

Blue Lace Agate Necklace Therapy

Eye Therapy

A Blue Lace Agate necklace is draped over the eyes to help ease eye strain and fatigue and to improve eye function.

Therapy Tools

One therapeutic-quality Blue Lace Agate necklace

Note: Because larger gems have more powerful effects, if you have serious vision problems, consider using a necklace with 10-millimeter spheres for this therapy.

Indications

When you are experiencing any of the following—

- Tired or strained eyes
- Redness, itching, swelling, or burning sensation in the eyes
- Eye infection, such as conjunctivitis (pinkeye)
- Poor vision
- Headaches that are caused by eyestrain or are centered around the eyes
- Glaucoma or pre-glaucoma pressure in the eyes*
- Macular degeneration*
- Double or blurred vision caused by unequal pulling or paralysis of eye muscles
- Weakening of the corneal tissue

*As an adjunct to other treatment

When you wish to do any of the following—

- Improve the clarity and sharpness of your vision
- Relax and refresh tired eyes
- Ease eyestrain
- Improve eye muscle and tissue function
- Improve depth perception

Effects

Blue Lace Agate has an affinity with the eyes. The frequency of the gem's color is particularly nourishing and soothing to the nerves and sensory mechanisms in the brain that are associated with eyesight. This Blue Lace Agate therapy strengthens and promotes healing in your eyes in several ways: it more clearly defines your eyes' energetic nature; it restores proper energy flows to your eye tissue, muscles, and nerves; and it enhances the tone and coordination of your eye muscles.

Blue Lace Agate spheres project their energy in pulses, and these pulses are key to the gemstones' effects on the eyes. The eyes are very sensitive to Blue Lace Agate's pulses, probably more so than any other tissue in the body. Among other benefits, these pulses relax tired eyes and ease eyestrain.

Within minutes of placing a Blue Lace Agate necklace over your eyes, normal energy flows through your eyes are restored. Blood flow to your eyes and their associated muscles and nerves may also increase. These increased flows bring more nourishment and strength to your eyes and are healing and regenerative to weakened tissue, such as occurs in some corneal conditions. Well-nourished eyes are more resilient and less prone to fatigue and strain.

Restoring normal energy flows to the eyes encourages excess fluid to drain through established pathways. This can be helpful for glaucoma, a condition in which either the eyes produce too much fluid or the fluid doesn't drain properly.

Another effect of this therapy is the retraining of your eyes' movements. When your eyes are open, they shift constantly in quick, minute movements. Blue Lace Agate's pulse-like energy facilitates and supports these movements. It strengthens the tiny muscle fibers that control these movements, so your muscles become more responsive. This can help correct unequal pulling of the eye muscles, a common cause of double vision and blurred vision.

When Blue Lace Agate energy is allowed to pool around your eyes, the waveforms expressed by your eye tissue are strengthened, and unwanted waveforms are sifted out. Unwanted waveforms can include infectious agents and allergens; they can also include debris and pigment deposits from deteriorating tissue, which may signal the onset of macular degeneration. Sifting out unwanted waveforms strengthens the overall energetic nature of your eyes and all their components. As a result, your eyes' functioning improves, and eye tissue that may be aging or thinning (as happens in the corneal condition, keratoconus) is restored.

Procedure

1. Lie down in a comfortable place.
2. Gently fold over your cleansed Blue Lace Agate necklace to create a double strand. Hold the double strand a few inches above your eyes and look at the gemstones to allow the frequency of their color to bathe your eyes.
3. Close your eyes, and then drape the necklace over the bridge of your nose. Gently mold the beads around your eyeballs so your eyes are comfortably covered.

4. If the necklace feels too heavy on your eyes, do not fold it before placing it on your eyes.
5. With your eyes closed and the gems in place, move your eyes in a circle. Slowly and gently “look” left, up, right, and down.
 - Repeat this eye movement for the first several minutes of the treatment.
 - If your eyes or eyelids start to flutter (as in R.E.M. movement), allow them to do so, and continue to “look” in the direction that prompted the fluttering until it subsides. This is a sign of tension release and the reestablishment of normal energy flows.
6. For the remaining treatment time, let your eyes rest with the Blue Lace Agate on them.

Time Guidelines

Keep the Blue Lace Agate on your eyes for 10 to 20 minutes. Perform the treatment once a day and no more than three times a day. However, if you are suffering from a headache and you find this therapy soothing, you can leave the necklace in place for as long as it makes you feel better.

Continue this treatment daily for several weeks to allow time for normal energy flows to become established.

With daily use of this therapy, noticeable improvement in eyesight may occur within three to six months or sooner.

Evaluating Your Progress

Every few days, evaluate your eyesight before and after the treatment to see if you notice any changes. This will give you feedback on your progress. Look at an object very close up and very far away. You may not notice any change after the first few treatments. However, over time you may find that colors seem a little more vivid or that reading is more comfortable. The clarity and sharpness of your vision may improve, and your depth perception may increase. The nature, timing, and order of results will vary among individuals.