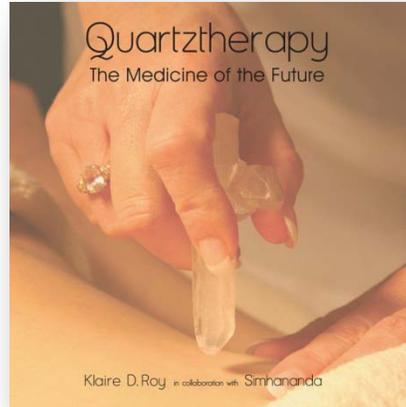


# Excerpt from

## Quartztherapy: The Medicine of the Future

By Klaire D. Roy



### Effects of quartz on the etheric body

(458 words)

In lithotherapy, many stones help maintain harmony among the various components of the etheric body. However, 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.

#### Firstly

One of the main reasons for quartz's sensitivity to the etheric body is its silicon oxide content. 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. More *pranic* energy improves the health of our different bodies and reduces the disproportionate impact of stress.

#### Secondly

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

#### Thirdly

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

#### Fourthly

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.

### The influence of color

The color of certain types of quartz, along with their effect on the etheric body, can intensify and improve the accuracy of the therapist's work since, depending on its color and impact, quartz can create a link between the etheric and astral bodies. For example, amethyst quartz not only increases the flow of vital energy thanks to its chemical composition, but it also imparts calm and courage, enabling patients to better deal with their problems.

The following colors of quartz may be used in quartztherapy.

### Clear quartz



I love clear quartz because it acts effectively within the etheric body. It produces the best results of any member of the quartz family. Since there are many quartz imitations, try to use an authentic quartz crystal, and more than one stone if possible, that meets stringent quality standards. It's better to have just one quartz crystal of excellent quality than several of lesser quality.

Why is this my favorite? First of all, its color is closely aligned to that of the etheric body. Its white rays slip easily into this body's aura and quickly dissolve any blockages in the *nadis*. It is thus an excellent tool for repairing leaks and injuries that inhibit healthy circulation through the meridians.

**Use in quartztherapy: strongly recommended**

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