

Citrine Necklace Therapy

Inner Hearing Technique

Two Citrine necklaces are applied to the ears and in the aura to help develop inner hearing. This therapy enhances the ability to hear the nonphysical sounds expressed in all of life's manifestations, such as plants and gemstones.

Therapy Tool

Two solid necklaces of Citrine, preferably of equal mass and length

Indications

When you wish to—

- Open your inner hearing and enhance your ability to hear the sound of Spirit and the nonphysical sounds expressed in plants, gemstones, and all of life
- Consciously experience nonphysical reality through your sense of hearing

Effects

This technique clears and opens your sense of inner hearing. By developing your ability to perceive nonphysical sounds, it enhances your perceptions of life. It initiates a flow of yellow-ray energy deep into the energetic fabric of your physical ears and hearing faculty. The yellow ray clears the accumulation of needless energies that have collected in these areas and diminished your ability to hear subtle, nonphysical sounds. The flow of yellow ray also initiates the resolution of blockages that may be inhibiting inner hearing.

Procedure

Always move your left and right hands simultaneously and at the same speed, even if you hear more clearly with one ear than with the other. Make sure that the distances you move your hands toward and away from your ears remain equal.

If it is uncomfortable to hold your arms out to your sides, perform this technique lying down, so that your arms can rest on the bed or on the floor and your hands can remain directly to the sides of your ears.

Phase One

1. Hold one Citrine necklace in the palm of each hand.
2. Place the Citrine over your ears, and listen for any subtle sounds you may hear—
 - Place the Citrine in your right hand over your right ear. Place the Citrine in your left hand over your left ear. Cup your hands over the Citrine and your ears.

You may begin to hear a sound that you might attribute to cupping your hands over your ears. It may sound like a variety of things, including a flute, a violin, the humming of bees, distant bells, the whir of a whirlpool, or the distant rumbling of thunder.

- Let the sound you hear fill your head.
 - Keep the Citrine in position for 5 to 10 minutes.
3. Very slowly move your hands away from your ears, until your arms are fully extended opposite your ears. As you move the Citrine, try to continue hearing the sounds. Perform this step for at least 2 minutes.
 - Be open to any new sounds that may emerge.
 - Move your left and right hands simultaneously and at the same speed. Make sure the distances you move each hand away from your ears remain equal.

Make sure you hold the necklaces securely as you move them away from your ears.
 4. Repeat Steps 1 - 3 once or twice a day for at least one week. Then go to Phase Two.

Phase Two

1. Perform Phase One, Steps 1 - 2. However, this time, in Step 2, do not hold the Citrine to your ears for 5 to 10 minutes. As soon as you hear the sound, go to Phase Two, Step 2.
2. Very slowly move both hands away from your ears. As soon as the sound diminishes or stops, move the Citrine very slightly back toward your ears until you hear the sound again. Move the Citrine back no more than half an inch.
3. Let the Citrine rest in this position until you hear the sound as well as you did before.
4. Repeat Phase Two, Steps 1 - 3 once or twice a day for as long as you wish.