

Terahertz Stone Benefits

Named Terahertz due to where the stone sits within the frequency range

The stone resides inside the 0.1 to 30THz range where frequencies of life are abundant. Some of these frequencies affect cellular structure resulting in:

- ☯ Increased Circulation
- ☯ Reduction Inflammation
- ☯ Reduction in headaches
- ☯ Reduction in joint pain
- ☯ Increased rest and sleep
- ☯ Reduction of muscular aches and pains (anti-inflammatory)
- ☯ Firming of skin and increased elasticity (increased oxygenation)
- ☯ Increased energy and cellular transfer (cellular plasticity)
- ☯ Protection against negative energy (high vibration stone)
- ☯ Protection from electromagnetic rays and other harmful radiations.
- ☯ Prevents "Radiation shedding"
(~ask us about this~)

Contact Us

Now based in the Waikato, Mind Body Spirit Balance have existed in one form or another since 1997 in Wellington and Auckland.

Our people have your well being at heart and will work with you to educate you on your Health, Balance and Wellness.

- ☯ Energetic Therapies
- ☯ Environmental Therapies
- ☯ Movement Therapy
- ☯ Education and Training
- ☯ Energetics Teaching
- ☯ Martial Arts Teaching



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Terahertz Jewellery User Guide

By Mind Body Spirit Balance



Terahertz Jewellery Creations

Bespoke Jewellery, created for you

All our Terahertz Jewellery is bespoke made and can be tailored for you with many semi-precious stones

- ☯ Necklaces
- ☯ Head Bands
- ☯ Earrings
- ☯ Rings
- ☯ Bracelets
- ☯ Anklets
- ☯ Pet Dangles
- ☯ Car Dangles



Terahertz Stone

Named Terahertz due to where the stone sits within the frequency range.

0.1 to 30THz
7th and 8th Chakras



Discovered in 2009 in Japan

Terahertz Stone is synthetically made from an ore produced during extraction of silica or quartz from sand.

How does Terahertz work?

Terahertz radiation occupies a middle ground where the ranges of microwaves and infrared light waves overlap, known as the "terahertz gap"; it is called a "gap" as the technology for its generation and manipulation is still in its infancy. The most beneficial quantum waves for the human body lie between visible light and electromagnetic waves. These waves of light flow into and are emitted by the human body. This frequency is called "Terahertz". The frequency is 1 trillion vibrations in 1 second. Terahertz frequencies are abundant in the universe and correspond to frequencies found in our bodies and are often referred to as the Radiation of Life, promoting the many benefits of the stones use.

Terahertz's Role

Your jewellery has been programmed to benefit and support your energy system. Its role is enabling balance but requires you to work with it to do so effectively. Please cleanse your jewellery regularly for the best results

Caring for your Crystals working in Harmony

Your bespoke Terahertz may have other crystals woven into the design. If crystals are in your design, these will work as per their properties in concert with your terahertz and can be cleansed their normal way.



Caring for your Terahertz

Most crystals and semi-precious stones are "Cleansed and Charged" by way of sunlight, moonlight, breath or running under water. As a product of both the land (Earth) and sea (Water), Terahertz requires more special treatment. Terahertz is cleansed and charged by immersion in sand. Specifically beach sand. Or, in a pinch, sand which has been charged with salt water by mixing salt with water and pouring it onto the sand.

Your terahertz may become "tired" and rely on your energies to support its work for you. Simply cleanse the jewellery and wear it once fully charged again!