



Tsesit  
www.tsesit.com



The Power of Prehistoric Rocks  
Creativity – Wellness – Vitality

### **Taping the Tsesit Stone to the lower part of your belly**

Helps with:

Bladder infections; menstrual complaints; premenstrual tension syndrome

### **Carrying the Tsesit Stone in the pocket of your pants**

Helps with:

Strengthening the immune system; blood pressure regulation; hip pain

### **Carrying the Tsesit Stone in your shirt or coat pocket**

Helps with:

Burnout; cardiac arrhythmia

### **Use of the Tsesit Stone in water**

Add the **Tsesit Stone** to a glass of water overnight and then drink this water during the course of the following day. Iron will be added to the water.

Helps with:

Chronic health issues; renewal of blood cells; strengthening immune system; menopause symptoms; burnout; depressive mood swings

### **How to look after your Tsesit Stone**

You can simply rinse the **Tsesit Stone** under cold running water and then place it in the sun for some time.

Please note that the Tsesit Stone gets quite hot in the sun.

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Email: [angelalove@plriving.com](mailto:angelalove@plriving.com)  Tsesit Healing Stones

### **Some information on the use of Tsesit Healing Stone**

I encourage everyone who owns a **Tsesit Stone** to experiment with it.

### **How can the Tsesit Healing Stone be used?**

The Tsesit Healing Stone can be used in a variety of ways to maximise its healing properties and assist in improving quality of life in both the physical and emotional areas. It can be carried in a pocket, worn on a chain around the neck, placed under a pillow while sleeping or taped to a specific part of the body to reduce pain. The Tsesit Stone can also be added to a glass of water overnight.

### **Four factors which influence the placement of the Tsesit Stone:**

- ❖ The point on the body where the Stone is to act
- ❖ The application of the Stone (wearing, taping etc.)
- ❖ The time factor (how long the Stone is to be applied to one spot)
- ❖ The usage of the Stone (direct skin contact for immediate effect, by drinking the Tsesit water).

### **Effect on the energetic fields:**

- ❖ Balances the energy fields of organs (biofeedback)
- ❖ Helps eliminate energetic garbage (biofeedback)
- ❖ Provides centered awareness
- ❖ Strengthens the solar plexus chakra
- ❖ Promotes the depth of meditation
- ❖ Closes leaks in the aura
- ❖ Triggers & releases blockages in the energy body
- ❖ Calms misdirected energies



### **Lay or tape the Tsesit Stone on your forehead**

The best place for the **Tsesit Stone** on your forehead is exactly three fingers above your **eyebrows**.

#### **Helps with:**

Depression; better blood supply to the brain; increased concentration; headaches; migraines; panic attacks; insomnia; dreams

### **Lay or tape the Tsesit Stone in between your eyebrows**

#### **Helps with:**

Sinusitis and frontal headaches

### **Putting the Tsesit Stone under your pillow**

#### **Helps with:**

Headaches & migraine; sleep complaints; sleep walking

### **Taping the Tsesit Stone on to your skin over muscles**

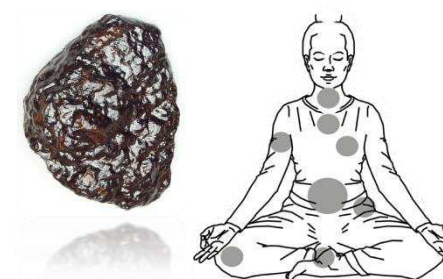
#### **Helps with:**

Circulatory problems; joint pain; bone pain; muscle pain; phantom pain; rheumatic pain

### **Sucking on the Tsesit Stone**

#### **Helps with:**

Mouth-tooth-throat illnesses; bronchitis & asthma  
(BE CAREFUL NOT TO SWALLOW THE STONE)



### **Wearing the Tsesit Stone around your neck close to your thyroid gland**

#### **Helps with:**

Fear; burnout; depression; stress; hypo function of thyroid gland; premenstrual tension syndrome

### **Wearing, taping or laying the Tsesit Stone on to your thymus gland**

#### **Helps with:**

Forming new blood cells; strengthening immune system; deeper breathing

### **Wearing the Tsesit Stone in your bra**

#### **Helps with:**

Breast pain; heart complaints; premenstrual tension syndrome

### **Wearing the Tsesit Stone around your neck, taping or laying it on to your solar plexus**

#### **Helps with:**

Heart complaints; heart palpitations; pressure around the heart; burnout; influence on dreams

### **Taping the Tsesit Stone with a bandage over your liver and spleen**

#### **Helps with:**

Liver and gall bladder disease

### **Binding the Tsesit Stone with a bandage on the outer side of knee**

#### **Helps with:**

Knee arthritis; meniscus complaints