

Crystal Meditation Band (CMB)

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The Crystal Meditation Band transports a person into a state of Meditation, without any effort on his part. The effect is based on a quietening of excessive perception and allows a person to return to center. It is also conceivable that the band reveals subconscious physical and psychological blockages, therefore reactions are possible.

Those could be:

1. Pulsation in the head and/or slight dizziness during the first few minutes of application.
2. Sudden emergence of slight pain in the body, primarily in the abdomen, muscles and joints.
3. Psychological reactions like sudden crying, slight trembling or the appearance of unpleasant memories are possible.

Reactions are always indicative of a person's blockages. If we keep in mind, that we have not been informing the wearer of the band in advance about possible reactions, it becomes clear that during the use of the CMB memory relays are being touched. Especially those that are able to produce physical stresses in a person's life. That points to the value of the CMB in higher level prevention.

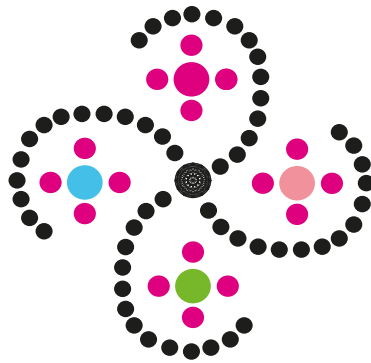
Reactions can occur sequentially in short order, and in nearly all cases they resolve quickly and give way to a sleepy well-being. In the rare occurrences, where stronger reactions take place, even if these show up after only 1-2 minutes, the band should be removed. After a 2 minute break the reactions resolve and the CMB can be worn again. this time we are not having any further reactions.

In the beginning the band should be worn for about 10 minutes while sitting down with the eyes closed. During the meditation you should be in a quiet environment (no phone, tv, mobile etc.). Later the time can be extended up to an hour. The exact positioning of the symbols of the band is very important. The symbol of the "sunwheel" turning to the left (swastika) has to be in the middle of the forehead. The red (crimson) crystal should be on top. All other symbols will then be in the correct position. Here is a detailed picture of the three symbols and how they are located on the front of the forehead.

Wishing you much fun and inner peace with the "Crystal Meditation Band"



right side of the forehead



left side of the forehead



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