

Aquamarine Necklace Therapy

Emotional and Karmic Healing Technique

This technique focuses Aquamarine's healing energies on the emotional or karmic issues of one's choice. After a brief period of contemplation, an Aquamarine necklace is worn around the neck during sleep. Unwanted emotional and karmic energies are released in the sleep state, thereby circumventing the discomfort of experiencing these releases while you are awake.

Therapy Tools

One solid Aquamarine necklace

Indications

When you are experiencing any of the following—

- Painful, troubling emotions
- An emotion is so overwhelming that you are almost unable to feel anything else
- Unpleasant emotions that interfere with clear thinking or daily activities
- Nagging emotions about a particular person or circumstance
- Memories that are haunting, distracting, or overwhelming you

Effects

This technique focuses Aquamarine's healing effects on the emotional or karmic issue of your choice. By practicing this technique, you essentially ask the Aquamarine energy to bypass your physical body and follow the pathway formed by your attention into your emotional or karmic aspect. Your attention highlights the emotional or karmic energies that correspond to the issue, and the Aquamarine energy goes to work on them directly.

Aquamarine brings energetic liquidity to the rigidities it finds in your emotional or karmic dimension. In your emotional aspect, it softens corresponding concentrations of emotional energies, allowing them to more easily slip through your physical body for release. If the chosen issue has karmic ties, the Aquamarine energy seeps into the energy threads associated with the troubling memories and works to diminish and dissolve them.

This technique allows you to confine your healing work to your sleep, a naturally healing time in itself, so that your attention can be free to handle other matters during the day. Although you might not remember them, you will probably have dreams reflecting the emotional release process initiated by the Aquamarine. Processing difficult emotions and memories during sleep is beneficial, because it eliminates the wear and tear of having to experience these emotions while you are awake.



Procedure

- 1. Think about a particular feeling, memory, situation, or issue that is bothering you.
- 2. Hold an Aquamarine necklace, and gaze into the gemstones while you continue thinking about the issue. Drink in the liquid blue-green color of the gems. Let yourself relax into the energy of the Aquamarine.
- 3. Put the Aquamarine necklace around your neck.
- 4. Go to sleep for the night. As you are falling asleep, continue thinking about the issue. Allow yourself to feel any associated emotions. Try not to let your attention wander to other issues.
- 5. When you wake up from your full cycle of sleep, remove the necklace. This reaffirms your choice to address the issue only when you are sleeping.

Time Guidelines

One treatment can help ease the discomfort of troubling emotions and memories. To treat deep-seated issues, repeat the procedure for at least three nights in a row.