

Suggestions on how to use the Nano AMWand

Always begin by shaking or tapping the wand on a hard surface several times before using to activate the wand's crystals and energy.

Since all problem areas are due to energy blockages in the body, Wand around your finger tips and toes 3 times clockwise before working on a problem area.

Start by rotating the wand 3 times slowly counter-clockwise followed by continued slow clockwise motions.

Touch the area you "wand" after each 3, 9, 18 (or more) rotations for best results.

Finish your wand sessions the same way you started by slowly wandng counter-clockwise around your finger tips and toes 3 times.

You do not have to limit the use to 3, 9, 18 rotations. It may actually take up to 30 minutes (or more) to achieve the desired effects.

You can use the wand everyday or as much as desired.

Remember results vary for each individual and may also depend on the problem area. Results can also be delayed until the next day.

You can wand throu clothes, directly on the skin or just above it. Also you can hold the wand on the problem area to achieve results.

Even if you're not feeling any discomfort it is still good to use your wand. This will help to remove any blocked energies that might be building up.

Please remember to tap the wand several times on a hard surface before using for best results.

Additional Uses for the AMWand

It's great for people who do energy work. Just place the wand under the pillow while working on your client. This will help relax the body, loosen the muscles and nerves.

Use your Wand to mix food or medicine. This will increase the nutritional benefits through enhanced cellular absorption.

A deeper more peaceful sleep may be achieved by putting the wand under your pillow or under your bed.

You may also stir liquids with the wand to energize your drinks. Rotating the wand above a drink, the zero point energy spins into the liquid. Or liquid can be poured over the wand where it picks up the resonance. The resonance generated is similar to that found in the earth surrounding many natural healing springs around the world. This is important because our bodies are made up of over 70% water.

Place a wand in the refrigerator to help keep food fresher and tastier.

Use the wand on your Pets

Use the same technique as suggested for humans on your pets.

Place the wand in between your animal's toe pads to unblock energy fields.