of life-giving therapy, such as acupuncture, chiropractic, massage, Reiki, cranio-sacral therapy, nutritional therapy, psychotherapy, gemstone therapy, and others. Drinking a full glass of Aquamarine Water immediately before receiving the therapy will greatly increase the effectiveness of the therapy.

As described earlier, Aquamarine energy reawakens each cell to its blueprint, so that the cell can receive a picture of its ideal state. Drinking Aquamarine Water either immediately before or during a healing treatment gives the cells additional resources to help them incorporate this blueprint information. Thus, Aquamarine Water quickly floods the body with enough Aquamarine energy to serve as an effective and powerful pre-treatment.

Special Longevity Therapy

Here is a way to jump-start the benefits of drinking Aquamarine Water. This therapy accelerates the effects of Aquamarine Water by encouraging the body's atoms to enter and stay in an energy state more often and for longer periods. It also encourages the body to experience energetic liquidity more quickly and easily.

What You'll Need

- Aquamarine Water (Learn how to make it on page 23.)
- One solid necklace of therapeutic quality Aquamarine (Read about therapeutic quality on page 18, "Choosing an Aquamarine Necklace.")

Procedure

Practice this technique up to three times a day. Preferably, perform it before going to bed or when you won't be physically or mentally active for an hour or two.

1. Sit or stand next to a table or other flat surface.
2. Place the Aquamarine necklace around your neck.
3. Drink two large glasses of freshly-made Aquamarine Water over the course of about 15 minutes.
4. Remove the necklace and place it on the table. Without touching the necklace, count to 5.
5. Replace the necklace around your neck, and count to 5.
6. Repeat Steps 4 and 5 twice.
7. Remove the necklace and place it on the table. Without touching the necklace, count to 10. Replace the necklace around your neck and count to 5.
8. Remove the necklace and place it on the table. Without touching the necklace, count to 20. Replace the necklace around your neck and count to 5.
9. Remove the necklace.

If Your Necklace Has a Clasp

If your Aquamarine necklace has a clasp, do not fasten it when you place the necklace around your neck in the steps above. Instead, gently hold the necklace ends together with your fingertips so that the necklace forms a continuous circle around your neck. Fastening the clasp takes time and would disrupt the rhythm of wearing and removing the necklace that is so essential to this therapy.

Therapy Benefits

In this therapy, you accelerate Aquamarine Water's vitalizing effects by wearing and removing an Aquamarine necklace at regular intervals immediately after drinking two glasses of Aquamarine Water.

When you drink the water while wearing the necklace, you strongly encourage liquidity throughout your body. Removing the necklace nudges your body to focus on the imprint of Aquamarine energy that is left behind. Donning and removing the necklace in regular intervals mimics your atoms' natural movement between matter and energy states.

In essence, this therapy encourages your entire body to behave as though it's an atomic particle. Progressively lengthening the time the necklace is removed urges your body's atoms to spend more time in an energy state. As a result, your cells are better able to read and follow their blueprints, and life energy starts to flow more easily and freely into and through your body.

Areas that are aged, diseased, or hardened – and therefore more entrenched in a matter state – will take longer than other areas to make the switch to an energy state. However, after seven days of daily treatments, even the most reluctant atoms will probably move into the energy state, even if for only a brief time; and continued use of Aquamarine Water will encourage these atoms to stay in the energy state for longer periods. Atoms of healthier cells will begin to retain

the energy state for long periods almost immediately; in these cells, premature aging will have been successfully reversed.

Adjusting to a New State

Different people will experience the change to a more energetically liquid state in different ways. Some people might briefly feel a heightened sense of awareness or clarity; others might temporarily have a hard time concentrating or feel a little dizzy or off-balance. These are all normal responses to a sudden shift to liquidity. The body will soon accommodate itself to its new, more liquid state, and these side effects will disappear.



Making Aquamarine Water

Choosing an Aquamarine Necklace

Quality Quality Quality

When making Aquamarine Water, it is essential to use therapeutic quality Aquamarine. Only Aquamarine that meets the criteria for therapeutic use will produce therapeutic Aquamarine Water and generate the benefits described in this booklet. Lower quality gemstones can produce irritating or otherwise undesirable energies. If lower quality Aquamarine is used to make Aquamarine Water, these energies can be passed into the water and subsequently into the body. Such water can even produce negative or harmful effects in the person who drinks it.

The criteria for therapeutic quality Aquamarine described below apply to both Aquamarine necklaces that are worn around the neck and those used to make Aquamarine Water.

Therapeutic Quality Aquamarine

The characteristics of therapeutic Aquamarine vary more than those of most other gemstones. Even the finest therapeutic Aquamarine necklaces vary in mass, clarity, hue, and depth of color.

Aquamarine occurs in a wide range of color from green to blue, and nearly all Aquamarine is a mixture of both colors. In therapeutic Aquamarine, the blue dominates. Aquamarine color also ranges in intensity from deep and rich to colorless. The

depth of Aquamarine's color determines how deeply its energy can penetrate and affect the aura and body. Therefore, the deeper its blue color, the more effective the Aquamarine will be.

Aquamarine clarity spans a continuum from flawless to opaque, with all degrees of cloudiness and flaws in between. Opaque and even moderately cloudy Aquamarine are not therapeutic. Slightly cloudy Aquamarine can be therapeutic, but only if it displays a radiant brilliance and good color. Although slightly cloudy Aquamarine takes much longer to produce effects than clear Aquamarine, it may be preferable for people who need a more moderate pace of change. The energy of clear or nearly flawless Aquamarine moves rapidly into the aura and body, where it quickly begins to do its work.

Each therapeutic Aquamarine necklace should have a consistent degree of clarity throughout and a uniform, clearly definable color. The more uniform the color of an Aquamarine necklace, the more focused and strong its therapeutic effects will be.

Avoiding Treated Aquamarine

Aquamarine's color is often altered through heat or dye. Although heat treatment does not inhibit Aquamarine's energy, it also doesn't strengthen it. Despite its improved appearance, the heated Aquamarine will continue to project its original, probably rather low quality of energy.

Dye, on the other hand, renders Aquamarine therapeutically useless. Low-quality, pale Aquamarine chips are often dyed blue. The dye artificially deepens the gemstones' color but blocks the Aquamarine from radiating any healing energy into the aura and body. Also, if you use a necklace of dyed Aquamarine to make Aquamarine Water, the dye, which might be toxic, will wash off into the water.

Irradiation of Aquamarine results in the death of the crystal. It destroys the life energy of the gemstone and replaces it with an extremely disharmonious energy. If irradiated Aquamarine is worn, this disharmony will be projected into the aura. The destructive emanations of irradiated Aquamarine will first affect the mind, disrupting mental processes, distorting one's view of reality, and gradually wreaking havoc on the mind's harmony. Eventually, irradiated Aquamarine will distort the emotions as well.

Using Rounded Chips vs. Spheres

The most effective and economical way to use therapeutic Aquamarine is in the form of rounded chips rather than spheres. Quality and mass being equal, Aquamarine chips and spheres radiate energies of equal intensity, but chips project their energy more actively and initiate change more forcefully. The effect of Aquamarine chips is similar to that of rough ocean waves pounding a cliff: the waves gradually wear the cliff away. In comparison, Aquamarine spheres act like gentle rain: eventually the rain erodes the rock but not nearly as quickly.

Use only the rounded chip form of therapeutic-quality Aquamarine to make Aquamarine Water. The irregular impact of water cascading over the chips releases the Aquamarine energy into the water. Spherical Aquamarine will also release its energy into water, but the end product will be considerably weaker.

Stringing Material

Therapeutic Aquamarine necklaces should be strung on material that is harmonious with the gemstones' energy, such as pure silk. If you use your necklace primarily for making Aquamarine Water, ideally it should be strung on non-dyed material to prevent potentially toxic dye from being imparted to the water.

Cleansing Your Aquamarine Necklace

Always use a clean necklace to make Aquamarine Water!

Under certain circumstances, therapeutic gemstones can collect and absorb disharmonious energies. For example, this happens when you wear a therapeutic gemstone necklace and, in the process of healing, begin to release limiting energies. These unwanted energies build up on the surface of the gemstones. Even when you're not using your therapeutic gemstones, they can collect random, undesirable energies from the environment. If you use an Aquamarine necklace burdened by such energies to make Aquamarine Water, these energies will be released into the water and hence into your body.

Proper cleansing of your Aquamarine necklace will clear these energies and restore the Aquamarine to its naturally vibrant state. The following is a simple way to keep your necklace free from unwanted energies and ready to make high-quality Aquamarine Water.

Deep Cleansing

Before making Aquamarine Water for the first time, or after wearing or using your Aquamarine necklace for another therapy, thoroughly cleanse the necklace by doing the following:

1. Hold the necklace under alternating hot and cold running tap water for about a minute. To avoid excessive temperature changes that may cause the gemstones to crack, be sure the water is not too hot for your fingers.
2. Pat the necklace dry with a soft, clean cloth or towel.
3. If possible, lay the necklace in direct sunlight for a maximum of 5 minutes. (Keeping it there any longer can cause the natural color of the gemstones to fade.)



Storage Between Making Batches of Aquamarine Water

If you are using your Aquamarine necklace exclusively for making Aquamarine Water, keep the necklace clean between preparing batches of water by doing the following:

1. Place your necklace directly on a ¼-inch layer of dry table salt in a dish. The salt prevents disharmonious energies from collecting on the gemstones.
2. When you are ready to use your necklace, remove it from the dish and rinse off any remaining salt by briefly holding it under cool running water.
3. About every two weeks, discard the used salt and replenish the dish with fresh table salt.

How to Make Aquamarine Water

What You'll Need

Important: Use only a thoroughly cleansed Aquamarine necklace to make Aquamarine Water. See "Cleansing Your Aquamarine Necklace," on page 21, for instructions.

- One solid necklace or strand of therapeutic quality Aquamarine rounded chips
- Sea salt
- Two clean 2-quart pitchers – one empty, and one filled with pure water (such as spring, distilled, filtered, or high-quality well water)

Making Aquamarine Water is simple and easy!



Procedure

Performing this procedure in sunlight increases the amount of Aquamarine energy infused into the water and helps the water retain the energy somewhat longer.

1. Drop a small pinch of sea salt into the empty pitcher.
2. Position the Aquamarine –
 - If your necklace has no clasp, fold the necklace in half. Hold the necklace at the fold, between your thumb and forefinger, so that four strands of Aquamarine are hanging from your fingers.
 - If your necklace has a clasp, fasten it and hold the clasp between your thumb and forefinger, so that two strands of Aquamarine are hanging from your fingers.
 - Hold the Aquamarine above the pitcher with the salt in it.
3. With your other hand, pick up the pitcher of water.
4. Pour the water over the Aquamarine strands, starting just below your fingertips, so that the stream of water runs down the Aquamarine chips and into the pitcher. If your necklace has a clasp, do not let the water touch the metal. This will ensure that only Aquamarine energy, and not the energy of the metal, is infused into the water.
5. Repeat Step 4 twice, pouring the water from the filled pitcher over the necklace and into the empty pitcher.

**You have now made Aquamarine Water!
It is ready to drink immediately.**



How Often to Make Fresh Aquamarine Water

Make at least one new batch of Aquamarine Water daily. If you drink and cook with more than two quarts of water, make another batch or as many as you need for the day.

Making fresh batches every day is necessary, because the Aquamarine energy in the water dissipates over a period of several hours. The sea salt in the formula helps to preserve the Aquamarine energy, but not for long. Using more than a pinch of salt will not affect the water's longevity. Also, neither heat nor refrigeration will diminish or prolong the life of the Aquamarine Water.

Aquamarine Water Potency

The procedure described here makes 3X Aquamarine Water, or that which has been poured over an Aquamarine necklace three times. The more times you pour the water over the Aquamarine necklace, the stronger the Aquamarine Water you will produce. Stronger water will penetrate more deeply into the cells to find and release deeper layers of manifested crystals; it will also dissolve them more quickly.

However, for general home use, higher potency is not always better, since it can cause uncomfortable cleansing reactions. For general home use, 3X, 4X, or 5X Aquamarine Water is sufficient. If you use Aquamarine Water stronger than 5X, you should be under the supervision of a health care professional who is familiar with Aquamarine Water.

The higher the quality of the Aquamarine you use to make the water, the stronger the water's effects will be.

More ways to use Therapeutic Aquamarine

Benefits of Wearing an Aquamarine Necklace

An Aquamarine necklace is an exceptionally versatile therapeutic tool. Its energy can be infused into drinking water to produce the age-reversing benefits of Aquamarine Water. You can also wear an Aquamarine necklace around your neck and use it in other ways to direct Aquamarine's energy for specific therapeutic purposes. (Descriptions of five of these special techniques and therapies can be found in "Aquamarine Necklace Therapies," on page 32.)

Although wearing an Aquamarine necklace provides some effects similar to those of drinking Aquamarine Water, it also offers additional benefits. These benefits, described below, are multiple and profound.

Illumination

Wearing a therapeutic Aquamarine necklace opens your consciousness to your inner ocean of knowledge, wisdom, and creativity. Its energy illuminates the hidden causes of physical and emotional conditions so that you may better master their lessons. Aquamarine's light blue color deeply relaxes the body and mind and helps you let go of resistance to the truth within. As a source of spiritual nourishment, it imparts youthful energy and brightens your aura as it brings energetic liquidity to all aspects of your being.

Aquamarine developed on Earth, not just as a product of the planet's evolution but as the result of a grand evolution constantly occurring on all levels of life. Pure spirit is the fountainhead of the life force. It is also the source of another stream of energy that flows through the inner dimensions to the physical plane. This stream is often referred to as the Healing Waters, the Nectar of the Gods, or the Fountain of Youth. As it flows through the inner planes, it changes color and consistency. When it reaches the physical plane, it manifests as the gemstone Aquamarine.

Because it exists on every level of reality, Aquamarine is able to heighten your awareness of the truth on all these levels: physical, emotional, mental, and spiritual. It also opens your awareness to the ways in which the realities or truths on these levels can sometimes seem to conflict with one another.

Just having Aquamarine in your aura begins to open your awareness on all levels. To understand how Aquamarine does this, you can compare yourself to a mansion with several floors and many rooms. The floors of the mansion are like your inner levels. Aquamarine works to open more and more doors within this mansion and turn on the lights within its rooms. In this way, Aquamarine increases your awareness of your own inner dimensions. You become more aware of things hiding in the recesses of your emotions, memory, and mind and thus better able to gain insight into who you are and what your true potential is.

As your awareness grows and you gain a greater understanding of yourself, several things will start to happen. Opportunities on all levels of life will present themselves. You will begin to understand life better, and this will allow you to work in greater harmony with your true self and with all of life. Aquamarine works in stages: it will show you only enough about yourself to stimulate your growth to the next level of awareness. At each level, you will be shown a little more. Aquamarine will continue this cycle for

as long as you wear it. The amount of truth it can reveal at each stage is limited only by the depth and brilliance of its blue color. Therefore, the deeper and brighter the Aquamarine's natural color, the more it can give.

Accepting Truth

Because it opens the awareness so powerfully, some people feel uncomfortable when they first wear Aquamarine. If you're not quite ready to accept a certain truth about yourself, you may resist what the Aquamarine has helped to reveal, and you may become uncomfortable or cranky. (If this happens, you can regulate how much truth is revealed by adjusting how often you wear the Aquamarine.) After wearing Aquamarine for some time, you will become more comfortable with your increased awareness, and any resistance will pass.

How Aquamarine Works in the Body

When you first wear Aquamarine, its energy focuses on your physical body. Its focus remains there, sometimes for weeks or months, before expanding to your emotional and karmic aspects. When worn as a necklace, Aquamarine quickly brings energetic liquidity to the healthiest areas of your body. Gradually, this liquidity spreads to less healthy areas, starting with those of higher vibration and continuing, though more slowly, into areas of increasingly lower vibrations. Similarly, when you place an Aquamarine necklace on a localized area of your body, liquidity will occur first in the healthiest cells in the area and gradually spread from there.

When your body has achieved a certain degree of liquidity, the Aquamarine will begin to work on your body's energy currents, one at a time. Usually, it works on the energy current that is most directly involved with the area of the body that the Aquamarine is currently highlighting.

How Aquamarine Works with Emotions

In the emotional realm, Aquamarine works on the concentrations of energy that pass through your physical body to be expressed and felt as emotions. Sometimes, for various reasons, you may not wish to feel or express a particular emotion. When this happens, the energy of the emotion can build and concentrate in your emotional aspect until you can no longer hold it in. Then the emotion bursts through for expression, often in uncomfortable or inappropriate ways. Aquamarine improves the relationship between your body and emotions and softens any concentrations of pent-up emotional energy. This allows you to express all your emotions more smoothly and comfortably. Thus, Aquamarine is particularly helpful for people who often display strong or uncontrollable outbursts.

How Aquamarine Works with the Mind

Your mind, which profoundly influences every aspect of your health, has energetic ties to every part of your being, including your physical body. These ties resemble threads of light. As the stresses of living accumulate, these threads can become darkened with disharmonious energy, causing the threads to tighten their grip on your being in an unhealthy way. When Aquamarine starts working on your physical cells, its light and liquidity touch these threads and begin to infiltrate your mind. This is especially true of Aquamarine in which the color blue dominates. Blue Aquamarine has an affinity with the aspect of your mind that is present in every physical cell, every wave of emotion, and every memory stored in your karmic aspect. Aquamarine restores light to these energetic threads and relaxes their grip. This allows your body, emotions, and karmic aspect to exercise their own intelligence more fully and frees them to focus on restoring and maintaining your health.

Aquamarine as a Spiritual Tool

Aquamarine is most beneficial to those who are on a path of awakening. It helps those who want to know more about themselves, their destiny, and their potential. It is especially helpful for those who have reached apparent plateaus in their spiritual unfoldment, for it can awaken them to new vistas and help them grow to ever-higher levels.

Soothing Grief and Trauma

Aquamarine can ease any overwhelming physical, mental, or emotional pain, especially the pain of grief. This is, in part, a result of Aquamarine's brightening of the aura. Because you view the world through your aura, when it is made brighter, your outlook is brightened as well.

Aquamarine's liquidity effect can also loosen the bonds of traumatic and painful memories. This effect will probably occur only after you've worn Aquamarine for several months.

Prenatal Awareness Technique

A pregnant woman may place Aquamarine over the uppermost portion of her uterus to help her become more aware of and possibly come into conscious contact with her soon-to-be-born child. If she sleeps with the Aquamarine over her uterus, she may even dream of previous lifetimes they have shared.

Easing the Transition to Life's End

Aquamarine's purpose is to help people evolve and unfold. In the physical world, this sometimes means helping someone complete certain cycles within a physical body. This does not mean that Aquamarine hastens physical death. Yet, when death comes near, Aquamarine can lighten the load, shine the way, and make the experience calmer and less fearful.

A Comparison: Drinking Aquamarine Water and Wearing an Aquamarine Necklace

While both are highly beneficial, the therapeutic effects of drinking Aquamarine Water and wearing an Aquamarine necklace are somewhat different.

The effects of Aquamarine Water are much more focused than those of an Aquamarine necklace worn around the neck. The focus of Aquamarine Water is primarily physical, and it is especially attracted to areas of hardness and rigidity. Aquamarine Water brings liquidity more rapidly, directly, and deeply into your physical cells than wearing a necklace does.

The energy of an Aquamarine necklace is attracted to a broader range of conditions. It first focuses on your physical and mental aspects. Then, after some time, this focus expands to include your emotional and karmic aspects.

Aquamarine Necklace Therapies

An Aquamarine necklace can be used in many additional ways for a variety of therapeutic purposes. Here are descriptions of five special therapies and techniques that employ the healing energies of an Aquamarine necklace. For detailed instructions on how to perform these techniques, please visit www.Gemisphere.com.

Relaxation Technique

Aquamarine is used to calm the body's energy flows and relax the entire body. Excess energies that may be causing a headache or insomnia are released. In this technique, an Aquamarine necklace is formed into a small circle and placed on specific areas of the body.

Pre-Treatment and Pain Relief

An Aquamarine necklace is used to prepare a localized area for another life-giving treatment. This pre-treatment helps the area's cells release negative energies and become more receptive to positive change. This technique can also be used to temporarily relieve pain in a localized area of the body. In both cases, an Aquamarine necklace is formed into a circle and placed on the ailing area.

Emotional and Karmic Healing Technique

Aquamarine's healing energies are focused on emotional or karmic issues. After a brief period of contemplation, an Aquamarine necklace is worn around the neck during sleep. Unwanted emotional and karmic energies are released in the sleep state, thereby circumventing the discomfort of experiencing these releases while you are awake.

Discovering the Cause of Illness

An Aquamarine necklace is taped on the body overnight to discover the karmic causes of an illness or other physical condition. Dreams and insights are recorded in the morning and throughout the day.

Enhancing Creativity

An Aquamarine necklace is used to open one's awareness to the inner levels where ideas and inspirations are born. This technique can be used by artists, engineers, designers, physicians, or anyone else who wants help with the creative and problem-solving processes.



For information on how to obtain
therapeutic quality Aquamarine necklaces
and other therapeutic gemstones

~ and ~

To learn about our books, videos, and
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