

Quartz Eye Therapy

Two optical-quality Quartz spheres are used to soothe, balance, and cleanse disharmonious energies from the eyes and surrounding areas.

Indications

- Any kind of disharmony in the eyes
- Eye strain or fatigue
- Chronic dry eyes
- Following another eye therapy

Effects

When single therapeutic-quality Quartz spheres are placed on the eyes, the Quartz works in cycles. First, it cleanses disharmonious energy from the eyes and surrounding areas, and then it establishes a new level of balance there. During the cleansing phase, if the condition of the sinuses is contributing to the eyes' disharmony, the sinuses will be cleared to a degree. With each new cycle of work, the Quartz will initiate a deeper cleansing and greater overall balance. The longer and more often the Quartz spheres are placed, the deeper into the affected area the Quartz energy will penetrate to draw out disharmony and to soothe and balance the eyes.

Procedure

1. Lie on your back and make yourself comfortable. Close your eyes.
2. Place a single Quartz sphere in the concave area between each eye and the bridge of the nose. Always place both spheres, even if only one eye is distressed.
3. To secure the spheres, lay a towel over your eyes or tie a scarf or stretchy headband around your head. Using the latter will allow you to rest on your side with the spheres in place.
4. Lie quietly and keep your eyes closed throughout the treatment. Do not open your eyes and look into the Quartz spheres.
5. Remove the spheres, but continue to lie down with your eyes closed for a few minutes. This will give your eyes time to adjust before you get up and resume activity.

Time Guidelines

It is best to perform this therapy daily or every other day. The first time you perform it, keep the spheres in place for 15 to 20 minutes, gradually increasing the time to 30 to 60 minutes per treatment. After about six treatments, you can keep the gems in place overnight. If you only have 15 minutes, it is better to perform the treatment for 15 minutes than to miss a treatment.

Cleansing the Quartz

Because the spheres will have collected the eyes' disharmony in their energy fields, they should be cleansed immediately after each treatment. Rinse them in alternating warm and cold running water for a minute or two. Then place them in direct sunlight for a maximum of 20 minutes.