

## Quartzite Necklace Therapy

### Post-Treatment Anchoring Technique

Quartzite is placed on a localized area of the body or worn around the neck to anchor and stabilize the positive changes resulting from another life-giving therapy with either a physical or inner focus.

#### Therapy Tool

One or two necklaces of Quartzite spheres (8 mm or 10 mm)

#### Indications

- When you wish to stabilize and anchor the positive changes resulting from a life-supporting therapy that treats any of the following—
  - A localized area of your body
  - Your body as a whole
  - Your emotions
  - Your mind
  - Your entire being
- When you tend to slip back to your previous state after receiving any kind of uplifting, life-giving treatment

#### Effects

When used as a post-treatment following any kind therapy that is live-giving and healing, this Quartzite therapy helps stabilize the new, more positive state that resulted from the initial therapy. The Quartzite helps anchor the energies of your new state. At the same time, it helps make your whole being more receptive to and comfortable with these new, higher vibrations. Thus, it allows your body and inner aspects to begin living from the new, improved state, rather than treating these higher vibrations as somewhat foreign.

For example, if you place Quartzite over a knee where physical therapy has just been performed, the Quartzite helps the benefits of the therapy remain with the knee. It essentially "freezes" the effects of the therapy while the rest of your body is given a chance to accept and adapt itself to the knee's new situation. Afterward, when you remove the Quartzite, the knee will tend to maintain the therapy's effects for a longer time.

#### Procedure

Immediately following a treatment that has initiated a positive change somewhere in your physical or inner being, do one of the following—

- If the previous treatment had a physical focus, place the Quartzite in a neat pile on the area of your body that was the focus of the treatment.

Example: After you have received a chiropractic adjustment, place one or two Quartzite necklaces over the length of your spine.

- If the previous treatment had an inner focus (emotional, mental, or spiritual), place a Quartzite necklace around your neck.

### **Time Guidelines**

#### *For Treatments with a Physical Focus*

When following up a treatment on a localized physical area, if you are relatively healthy, keep the Quartzite in place for 5 to 15 minutes.

If the change made was very great, or if you are in a very weakened condition, keep the Quartzite in place for 20 to 30 minutes. Then put one Quartzite necklace around your neck for about an hour.

#### *For Treatments with an Inner Focus*

The stabilization of new inner states requires longer Quartzite applications than the stabilization of physical changes. When following up a treatment with an inner focus, wear the Quartzite around your neck for at least one hour and no more than 12 hours. Tune into your body's signals, paying attention to any urges you may have to remove the Quartzite before this maximum time has elapsed.

### **Quartzite Amount**

For this or any other Quartzite therapy, do not place more than two Quartzite necklaces at a time anywhere on your body. Using more than that will inhibit your body's adaptation to the positive changes initiated in the treatment area.