

Quartzite Necklace Therapy

Restoring a Healthier State

Quartzite is used to restore a previous, healthier state that resulted from a life-giving therapy or other positive experience. This therapy utilizes Quartzite's ability to record and store information about the person who wears it. Quartzite is held on the brow to highlight and "download" the frequency picture of the earlier, healthier state into the brain and body.

Prerequisite

For this technique to work, you must select a positive state that was recorded by your Quartzite necklace. In other words, you must have worn your necklace during the experience you choose to recall in this procedure. This experience can have resulted from a life-supporting therapy or from a time when you felt particularly happy or uplifted.

Therapy Tool

One necklace of Quartzite spheres (8 mm or 10 mm)

Indications

- When you wish to reinstate the sense of harmony and well-being you experienced following a life-supporting therapy session
- When you are feeling emotionally distressed and you wish to restore the feeling you had on a particularly happy day

Effects

This technique utilizes Quartzite's ability to record and store information about you. Within its microcrystalline structure, Quartzite keeps a record of all the changes that occur within your physical and inner aspects during the time you are wearing it. Thus, Quartzite serves as a "reference library" of your evolution.

This technique allows you to access and use certain information that has accumulated in your Quartzite necklace.

Whenever you receive any kind of therapy that results in a true improvement of your condition and leaves you feeling healthier and more harmonious, your body's overall energy, or frequency picture, rises. Putting on a Quartzite necklace immediately following such a therapy anchors these positive changes in your being. At the same time, the Quartzite records and stores this new, healthier frequency picture within its microcrystalline structure.

This technique allows you to access that healthier frequency picture and reestablish it in your body. Let's say, for example, that you put on a Quartzite necklace immediately after a successful chiropractic adjustment that left you feeling aligned and vitalized. If later you lift

something heavy and throw out your back again, this technique can help you reinstate the healthier frequency picture experienced after your adjustment and recorded by the Quartzite. Thanks to the Quartzite, your chiropractic visit won't have been a waste of time.

You can also use this Quartzite technique to reestablish the emotional and mental state you experienced on a particularly happy day. If, some days later, you are feeling blue, you could try this technique to recall and reinstate the feelings of that better day. Of course, this will work only if you wore the Quartzite during the prior happy experience, thereby allowing the Quartzite to record the associated frequency picture.

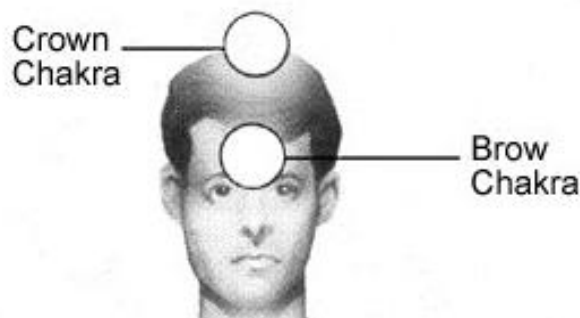
In this technique, you highlight with your mind and memory the positive results of a therapy session or uplifting experience. Then you "download" its frequency picture from the Quartzite into your brain. This frequency picture is carried by the Quartzite energy throughout your body and into your cells. There, it does its best to overwrite the current frequency pictures and restore the older but presumably healthier one.

Procedure

1. Select a therapy session or uplifting experience for recall.

If you select a therapy session, the technique will work best if you recall your most recent session. Doing so will require the least amount of work for your body to reinstate its frequency picture. However, you may also recall earlier treatments.

2. Lie down and make yourself comfortable.
3. Hold a Quartzite necklace in your fist, grasping it as if it were an ice cream cone. Allow some of the Quartzite to protrude through the circle made by your thumb and forefinger.
4. Gently press the protruding Quartzite to your brow chakra. If you wish, you can lie on your side or otherwise shift your position to support your arm. See the illustration below for chakra locations:



5. Think about the therapy session or happy experience that resulted in a sense of well-being. Do this for a minute or two.
 - If you have chosen a therapy session, recall as best as you can what occurred throughout the session, from beginning to end.
 - If you have chosen a happy time, recall the uplifting events that led up to your decision to put on the Quartzite.

6. Move your attention to the moment that you put the Quartzite around your neck after the therapy session or during the positive experience. Rest in the thought of the good feeling you had at that time. Perform this step for 15 minutes.
 - If you are recalling a therapy session, move your attention to the end of the session, when you donned the Quartzite necklace.
 - If you are recalling a happy time, move your attention to the way you felt when you decided to put on the Quartzite.

The more focused your mind can be during this exercise, the better the results. However, if your mind wanders to other thoughts, allow it to do so. Occasionally recall that you are doing this technique to "download" your body's frequency picture from when you wore the Quartzite.

7. Allow your body to move in whatever way feels comfortable. For example, you may want to stretch or "unwind." Follow this impulse. These physical movements might be necessary for your body to achieve the preferred frequency picture.