

Quartzite Necklace Therapy

Support for Spiritual Focus

A Quartzite necklace is worn during a contemplative period to turn the conscious attention away from the distractions of life and to help establish or reestablish a spiritual focus.

Therapy Tool

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

Indications

When life seems so busy that your spiritual focus has become lost or hard to find

Effects

When you meditate or perform a spiritual exercise, you focus on your highest Self. At the same time, life's normal distractions and the other aspects of your being—your body, emotions, and mind—naturally lose the focus of your conscious attention. These aspects move into a state of semi-hibernation.

When you wear Quartzite during such an experience, it facilitates this spiritual focus. The Quartzite anchors, or puts on hold, any significant changes in your body, emotions, and mind. This frees your conscious attention from the tumult of daily life and allows your attention to be less involved in your body, emotions, and mind. As a result, you become more connected with your spiritual Self. Ultimately, the greater overview that a spiritual viewpoint provides will benefit you in every aspect of your life.

Procedure

1. Sit comfortably in a quiet place where you will be free from distractions.
2. Place a Quartzite necklace around your neck
3. Close your eyes. Do one of the following:
 - Perform your regular spiritual practice.
 - Practice being quiet and present in the moment. Begin by breathing deeply into your abdomen. Let go of the day's activity. Allow yourself to relax deeply. Open to your spiritual Self. Do your best to keep your attention beyond your physical body, emotions, memory, and mind.

Time Guidelines

Practice this technique for about 15 to 20 minutes. Because performing this technique can be somewhat hard on your body and inner aspects, perform it no more than once a week.