

## Quartz Necklace Therapy

### Life Force Infusion

Quartz energy is infused into a painful, injured, or otherwise disharmonious area to bring more life energy and balance to the area. This Quartz infusion can be used as a primary therapy or as a pre-treatment to help prepare any area of the body for another life-giving therapy.

#### Therapy Tool

One necklace of frosted Quartz spheres (8 mm, 10 mm, or 12 mm)

#### Indications

When any of the following apply—

- A localized area of your body, such as an organ or muscle, is injured, painful, or tight
- You are experiencing joint pain, sprain, or strain
- You wish to bring additional life force and improved balance to any part of your body
- You wish to prepare a localized area of your body for another life-supporting therapy, such as a chiropractic adjustment or another gemstone treatment

#### Effects

When you place Quartz spheres on a disharmonious area of your body, the area and its surrounding aura are infused with Quartz energy. The Quartz also attracts additional life force to the area and gently fosters balance there. As the troubled area moves toward a state of greater balance, it naturally releases the disharmonious energies that have contributed to its distress. As a result, the area is soothed, and its healing is accelerated.

#### Procedure

1. Ideally, position yourself so that the area you wish to treat is exposed to direct sunlight, even if it is just the sunlight coming in through an open window.
2. Place the Quartz necklace directly on your skin over the area you wish to treat:
  - If you are treating an extremity, such as your hand, wrap the necklace around it.
  - If you are treating your spine, place the necklace along the length of your spine, centering the necklace on the most troubled spot.
  - If you are treating any other part of your body, arrange the necklace in a neat pile or flat spiral on the ailing area.
3. If you wish, you may secure the Quartz to the area between treatments to maintain a gentle flow of healing energies there.

**Caution: Artificial Light**

Do not shine artificial light directly on the Quartz. No harmful effects will occur, however, if you perform this therapy in ambient artificial light, such as in a room where a lamp is turned on.

**Color Rays**

By drawing life energy to the area, the Quartz attracts all seven color rays of the life force. Because the Quartz introduces these color rays so gently, the area is less likely to resist the colors' healing influence. Instead, the body recognizes the color rays as healing, soothing, and necessary.

**Time Guidelines**

When performing this treatment in sunlight, keep the Quartz on the treatment area for 30 to 60 minutes once or twice a day. If you secure it to the area between treatments, you can keep it there for as long as you wish.

When performing this therapy as a pre-treatment, apply the Quartz for 15 to 30 minutes immediately before receiving the other therapy.

**Arthritis and Lavender**

Although this Quartz therapy can be helpful for arthritis, Lavender is much more effective for treating arthritis pain. See "Lavender Pain Relief and Realignment Technique."