

Quartz Therapy

Quartz Chakra Balancing Technique

This Quartz therapy balances the chakras as it increases the flow of life force through them. The chakras are mended and soothed, overall energy is given a boost, and the healing of chakra-related illnesses is accelerated. During the treatment, Quartz is placed on one chakra or on all seven chakras in a specific sequence.

Therapy Tools

Options (one of the following)—

- One or seven necklaces of frosted Quartz spheres (8 mm, 10 mm, or 12 mm)
- Set of seven Quartz Gem Energy Rings

Indications

- When you are experiencing any of the following—
 - Weight or tightness in a chakra or related area
 - A chakra feels damaged or hurt
 - A chakra is affected by negative energy in some way
 - You suspect that an illness or other limitation is caused by a chakra imbalance
- When you want to—
 - Soothe, heal, or bring balance to one or all of your chakras
 - Experience an overall boost in your energy and strength
 - Soothe and center yourself after a stressful or tiring experience

Effects

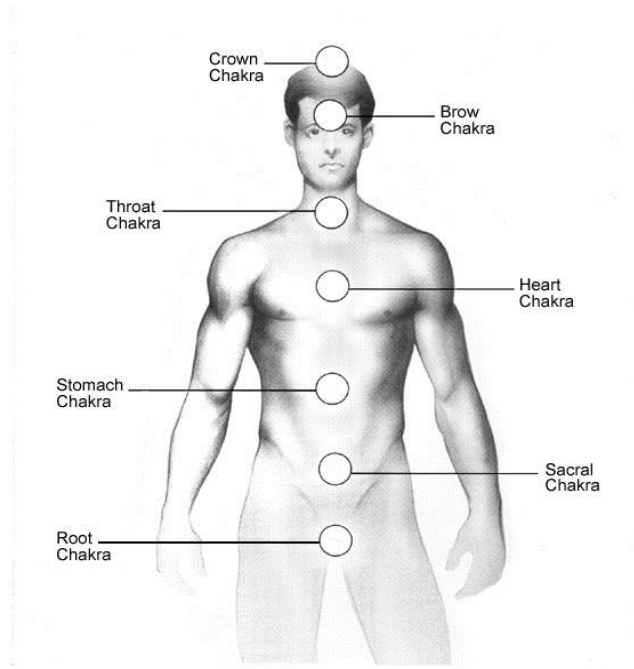
Nearly everyone has imbalances in the flow of energy through one or more of the major energy centers, or chakras. Such imbalances are certainly present in someone with any kind of illness; the more ill the person is, the more chakra imbalances he or she probably has. Therefore, just about anyone—from the relatively healthy to the seriously ill—can benefit from this treatment.

When you place spherical Quartz on a chakra, Quartz energy continually fills and flows through the chakra and corresponding areas in your aura before returning to the spheres. In this way, the Quartz learns everything about the chakra and what it needs to become stronger and more balanced. Then the Quartz balances the chakra by making adjustments in the flow of life force through it. If a chakra is injured or otherwise damaged, this therapy helps to repair and rebuild it.

As a result of this treatment, you may notice an increase in overall strength and vitality. You may also notice that you have more energy and are able to give and receive on many levels in a more balanced way. When you place the Quartz on your crown chakra, you may feel the Quartz energy flowing down your spine and making you feel more grounded.

Chakra Illustration

See the illustration below for chakra locations:



When Treating All Seven Chakras at Once

Procedure

1. Lie on your back and make yourself comfortable.
2. Place a single Quartz Gem Energy Ring or Quartz necklace on each chakra. If using necklaces, place each one in a small pile or spiral. Place the gems directly on your skin or over a light layer of natural-fiber clothing.
 - Start at the root chakra and work your way up the body, placing the Quartz on each successively higher chakra.
 - When you reach your crown chakra, hold the gems in place using a natural-fiber headband or a pillow gently propped against the top of your head. If you prefer, you may sit up and place the Quartz on your crown and hold it in place with a natural-fiber bandana or headband.
3. Cleanse the gems, and then wear a Quartz necklace around your neck for ongoing support.

Time Guidelines

The first time you perform this therapy, keep the Quartz on the chakras for 20 to 30 minutes. Gradually increase the length of subsequent treatments up to one hour. You can perform this

therapy once or twice a day. It is important to place the Quartz on each chakra for an equal amount of time.

When Treating One Chakra at a Time

Procedure

1. Select the chakra you wish to treat.
2. Lie on your back and make yourself comfortable.
3. Place either a Quartz Gem Energy Ring or Quartz necklace directly on the chakra you've selected. If using a necklace, place it in a small pile or spiral. Place the gems directly on your skin or over a light layer of natural-fiber clothing.
4. Cleanse the gems, and then wear a Quartz necklace around your neck for ongoing support.

Time Guidelines

The first time you perform this therapy, keep the Quartz on the chakra for 20 to 30 minutes. Gradually increase the length of subsequent treatments up to one hour. You can perform this therapy once or twice a day.