

## Creating Gem Elixirs with *Matrix Health Line* Applicators

### 1. Getting Started

Before you begin to create your elixir, determine its purpose (e.g., increased abundance, improved health).

Then, select the stones that will provide the desired effect. Small, tumbled stones are appropriate for this purpose. Check out the enclosed elixir recipes for some ideas. For further research and information, consult the book *Gem Elixirs and Vibrational Healing, Vols. I and II*, by Gurudas or contact Ilona Hress\* of Growing Consciousness for a consultation.

You will need a glass pitcher for your elixirs. *Plastic is not recommended.*

### 3. Programming Your Gemstones

- First, program the water by itself for health, joy, love, peace, and abundance.
- Clean the stones<sup>1</sup> before placing them in the pitcher and gently lower the stones into the water.
- Place your hands palms out toward the pitcher and bring your awareness to the minerals. Transmit the feeling you are desiring into the elixir.
- Thank the stones for their assistance in addressing the issue you've chosen, and create an affirmation to support your healing.
- Place your pitcher where it will not be disturbed. Placing it in sunlight or moonlight is preferred, but not necessary.
- Wait until the processing time is complete - A 1-liter pitcher requires 1-1/2 hours processing time.

### 2. Applying the *Matrix* Applicators

The adhesive on the *Health Line* Applicators is strong. Gently remove them from the backing and place them straight up and down without creases on the pitcher.

- Start at the bottom of the **North** side of the pitcher and apply the stickers upwards, placing 6 stickers on each side.
- Make sure that the applicators are in alignment with each other on the North, South, East, and West sides of the pitcher.
- Once the stickers are in place, add distilled water to the pitcher. (*Filtered water may also be used for short-term use.*)



### 4. For Best Results/Helpful Hints

- It is not necessary to leave the minerals in the elixir after processing. Take them out and deprogram them<sup>2</sup> if you want to use them for other purposes.
- It is not necessary to leave the elixir water in the pitcher. The elixir can be stored in another glass container so you can use your pitcher to make another elixir.
- Ask your inner guidance regarding daily dosage. Each elixir and individual is unique! For some, 1 teaspoon a day is sufficient, while for others, 1/4 cup a day is most beneficial.

<sup>1</sup> **Cleansing your Gemstones:** Rinse your stones in water before use to remove any dirt, debris and negative vibrations. You can also use sage, incense, or Clear Away spray to do the same.

<sup>2</sup> **De-Programming your Gemstones:** hold the elixir stones in your hand and bring your awareness to them. Deprogram them from the previous use thanking them for their service. They are free to be used for another purpose.

**Ilona Anne Hress, LCSW, CTT, Rev.,** is a licensed clinical social worker, connective tissue massage therapist, celestial channel, and metaphysical teacher. She utilizes spiritual psychotherapy, bodywork, and highly advanced multi-dimensional processes to assist individuals to understand, accept, and celebrate who they truly are. She desires to help you make every moment of your life a memory to treasure.

*The information provided is for educational purposes only and is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. Should you have any health care related questions, please consult your physician.*

## *Gem Elixir Recipes*

Try combining the following stones to experience the benefits of gem elixirs. Each recipe is helpful in relieving general physical and emotional distress. Follow the directions on the previous page to create the elixirs. Remember to ask for intuitive guidance on dosages and be willing to experiment to find the optimal amount.

### **Green Aventurine and Clear Quartz**

*Strengthens the auric field and promotes physical health.*

### **Smoky Quartz and Gold Calcite**

*To reduce negativity and promote rational thinking. This needs to be used for at least 21 days for utmost effectiveness.*



### **Amethyst and Pink Mangano Calcite**

*Promotes sleep and soothes the emotional body.*



### **Moonstone and Rose Quartz**

*This facilitates emotional balance. It's particularly helpful for women.*



### **Orange Calcite and Blue Topaz**

*To develop creativity and magnetize abundance.*

### **Green Calcite and Aragonite**

*Promotes strong muscles and bones.*



### **Emerald, Rhodochrosite, and Sodalite**

*Promotes heart health and stabilizes blood pressure.*

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