

## Riverstone Necklace Therapy

### Enhancing Another Therapy

Riverstone is placed on a localized area of the body to prepare it to receive another life-giving therapy, such as a gemstone therapy. The Riverstone enlivens the area's cells and makes them more receptive to the effects of other healing energies.

#### Therapy Tool

One solid necklace of Riverstone (8 mm or 10 mm)

#### Indications

- When you wish to accelerate the effects of another therapy
- When an ailing area has been resistant to treatment

#### Effects

Riverstone can accelerate the effects of nearly any life-giving treatment performed on a localized area of your body. The Riverstone not only helps your body become more open and receptive to the effects of another treatment; it also enhances the healing energies derived from that treatment. In this Riverstone pre-treatment, you place Riverstone on an ailing area to prepare it for a primary therapy. The Riverstone's energy concentrates in the placement area, enlivening the area's cells and loosening their undesirable energies.

When you place the Riverstone directly on your skin, within minutes the Riverstone begins to feel warm. This warmth is the awakening of the Riverstone by your aura and your body's life force. The onset of this warmth occurs within 15 minutes and indicates that the Riverstone's excitation of your cells' vitality has begun. You may also perceive that the treatment area starts to feel energetically "slippery." This is because the Riverstone, in effect, lubricates the area's energy to make it more adaptable to change.

The Riverstone energies and the enlivened vitality of the cells remain undirected until you perform the primary therapy, which then provides them with a particular healing focus. This is why you perform the primary therapy as soon as Riverstone has prepared the area.

#### Procedure

1. Fold over a Riverstone necklace to form a neat circle consisting of two rings of Riverstone.
2. Place the Riverstone circle directly on your skin over the organ, area, or chakra you wish to treat. Center the circle around the epicenter of the distressed area.

To focus the treatment on a smaller area, fold over the necklace again to create a smaller circle. If the treatment area is large, such as a shoulder or hip, drape the unfolded necklace around it.

3. When Riverstone has prepared the area, immediately perform the primary therapy—
  - If the primary therapy involves a gemstone placement, place the other gemstone inside the Riverstone circle.
  - If the primary therapy involves a different type of energy medicine, if possible, perform the treatment inside the Riverstone circle. Adjust the size and shape of the circle to accommodate this treatment.
4. Remove the Riverstone necklace 5 to 10 minutes before you finish the primary therapy.

### **Time Guidelines**

Place the Riverstone on the treatment area for 15 to 30 minutes before performing the primary therapy. You can adapt this time according to the density of the area you are treating. For example, the cells in a bone take about 30 minutes to achieve readiness, whereas the soft tissue of an organ or muscle takes about 15 minutes.

### **Enlivening Riverstone with Cold Water**

Because Riverstone picks up energy from moving water, you can greatly enliven it by holding the Riverstone under cold water running from a faucet. Cold water is more effective than hot water for this purpose.

Because holding the Riverstone under running water intensifies its effects, wait until the second time you perform this pre-treatment to enliven the Riverstone this way. Then, immediately before you apply the Riverstone, hold it in the running water for 15 to 30 seconds. If, by the third time you perform this pre-treatment, you feel you can handle more intense effects, keep the Riverstone under the running faucet for a full minute.

The Riverstone's enlivenment will reach its peak 10 seconds after you remove the necklace from the running water. Thereafter, the Riverstone's energies will remain charged for about 15 minutes. Then the excitation will start to dissipate noticeably.