

Blue Topaz Necklace Therapy

Enhancing Visualizations for Improved Health

When you use visualization techniques to improve your health, you make changes in the atoms associated with the affected areas. Changes at the atomic level ripple through the molecular and cellular levels to eventually have a physical impact at the organ level. In this technique, you use visualization and Blue Topaz to help establish a state closer to ideal health in the target area. At the same time, you help protect the atoms from influences that could return them to previous, less healthy configurations.

You can use a variation of this therapy to support the health of a transplanted organ. See details at the end of the therapy.

Therapy Tools

- One therapeutic-quality Blue Topaz necklace
- A diagram or photograph of the target area depicting what it looks like in an optimal state of health

Indications

- An unwanted condition in a localized area of your body
- A transplanted organ

Effects

Helps your atoms find a healthier arrangement

When you know that an area of your body is ailing, your mental image of it naturally includes the ailment or dysfunction. Because of the mind's powerful influence on the body, this mental image can impede healing in the area. Using Blue Topaz in conjunction with visualization helps your body accept a new, healthier image of the area, which in turn aids the area's healing.

When you wear a Blue Topaz necklace, its energy is attracted to your cells by their electrical charge. From the cellular level, the Blue Topaz energy moves to the molecular level like falling rain. When enough Blue Topaz energy fills the molecular level, it jumps into the atomic level, which it then saturates. Once your atomic level is saturated with Blue Topaz energy, your visualization of an ideal state of health easily rearranges your atoms to reflect this new image of health.

Relaxes the part of the mind that is fearful of change

Even without Blue Topaz, atoms respond quickly and willingly to visualization techniques that involve the organs or body parts they comprise. They swiftly rearrange themselves to fulfill the visualized image. However, when you practice visualization without the help of Blue Topaz, the atoms typically spring back to their previous configuration when the visualization is over or

when they're confronted by the part of the mind that responds with fear to any change in the body. This part of the mind insists that changes cannot be made and that the status quo is comfortable and preferable, even if it isn't healthy.

Blue Topaz energy softens and relaxes the mind so that it's more comfortable with change. It also helps the mind perceive the body's atoms, beyond the illusion of solid matter. With Blue Topaz's help, the mind can more easily accept that a physically manifested condition in the body can be changed.

Protects with the umbrella effect

Blue Topaz energy also helps your atoms retain their healthier state once it's established. The atomic-level Blue Topaz energy acts like an umbrella to protect the atoms and prevent the mind's fear and resistance from smacking them back into their previous configuration.

Resisting strong winds that reverse the new atom configuration

This protection of Blue Topaz's umbrella is not absolute, even as a real umbrella cannot keep from turning inside-out in strong winds. In this case, the "strong wind" might be an activity, thought pattern, food, or other substance that causes the atoms to return to their old configuration.

On an atomic level, all things are connected. Your atoms, in wanting to maintain their new configuration, will try to communicate with you via the world around you. With the help of Blue Topaz, your softened and relaxed mind will become more perceptive and responsive to this communication. Your mind will also connect better with your brain, which may have information about factors that are hurting the health of the target area, and you will become more aware of these factors.

Procedure

1. Find a photo or diagram that depicts the target organ or area in a state of ideal health. A medical textbook or website is a good source for this.
2. Place the photo or diagram someplace where you can look at it often during the day.
3. While wearing a Blue Topaz necklace:
 - Look at the photo or diagram.
 - Close your eyes and see this picture in your mind's eye.
 - Then put your attention on the part of your body depicted by the diagram. You will be superimposing your visualization of the ideal state of health on the actual manifestation and expecting them to be the same. See it, know it, accept it, and expect the area to physically manifest the way it looks in the picture. This step may take only a few seconds, but continue until your attention wanders.*

4. Repeat Step 3 many times a day, including first thing in the morning and before going to sleep at night.
5. As you go about your day, open your awareness to the cause-and-effect relationships involving the health of the target area. Pay attention to causes, such as the food you eat, the thoughts you think, and the actions you take, as well as to your body's responses.**

*** More About Step 3: Alternatives to Visualization**

If you are new to visualizations or you wish to enhance the technique, you can repeat, either silently or aloud, a phrase that describes the desired state of health. For example, if the issue is a blocked liver duct, you can say, "The duct in my liver is healthy and open, and whatever needs to flow through it is flowing with ease." Or, "My liver duct is open. It is an adequate and healthy conduit for the fluids that need to flow through it to maintain my health."

Also in lieu of visualization, you can sense this truth within the target area. You can feel gratitude that the atoms have responded to your mental request. You can also feel grateful that the Blue Topaz energy in your atomic level is acting like an umbrella.

If you use these alternatives to visualization, also look at the photo or diagram while performing this Blue Topaz technique.

**** More About Step 5: Following Up to Maintain the Healthier State**

Here is an example of how to reinforce the visualization to help maintain the healthier state of your target area or organ.

Let's say the issue is a blocked liver duct and you visualize that the duct is open. It is then your responsibility to maintain the new configuration of liver atoms in three ways: (1) by reinforcing the new configuration with ongoing practice of this visualization technique, (2) by continuing to wear the Blue Topaz necklace to maintain the Blue Topaz umbrella, and (3) by identifying the nature of the strong winds that can render the umbrella ineffective. As stated earlier, the strong wind might be an activity, thought pattern, food, or other substance that causes the atoms to return to their old configuration.

In this example, you suspect that the duct's behavior might be food-related, since the duct is involved with the digestion of fats. In Step 5 above, pay close attention to what happens in your environment when you eat. Take one bite of food at a time and be aware of any signals that might tell you whether this food item is fine or bothers the liver duct. Anything that distracts you from eating could indicate that you should avoid the food: the phone ringing, a sudden pain somewhere in your body, a cough, something wrong or different about the food itself, or a comment that someone makes. Likewise, environmental feedback that signals the food is good and health supporting might include a child or pet coming to the table to show affection,

noticing something beautiful outside the window, or the sound of music you like suddenly being played in the neighborhood.

Time Guidelines

While working with this technique, wear your Blue Topaz necklace for several hours a day. The best times to wear it are while sleeping, resting, or sitting quietly—for example, while reading or working at your desk. During these quiet times you particularly benefit from Blue Topaz's ability to help open the mind and soften unhealthy mental images.

Since the mind can get bored repeating this procedure daily, perform it only one or two days a week. Choose the days and mark them on your calendar. Continue working with the technique until the changes you desire have taken place.

Variation for Transplanted Organs

This visualization technique can be very beneficial for a transplanted organ. With the help of Blue Topaz, you can visualize a new arrangement of atomic-level compatibility and affinity between the transplanted organ and your other organs. Follow the procedure above, focusing on one organ at a time. Visualize each organ and the transplanted one together in the same mental picture, with both accepting each other and working in harmony. Take your time to slowly work through all the organs of your body, perhaps working with one organ a day.