

Quartzite Necklace Therapy

Tension Release

Quartzite is used to relieve tension or pain in the head, neck, or shoulders or to ease insomnia or a feeling of being wired. Two spheres in a Quartzite necklace are held in the palms of the hands to induce a still point and drain the excess energy from the upper body that may be causing the discomfort.

Therapy Tool

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

Indications

- When you are experiencing any of the following –
 - Headache
 - Stiff neck
 - Sore shoulders
- When you are feeling "wired" or suffering from insomnia

Effects

Quartzite placed anywhere on your body produces a still point. It essentially asks your body to stop progressing in time, reevaluate itself, and then make any necessary corrections. Afterward, your body usually overrides whatever has induced the still point and gets on with business as usual.

In this therapy, you direct Quartzite's still-point effect to a special point on each palm. You use your fingertips to single out two spheres in a Quartzite necklace and focus the energy of these spheres, plus energy from your body and the universe, into these points. The simple presence of your fingertips on the spheres has this focusing effect. The other spheres in the necklace support the work of the singled-out spheres, somewhat like a battery pack. They serve as an energy source that powers the therapy.

Focusing Quartzite energy on these special points drains the excess energy from your head, neck, shoulders, and arms that may be causing tension, pain, or over-activity in these areas. Thus, this therapy can help relieve a headache, a stiff neck, sore shoulders, insomnia, or a "wired" feeling. As the excess energy moves down your arms, your upper body relaxes.

Procedure

1. Hold one end of a Quartzite necklace in each hand.
2. Using the middle finger of each hand, press a single sphere from each end of the necklace into the center of each palm.

3. Let your hands rest in your lap, holding the spheres in your palms.
If you feel a shift in your body's energy, a burst of energy, any discomfort or spaciness, or an urge to remove the Quartzite, do so. This means that your body has overridden the still point and is ready to end the therapy.

Time Guidelines

Hold the Quartzite spheres in your palms for a minimum of 5 seconds and a maximum of 30 seconds. If you hold the spheres in place longer than five seconds, be very alert to any of the signs described in Step 3. These signs indicate that it is time to remove the spheres immediately and end the therapy.