

Amethyst Necklace Therapy | Chakras

Heart Chakra – Insight into Attachments

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 you gain insight into an emotional attachment.

Therapy Tool

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

Indications

When you wish to understand why you are attached to a certain situation

Effects

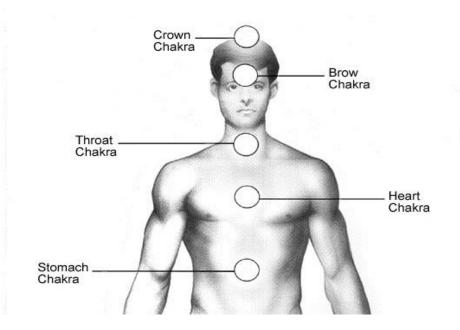
This technique can bring you insight and enhance your understanding of the reasons you are attached to certain conditions or situations in your life.

Procedure

- 1. Lie down on your back or sit in a quiet place, and make yourself comfortable.
- 2. Think about the situation or issue you wish to address. Feel your attachment to it.
- 3. Place the Amethyst necklace on your heart chakra, and hold it there.

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

([®] Gemisphere



4. Be open to any insights or intuitive feelings about the reasons for your attachment.

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.