

Amethyst Necklace Therapy | Chakras

Sacral Chakra – Prenatal Upliftment

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 sacral chakra of a pregnant woman to enhance the connection between her child's body and soul.

Therapy Tool

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

Indications

When you are pregnant and wish to enhance the connection between your child's body and soul

Effects

This technique uplifts the unborn child. It helps forge a stronger connection between the fetus and the soul that will enter the baby's body. When the baby is born, this enhanced connection will cause the soul to enter the body with greater vitality.

Procedure

Lie on your back, and place the Amethyst necklace in a neat pile or spiral on your belly at its highest point. Leave the necklace in place for 20 minutes to one hour.

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.