

Amethyst Necklace Therapy | Chakras

Brow Chakra – Spiritual Development Technique

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Therapy Tool

A solid necklace of Amethyst spheres (6 mm, 8 mm, or 10 mm)

Indications

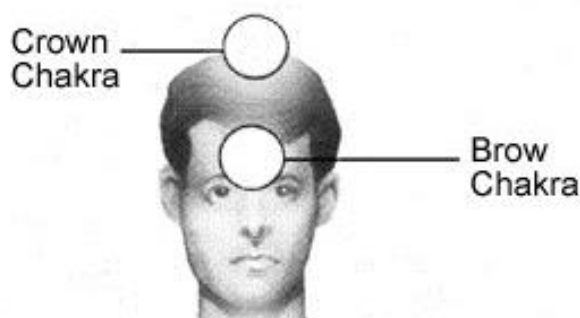
- When you wish to spur your spiritual growth
- When you wish to become more aware of your inner aspects

Effects

This technique opens your brow chakra and strengthens the circuit of energy that continually flows in through your throat and out your brow. When this flow is strengthened, you become more aware of your inner aspects, which in turn spurs your spiritual unfoldment.

Procedure

See the illustration below for the locations of the crown and brow chakras:



1. Bunch an Amethyst necklace in your hand and hold the Amethyst on the top of your head for 30 to 60 seconds.

This prepares you for the treatment by opening your brow chakra. (If your brow chakra is closed when you place Amethyst on it, the Amethyst energy can collect in your head and create ego imbalances.)

2. Hold the Amethyst on your brow chakra for 30 to 60 minutes.

Time Guidelines

You can this Amethyst treatment for approximately 20 to 60 minutes every day. Let your intuition guide you in determining exactly how long to perform a particular treatment.