

Quartz Respiratory Support Technique

“Windows” are special points on the body that open when a single gemstone is placed on them, allowing the gem’s energy to enter your body. Windows can be associated with tissues, issues, organs, and systems. When you place single Quartz spheres on the respiratory system windows, the gemstone’s energy directly accesses the entire system.

PURPOSE

- Vitalizes and strengthens the functioning of your respiratory system, including the lungs, sinuses, larynx, trachea, diaphragm, and intercostal muscles
- Soothes irritation and eases symptoms in the sinuses, throat, and bronchioles
- Supports the healing of:
 - Flu, common cold, cough, congestion, lung tightness, or sinus infection
 - Respiratory allergies
 - Any unwanted condition of the lungs, such as asthma, bronchitis, emphysema, or pneumonia
 - Laryngitis
 - Sleep apnea
 - Irregular breathing

Effects of Quartz on the Right Window

- Supports the healing of a respiratory infection
- Encourages the liver to flush itself of toxins
- Helps prevent and heal allergies and sensitivities, particularly to toxic odors

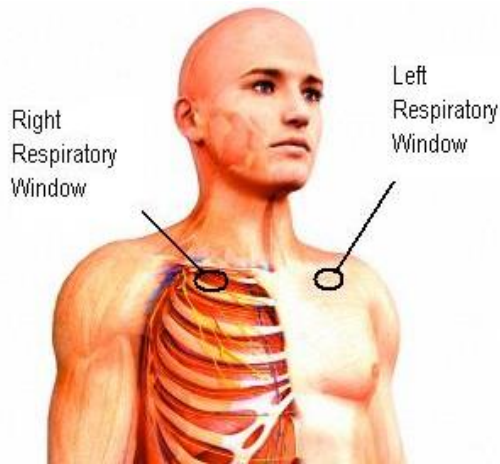
Effects of Quartz on the Left Window

- Helps your respiratory system amplify and more accurately carry your unique sound signature so you can express yourself more accurately and your cells can be called into greater harmony
- Helps your heart receive clearer information about the thoughts and feelings of others

WINDOW LOCATION

The respiratory system has two windows.

1. To find the left window, touch the left clavicle bone, noticing the natural indentation beneath it and adjacent to your left shoulder. Your left respiratory window is located in this indentation.
2. To find your right window, repeat this process on the right side of your body.



PROCEDURE

Place the Quartz alternately on the left and right respiratory windows. No matter which respiratory-related condition you are treating, it is best to apply the Quartz to both windows. This allows you to treat both lungs and the entire system as a whole. If you want to focus the gem's effects on a particular window for its specific effects, simply treat that window twice as long as the other one.

1. Choose the first window to treat:
 - If your symptoms involve the liver–right lung relationship, allergies, or an infection, treat the right window first.
 - If your symptoms are related in any way to your heart, relationships, or communication through speech, treat the left window first.
2. Circle in with the Quartz and tape it on the selected window.
3. Then tape the Quartz on the other respiratory system window.
4. Repeat Steps 1 and 2 until symptoms improve.

Time Guidelines

For acute respiratory conditions, alternate windows as often as every hour.

For chronic conditions, you can place the Quartz on the chosen window for twice as long as the other window, up to two days on one window, and one day on the other.

Cleanse the Quartz at least once a day while in use.

WHAT YOU MAY EXPERIENCE

As Quartz brings more life energy to your respiratory system, symptoms will ease and infections should heal more quickly. In the case of acute conditions, you may notice improvement within a few minutes or hours. Chronic conditions may improve **gradually**, over days and weeks.