

Blue Sapphire Necklace Therapy

Blue Ray Infusion

This therapy infuses Blue Sapphire and blue-ray energy into all parts of the body to profoundly nourish the brain, cerebrospinal fluid, and other components of the nervous and circulatory systems. The result is a greater sense of integration, energy, and strength.

Therapy Tools

One solid necklace of Blue Sapphire rondels, 15 to 20 inches long

Indications

When you wish to do any of the following-

- Provide energetic nourishment to your brain, nerve sheaths, cerebrospinal fluid, blood vessels, or sensory organs
- Improve your posture, physical coordination, grace of movement, or the cooperation among all your body parts
- Improve communication between your brain and the rest of your body

Effects

In this therapy, Blue Sapphire and blue-ray energy are infused into every part of your body. There, the blue ray provides vital nourishment for the physical elements associated with your body's governing aspect - namely, your brain, cerebrospinal fluid, nerve sheaths, blood vessels, and sensory organs. As a result, you experience a greater sense of integration, energy, and strength. You may also find that your posture, coordination, and grace of movement improve.

By placing Blue Sapphire on your head, you also awaken the governing aspect of each of your inner dimensions - your emotions, karmic patterns, intuition, and mind. The Sapphire clears pathways for the blue ray to nourish these governing aspects and improves communication among them. This awakening of the governing aspects can bring profound benefits to every aspect of your health.

When a governing aspect is awakened, it takes inventory of the aspect it governs, noting areas of deficiency, weakness, excess, and strength. Then it designs a strategy for strengthening weaknesses, balancing excesses and deficiencies, enhancing strengths, and directing healing energies to areas that need it.

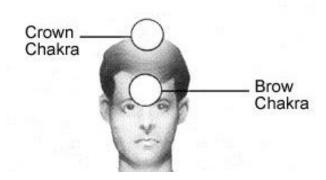
Procedure

Ideally, perform this procedure in direct sunlight. If you perform it indoors, you will receive the same therapeutic benefits, but they will be milder.



- 1. Fasten a Blue Sapphire necklace, so that you can form a circle with it.
- 2. Stand up in an area where you can move your body without bumping into anything.
- 3. Place the necklace on the top of your head so that it forms a circle around your crown chakra.

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



- 4. Close your eyes. Feel the energy of the Blue Sapphire on your head. Notice how your body feels in general.
- 5. Imagine the blue ray seeping out of the necklace and filling your brain.
- 6. Take turns moving every part of your body. As you move each part, visualize the blue ray flowing from your brain along your nerve sheaths and blood vessels into that part. If you wish, you may open your eyes. Perform this step for at least 5 minutes.
 - Move in as many ways as you can. Shake each leg and arm. Twist your body from side to side. Rotate your shoulders and neck. Bend your knees, stand on your toes, and stretch your legs.
 - Breathe deeply as you move.
 - Avoid any movements that cause or exacerbate pain.
 - If you require support, hold onto a chair or table as you perform this step.
- 7. Close your eyes. Tune in to the way your body feels again. You may notice a greater sense of integration, connectedness, energy, or strength.

Alternative: Sitting Down

Because it allows for more possibilities of movement, a standing position is preferred for this therapy. Standing also makes it easier to keep your spine straight, which enhances the flow of blue ray from your brain to your body. However, if you cannot stand up, you can perform this



therapy sitting down. Also, if necessary, you can have someone else move your body for you; similar effects will be achieved.

Time Guidelines

Perform Step 6 for at least 5 minutes and for as long as 15 to 20 minutes. If you feel lightheaded or experience pressure in your head, stop the treatment immediately. If you are treating a chronic condition, perform this treatment daily.

Enhancing your Tai Chi Practice

To increase the flow of chi through your body, you can perform this technique while practicing Tai Chi, dance therapy, or any other kind of movement art.