

## Amethyst Necklace Therapy | Chakras

# **Brow and Crown Chakras – Headache**

An Amethyst necklace can be placed on any of six major chakras to treat a variety of conditions or to promote awareness. Amethyst energy affects each chakra differently. In this therapy, an Amethyst necklace is placed on the crown chakra to ease a headache.

### **Therapy Tool**

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

### Indication

Headache

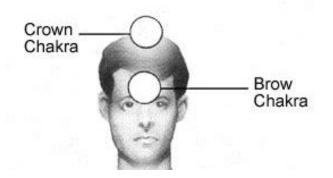
### Effects

If your headache is caused by a build-up of excess energy in your head, this therapy will open your brow and crown chakras and allow your head to discharge its excess energy.

### Procedure

- 1. Do either of the following:
  - Sit up and place an Amethyst necklace in a neat pile or spiral on your crown chakra.
  - Lie on your back and place an Amethyst necklace in a pile on your crown chakra, gently securing it there with a natural-fiber pillow.

See the illustration below for the location of the crown chakra:



2. If you don't feel significant relief after 15 minutes, lie on your back and allow the Amethyst simply to rest on your forehead.