

Amethyst Necklace Therapy | Chakras

Crown Chakra – Mental Imbalance Therapy

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 used to help resolve mental imbalances.

Therapy Tool

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

Indication

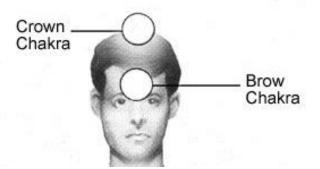
When you wish to resolve mental imbalances caused by stagnant mental energy

Effects

Stagnant mental energy is a common cause of mental imbalances. This therapy helps release stagnant mental energies by opening your brow chakra and encouraging a flow of energy in through your throat and out through your brow. As long as your brow remains open, energy will not be able to collect in your mind and stagnate there.

Procedure

1. Place an Amethyst necklace in a neat pile on your crown chakra. See the illustration below for the location of the crown chakra:



2. Between treatments, wear a short Amethyst necklace around your neck to support the flow of energy into your throat and out through your brow.

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.