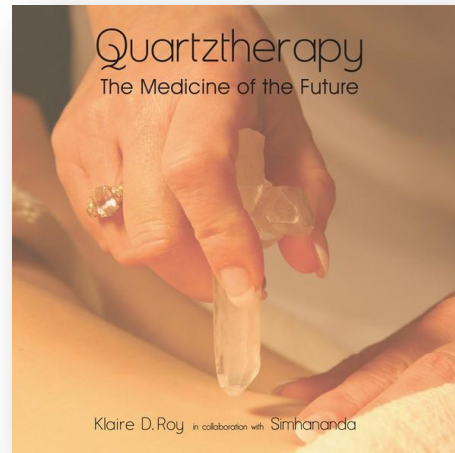


Article

Quartztherapy: The Medicine of the Future

By Klaire D. Roy
(973 words)



How does quartz rejuvenate the subtle bodies?

In over 15 years of treating patients as a lithotherapist, Klaire D. Roy has had some mystifying experiences. She has learned that quartz vibrates, connects with patients and responds to this contact according to their needs. She has been able to acquire experiential knowledge due to her ability to see the subtle bodies, such as the etheric body, yet her sceptical mind has always maintained a healthy objectivity towards what she sees. She shares her discoveries concerning the link between our subtle bodies and quartz, which lays the foundation for her ground-breaking therapeutic approach of treating and 'healing' with quartz, that she calls quartztherapy.

The most widespread mineral in our lives

The most obvious link uniting us to quartz is physical. Firstly, crystal is composed of silicon dioxide (SiO_2), which makes up 12% of the earth's crust, making it the most widespread mineral on earth. This composition allows it to help regenerate the physical body through the etheric body, subject to which we later return. When quartz is submitted to a certain pressure, electrical charges are created on its surface producing what is called piezoelectricity. Since this emission, peculiar to quartz, is very stable, it is used in a number of technologies today. For example, quartz is used in watches and computers to optimize performance and longevity. These piezoelectric properties are also used in traditional and alternative medicine, such as acupuncture, where they are channeled by a piezoelectric pen.

The more subtles levels

But how does quartz really help us? Through her career as a lithotherapist and her spiritual

practice of more than 30 years, Klaire D. Roy discovered the importance of the etheric body, which discloses an answer to this question. Not only does it store *prana*, the breath of life, but it also envelops and sustains our other bodies (astral, mental and causal), which come under its protection and influence. If it is weakened, it will have repercussions on other bodies and vice versa. Without the etheric body, life on earth would be impossible: everything that exists on earth, every being and every object (animate or inanimate), possesses such a body.

In humans, the etheric body is located a few millimeters under the skin, but its radiance or aura can be perceived from one quarter of an inch to two inches outside the physical body. It is this body that acupuncturists stimulate with their needles. Its color ranges from a shiny white to a milky white, depending on the person's vitality. When disease sets in, parts of it can sometimes turn gray or even black, depending on the seriousness of the illness.

The etheric body is crisscrossed with nadis (Sanskrit name) or meridians (Western name) that form the network through which the vital or pranic energy circulates. They number in the thousands and their points of intersection create energy vortexes called "chakras".

What circulates through the etheric body?

This energy, which keeps us literally alive, is called *prana*. It is composed of tiny balls or globules with a central core. They are constantly moving, continually changing course without ever colliding. They embody the life that flows through everything. *Prana* is transmitted through the sun's rays. The etheric body absorbs these *pranic* emanations through centers located primarily in the upper part of our body. They are then conveyed to the etheric center of the spleen to be distributed throughout the etheric body via the *nadis*. Of course, more *pranic* energy improves the health of our different bodies and reduces the disproportionate impact of stress.

Maintaining balance through quartz

Now that the etheric body and its energy are better defined, let us add that many stones help maintain harmony among the various components of the etheric body. However, and this is where quartztherapy comes into play, the quartz family is particularly important because it is highly sensitive to the etheric body's vibrations. Some of the many reasons for this are discussed below.

The composition of Quartz

Its composition of silicon dioxide, explains the natural affinity that quartz has to the etheric body. Silicon helps us absorb calcium, is beneficial to our health, and more effectively

grounds us to the earth, which is necessary for our development. Oxide is related to oxygen, the carrier of *pranic* energy. It enables the quartz to promote our organism's absorption of oxygen, and thus the absorption of prana circulating through the physical-etheric body.

Cleansing

When quartz is programmed, it can help cleanse the *nadis* that crisscross the etheric body and dissolve blockages that may be located there.

Better vibratory quality

Quartz can increase the vibrations of the vital energy circulating through the *nadis* and promote better health and greater resistance to disease.

Meditation

When quartz has been programmed for this purpose, it can enhance the resonance of the ether around a meditator. Quartz also stimulates the absorption of ether while improving meditative concentration. The meditation becomes deeper, more effective, helping to build the bridge of light, also called *antahkarana*, which will one day connect us to the soul.

Different technics

The way quartz can support the overall health of the individual in therapy is undeniably extraordinary. Here is a list of some techniques used in quartztherapy:

- Balancing the energy of the etheric body
- Polarizing the spleen
- Cleansing with a quartz egg
- Scraping
- Sweeping
- Etheric surgery
- Massaging the diaphragm with a quartz ball
- The hexagram of light
- Removing unhealthy astral entities

Ultimately, the powerful influence of quartz acts on the etheric body, cleansing and recharging it. The person thus treated in quartztherapy feels better, more rejuvenated, and a brighter, clearer light is reflected from the etheric body.

Quartztherapy – The Medicine of the Future

Quartztherapy presents a ground-breaking therapeutic approach for treating and 'healing' with quartz. This practical book focuses on the use of different types of quartz, the study of

the etheric body (and how crystals affect it), the prana (life energy) circulation, the meridians, and how quartz can help them all. Most importantly, it explains various therapeutic methods used with quartz. Explore the many treasures revealed in this book and embark on a journey towards wellness, balance and growth.

Klaire D. Roy is the author of “*Quartztherapy – The Medicine of the Future*”, published by *Paume de Saint-Germain Publishing* in January, 2017.

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