

Inner Quest Necklace Therapy

Focusing Blue Sapphire's Effects on the Physical Body

An Inner Quest necklace is placed on an area of the body to help bring the healing energy of Blue Sapphire to the area. The Lavender in Inner Quest enhances the body's ability to make the physical changes required for the Blue Sapphire to affect the cells in that area and their counterparts in the subtle bodies.

Therapy Tools

One therapeutic Inner Quest necklace

Indications

- Your head or another area of your body feels closed or congested
- You sense a disconnection between your mind and your body regarding the treatment area
- You want to develop more harmony and communication between the treatment area and your mind
- You want to bring the effects of Blue Sapphire to an area of your body

Effects

When Inner Quest is worn around the neck, the Lavender in the necklace opens up flows in the physical head that have been clogged, suppressed, or closed. It also aligns the components in the head with their corresponding components in the subtle bodies. All this work is done to support and facilitate the effect that Blue Sapphire has on the physical body.

Every cell in the physical and subtle bodies, like each of the bodies themselves, has a governing aspect. The governing aspect of the physical body is the brain. When Inner Quest is placed on a localized area of the physical body, it opens energy flows between the brain and the governing aspects of the cells over which the necklace is placed. It also opens the energy flows between the governing aspects of the corresponding cells in the subtle bodies and the governing aspects of the subtle bodies to which these cells belong.

It is the Lavender in Inner Quest that allows the necklace to affect the physical body directly. Lavender aligns and opens energy flows, not only among the subtle bodies, but also between the physical and subtle bodies. The relatively large amount of Lavender in Inner Quest allows more attention to be focused on making the physical changes required for the Blue Sapphire to affect the physical body and its governing aspect more directly.

Note: Unlike Inner Quest, the Lavender Fire necklace does not have a specific effect on the governing aspect of the individual cells, because its design and the greater mass of Blue Sapphire it contains direct its attention more fully toward the mental body.

Procedure

1. Open a therapy window on the area you wish to treat.
2. Place the Inner Quest necklace in a neat pile or flat spiral over the area you wish to treat.
 - If you wish to keep the necklace in place for a long period, instead of holding it, you can secure the gems to your body. To do this, place the necklace on your skin and then place a light cotton cloth over the gems. Tape the cloth to your skin with non-plastic first aid tape. Avoid letting the glue from the tape touch the gems. If you are placing the necklace on your head, secure it there with a scarf, stretchy headband of predominantly natural fibers, or other natural-fiber cloth.
 - If the necklace slips off during sleep, it will continue to have some therapeutic effect as long as it remains near the placement area.
3. To enhance the effects of the therapy, wear the Inner Quest around your neck between treatments.

Time Guidelines

Perform this treatment for at least 30 minutes and for as long and as often as you feel comfortable doing so.