

Carnelian Necklace Therapy

Decision Clarification Technique

Carnelian is placed on the brow and heart chakras to help you clarify and make a difficult decision. This technique helps you sort out your emotions about the decision and reveals the degree to which you are in harmony with a certain choice. It can also help you modify a decision until it best serves you.

Therapy Tool

One solid necklace of Carnelian spheres (8 mm, 10 mm, or 12 mm)

Indications

When you are faced with an important decision and are experiencing any of the following -

- You are bogged down by indecision or procrastination
- You are overwhelmed by the options regarding the choice
- You feel exhausted trying to decide which choice is best and thus have no energy to deal with making a decision
- You are experiencing excessive uncertainty, anxiety, caution, fear, excitement, or apprehension, which is impeding your ability to think clearly and make a decision

Effects

For various reasons, you may find yourself having difficulty making a certain decision and, instead of taking the leap, you procrastinate or wallow in uncertainty. This may happen because you have conflicting feelings about the decision; or you don't have sufficient emotional energy to take a certain step; or you may have become emotionally bogged down by too many options or by the ceaseless weighing of them. This Carnelian technique helps you make a decision by clarifying your feelings about it. It can help you discover whether you are in harmony with a certain choice and help you modify the choice until it suits you.

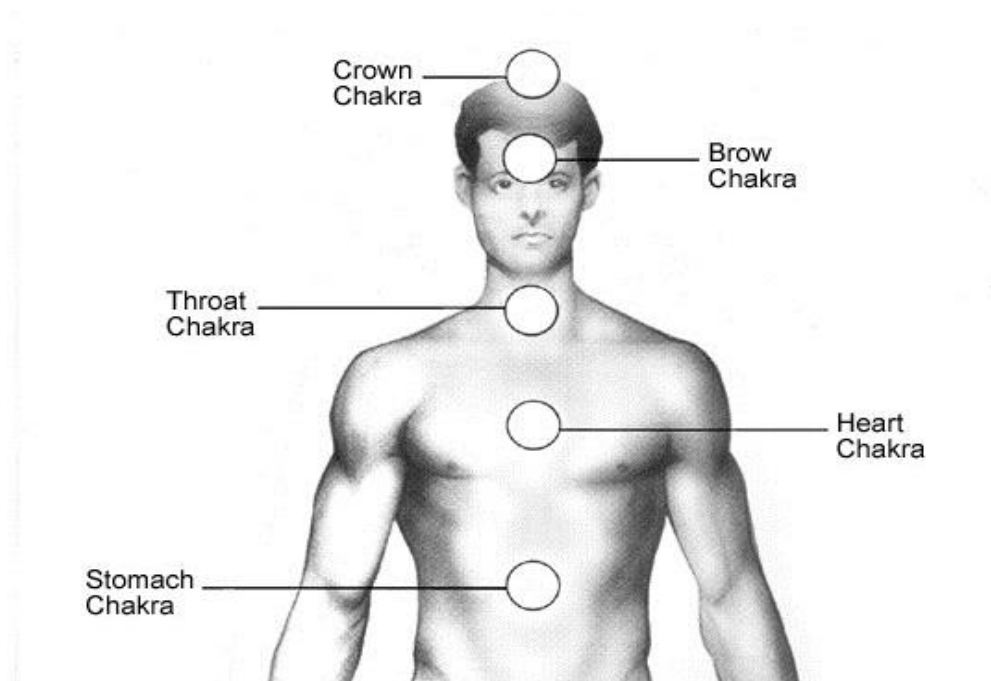
In this technique, you place Carnelian first on your brow chakra and then on your heart chakra and pay attention to the feelings that come up. When you place the Carnelian at your brow, it promotes clarity by helping you differentiate between your mind and your emotions. When you place the Carnelian on your heart, your true feelings about the decision become more available to you. Your heart chakra has a special relationship with your highest Self: not only does the heart serve as a barometer of your emotions, it's often the best messenger of what your highest Self truly desires.

When you practice this technique, the orange ray carried by Carnelian is also infused into your emotional aspect and gives life to any deficient or exhausted emotions associated with the

decision. Wearing the Carnelian necklace after you've performed this technique gives your emotions the life energy they need to help you carry through the decision.

Procedure

See the illustration below for the locations of the brow and heart chakras:



1. Hold a Carnelian necklace on your forehead so that the gemstones touch your brow chakra.
2. With the Carnelian on your brow, think about a decision you must make. Then choose one option that you are considering. Bring this one option clearly and fully to your mind. Imagine what the future will be like if you take this option.
3. Hold the Carnelian on your heart chakra. Notice how you feel. Do you feel calm, peaceful, or light? Or do you feel apprehensive, heavy, or agitated? Connect with the feelings associated with this choice.
 - If you feel calm and at peace, the choice you have in mind is probably harmonious for you.
 - If you feel apprehensive, heavy, or agitated, the choice is likely wrong.
4. Return the Carnelian to your brow chakra, and choose a different option regarding the same decision. Bring this other option clearly and fully to your mind. Imagine what the future will be like if you make this choice instead.

- If you feel calm and at peace, the choice you have in mind is probably harmonious for you.
 - If you feel apprehensive, heavy, or agitated, the choice is likely wrong.
5. Repeat Steps 1 - 3 as many times as necessary to clarify your feelings about further options or about an option you have already considered.
 6. Place the Carnelian necklace around your neck.

Time Guidelines

Place the Carnelian on each chakra for at least one minute. When you put the Carnelian around your neck in Step 6, keep it there for at least a few hours.