

## **Agate Necklace Therapy**

### **Infusion of Earthtone Color Rays**

Agate is placed on an ailing area of the body to focus Agate's earthtone color rays there and to foster communication and cooperation between the area and other related parts of the body. This improved communication relaxes unhealthy compensations among these parts and encourages the body to resolve the disharmony.

#### **Therapy Tools**

One necklace of Agate spheres (8 mm or 10 mm)

#### **Indications**

When any organ or other localized area of your body is experiencing any of the following—

- Illness
- Injury
- Pain
- Stiffness

#### **Effects**

This Agate therapy forms energetic connections among different parts of your body so that they can help each other overcome their imbalances and achieve greater health. When Agate is placed on an ailing area of the body, the Agate's earthtone color rays concentrate in the area and open lines of communication between it and other, related parts of the body. Thus, it encourages these parts to cooperate with each other.

Because a problem in one part of the body is often caused or exacerbated by problems in another part, cooperation among your body's organs, glands, joints, muscles, and other components is vital to their healthy functioning. For example, ailments in the wrist and elbow are often caused or aggravated by problems in the shoulder. Problem areas also tend to compensate for each other, which can lead to further problems. For example, a knee can compensate for a weak ankle and, in doing so, start to malfunction because of the added stress and strain.

Placing Agate on a troubled area of the body allows all the components related to that area to work together better. Compensations ease and relax. For example, if you place Agate on a troubled wrist, all parts of your arm will begin to cooperate; and compensations in the muscles surrounding the wrist and in the forearm, upper arm, and shoulder will relax.

You might find it easier to observe the release of muscular compensation than other kinds of compensation, because muscle relaxation is more easily seen and felt.

**Procedure**

1. Arrange an Agate necklace in a flat circle or spiral on the area you wish to treat, preferably directly on your skin.
2. Keep the Agate in place for at least 3 to 5 minutes.
3. Move the Agate to another location that is logically related to the original treatment area. For example, if you originally placed the Agate on your wrist, place it on your elbow or shoulder. Keep the Agate in place for at least three to five minutes.
4. Repeat Step 3 until you have treated all the areas you feel may be involved in the distress of the original treatment area.
5. For ongoing support, wear the Agate necklace around your neck between treatment sessions.

**Time Guidelines**

The instruction in Step 2 to keep the Agate on each treatment area for 3 to 5 minutes is a minimum time. For a deeper and more thorough treatment, you can keep the Agate in place for several hours - for example, while you are reading, watching TV, or engaging in some other quiet activity. If you perform longer treatments, you may treat only one location per day.

In general, Agate therapy takes time to achieve its full effects. It also takes time for Agate's effects to be noticed. The benefits of this therapy may not be felt until hours after you have completed it, when you may suddenly realize that a change has occurred in the treatment area.