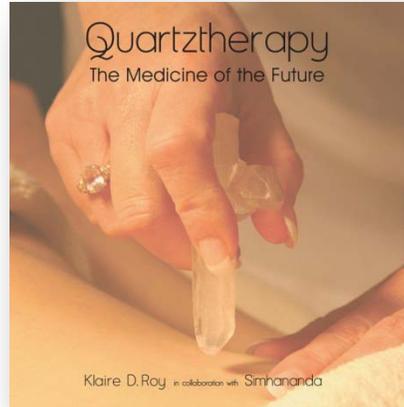


Excerpt from

Quartztherapy: The Medicine of the Future

By Klaire D. Roy



Cleansing with a quartz egg

(1524 words)

I use a quartz egg to “cleanse” the etheric body of residue that can impede the proper flow of energy. This residue, which can be physical (illnesses or disorders) or psychological (persistent negative thoughts), may derive from a number of sources. It forms an obstruction that prevents the free flow of energy, which in turn can trigger or sustain physical or emotional disorders. This cleansing process unblocks the affected region, enhancing patients’ well-being.

The effect of the cleansing is lasting if the energy has only recently begun to stagnate. However, if the blockage is substantial and longstanding, the effect may only be temporary and the cleansing process may need to be repeated to reduce or even eliminate the remaining residue. The treatment outcome is directly tied to the patient’s attitude, i.e. his or her level of understanding and desire to change, as well as to the duration of the problem. The longer the stagnation period, the more treatments will be necessary.

The ovoid shape of the quartz egg enables it to draw in the negativity through its base and expel it through its pointed end. Individuals with more highly developed clairvoyant skills may actually be able to see this process as a slight ascending spiral or vertical undulations inside the egg as the negativity passes through it. These undulations envelop the “waste” from the energy field surrounding the egg, purify it and promote the expulsion of the negative matter it has absorbed. All this matter is then directed towards the cosmic energy that retrieves it and completes the cleansing process by clearing the etheric space of any residue released by the egg remaining in the ether.

Cleansing Procedure

1. I stand on the patient's right.
2. I hold the quartz egg in my right hand about two and a half inches above the patient's body.
3. I begin gently rotating the egg counterclockwise, making small tight circles. This rotation enhances the cleansing process and activates the vibrations within the egg.
4. I start rotating the egg at the patient's head and then move down the patient's body, keeping a close eye on the egg as it can subtly indicate the areas most affected by the residue.
5. When I see increasing turbulence within the egg, encounter resistance and the egg refuses to continue, I know there is a blockage at this spot. I then concentrate on this area, continuing to rotate the egg until the resistance disappears, which tells me that the cleansing of this area has been completed.
6. I cleanse the whole body, making sure that each part is entirely purged of negative energy.



I have very seldom felt it was necessary to recharge an etheric body by rotating the egg clockwise. I've noticed that the void that remains after the cleansing is quickly filled with healthy vital energy. However, if you are uncertain and feel that the etheric body needs an extra "boost" at a specific spot, you can rotate the egg clockwise to recharge the etheric body with energy at exactly the right spot.

Scraping

A quartz scraper helps cleanse the etheric body by literally removing the residue that has collected on its surface. It is also effective for removing the layer of ochre produced by memories that fuel a negative outlook on life, crystallizing a patient's attitude.



A quartz scraper works differently from a quartz egg, which draws in negativity and then releases it into the cosmos.

The scraping technique is more radical in that it uses the quartz's entire blade to scrape away the polluted energy that has accumulated on the etheric body's surface.

I pay particular attention when using a scraper because if it is placed too close to the physical body, it can harm the etheric body; whereas if it is too far away, it can't do its work. The strokes must be smooth and sustained.

Scraping Procedure

1. I direct the sharp edge of the scraper towards the patient's etheric body at an angle of 30 degrees.
2. Each stroke, which covers about 20 inches, should be flowing, smooth and sustained.
3. I divide the scraping treatment into three phases, starting at the patient's head and moving down to mid-thorax, at which point I flick the accumulated residue onto the floor. I then continue until halfway down the leg when I again get rid of the residue. I end by passing the scraper over the middle of the leg down to the feet.
4. As I finish — and this step is crucial — I pick the scraper up and briskly shake it, with the sharp edge pointing down so that the residue will fall on the floor. It's important to visualize the waste deeply penetrating the floor so that it doesn't penetrate us when we walk on it. I always ask that this energy be "repolarized" as positive energy.
5. I use this technique on the entire body, dividing the etheric body into a number of vertical bands. Their width and number depend on the width of the scraper. The wider the scraper, the greater the area covered and the fewer the bands. I usually divide the body into seven bands, one central and three on each side. I end by cleansing each arm with a single sweeping stroke.

Scraping is an extremely powerful technique that should not be underestimated. For example, despite my caution, a few weeks ago after a particularly successful treatment, I

ended up vomiting in the bathroom next to my treatment room. I had absolutely no warning, but it was clear that my body couldn't wait to get rid of the etheric waste. The discarded residue hadn't sufficiently penetrated the floor and I had walked on it. I thought I'd been careful enough, but this sudden and mysterious bout of nausea made me realize otherwise. This had never happened to me before; my desire to help my patient and scraping off the energy affected my physical well-being. Luckily everything soon returned to normal, but ever since I've been twice as careful.



Sweeping



Through sweeping, the quartz can infuse the etheric body with its etheric energy. I nearly always use sweeping during a treatment. Not only does it increase the *prana* in the patient's etheric body, but it also allows me to check for blockages and then remove them.

This technique is more accurate than scraping because of the beam emitted by the sweeping quartz. Flashes of light can be observed when it encounters a blockage. I pass over the problem area a number of times until the flashes cease.

The point of the quartz determines the width of the beam it projects. The wider the point, the wider the beam and vice versa. However, quartz with extremely sharp points should never be used because they act like a laser and cut rather than cleanse.

I recommend using a quartz crystal with a broader point for sweeping to ensure a more widespread diffusion of energy and avoid the risk of injuring the etheric body. A beam of etheric light of slightly less than half an inch is ideal.



Sweeping Procedure

1. As with scraping, I sweep in vertical bands. Because a sweeper's beam is narrower than a scraper's, I divide the body into nine or more bands, depending on the beam of light projected.
2. I retain the central band, but add one or two extra bands on each side, not forgetting the arms, which I sometimes divide into two or three bands depending on their width.
3. The sweeping stroke should be fluid and continuous, except when an obstacle is encountered. I rarely pass over the same spot twice unless I feel a build-up of residue that needs cleansing.
4. To be effective, the beam of light should be perpendicular to the etheric body. The quartz should therefore be held firmly, but flexibly, with the pointed end free. Some quartz are shaped like a pistol, which I consider to be an asset for accurately transmitting energy.
5. Experience has taught me that sweeping should last from five to ten minutes. When a blockage is encountered the treatment may last just a few minutes more.



To be effective, sweeping strokes should be regular and steady for the well-being of the quartz, the therapist and the patient. Releasing the negative residue too quickly can unbalance the etheric body rather than help it.

The reason for this is that rapidly removing a significant amount of polluted energy from the etheric body creates problems that need a certain amount of time to dissolve. The etheric

body retains the memory of what has been eliminated and often automatically tries to replace it with something similar. This unconscious process frequently results in relapses that may seem implausible but are understandable to experienced therapists.



Even though a patient may feel fine, as if a weight has been lifted, this cleansing may also sometimes trigger discomfort, which causes the etheric body to replace what has been removed too quickly. In my experience, any change, even a positive one, requires a period of adjustment and the patient may sometimes feel “lost” when the cleansing has been successful.

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