

Ener-Chi Ionized Stone

Instructions

► Drinking Ionized Water

Placing an Ionized Stone next to a glass of water for about half a minute ionizes the water. Ionized water is a powerful cleanser that aids digestion and metabolism, and energizes the entire body.

► Eating Ionized Foods

Placing an Ionized Stone next to your food for about half a minute ionizes and balances it. Due to the pollution particles in our atmosphere and soil, even natural organic foods are usually somewhat polluted. Such foods are also impacted by ozone depletion and exposure to electro-magnetic radiation in our planetary environment. These negative effects tend to be neutralized through the specified use of Ionized Stones.

► Ionized Foot Bath

By placing Ionized Stones (preferably pebbles with rounded surfaces) under the soles of the feet, while the feet are immersed in water, the body begins to break down toxins and waste materials into harmless organic substances.

► Enhancing Healing Therapies

Ionized Stones are ideal for enhancing the effects of any healing therapy. For example, "LaStone Therapy" is a popular new therapy that is offered in some innovative health spas. This involves placing warm stones on key energy points of the body. If these stones were ionized prior to being placed on the body, the healing effects would be enhanced. In fact, placing Ionized Stones on any weak or painful part of the body, including the corresponding chakra, has healthful benefits. If crystals play a role in the therapy, ionizing them first greatly amplifies their positive effects

► Aura and Chakra Balancing

Holding an Ionized Stone or Ionized Crystal in the middle section of the spinal column for about one-half minute balances all of the chakras, or energy centers, and tends to keep them in balance for several weeks or even months. Since energy imbalances in the chakras and auric field are one of the major causes of health problems, this balancing procedure is a powerful way to enhance health and well-being.

► Attach to Main Water Pipe in Home

Attaching a stone to the main water pipe will ionize your water and make it more absorbable and energized.

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► Place in or near the Electrical Fuse Box

By placing a larger Ionized Stone in, above, or below the fuse box in your house, the harmful effects of electromagnetic radiation become nullified. You can verify this by doing the muscle test (as shown on the instruction sheet for Ener-Chi Art) in front of a TV or computer, both before and after placing the stone on the fuse box. If you don't have a fuse box that is readily accessible, you can place a stone next to the electrical cable of your appliances or near their power sockets.

► Use in Conjunction with Ener-Chi Art

Ionized Stones may be used to enhance the effects of Ener-Chi Art pictures. Simply place an Ionized Stone over the related area of the body while viewing an Ener-Chi Art picture. For example, if you are viewing the Ener-Chi Art picture related to the heart, hold an ionized stone over the heart area while viewing the picture. The nature of the energies involved in the pictures and the stones is similar. Accordingly, if the stones are used in combination with the pictures, a resonance is created which greatly enhances the overall effect.

► Creating an Enhanced Environment

Placing an Ionized Stone near the various items that surround you for about half a minute helps to create a more energized and balanced environment. The Ionized Stones affect virtually all natural materials, such as wood floors, wood or metal furniture, stonewalls, and brick or stone fireplaces. In work areas, especially near computers, it is a good idea to place one or more Ionized Stones in strategic locations. The same applies to sleeping areas, such as putting stones under your bed or pillow.

► Improving Plant Growth

Placing Ionized Stones next to a plant or flowerpot may increase their health and beauty. This automatically ionizes the water they receive, whether they are indoor or outdoor plants. The same applies to vegetable plants and organic gardens.

► Creating More Ionized Stones

Make any number of ionized stones simply by holding your "seed stone" against any other stones or crystals for 40-50 seconds. Your new stones will have the same effect as the seed stone.