

## Amethyst Necklace Therapy | Chakras

### Throat Chakra – Public Speaking and Other Speech Support

An Amethyst necklace can be placed on any of six major chakras to treat a variety of conditions or to promote awareness. Amethyst energy affects each chakra differently. In this therapy, an Amethyst necklace is placed on the throat chakra to support the voice and speech.

#### Therapy Tool

A solid necklace of Amethyst spheres (6 mm, 8 mm, or 10 mm)

#### Indications

When any of the following apply—

- You must address a group but are afraid to speak
- You desire more confidence in expressing yourself
- You speak too quietly or with uncertainty
- You wish to strengthen your voice
- You are preparing to sing or otherwise perform with your voice

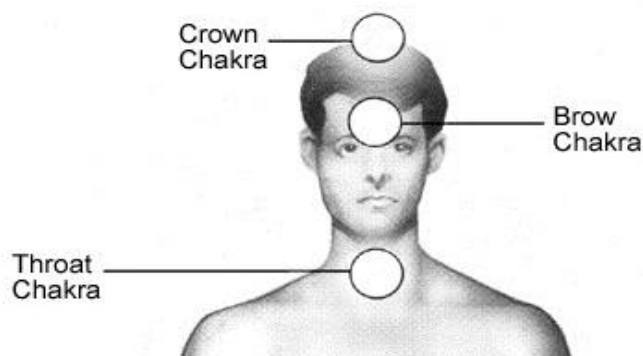
#### Effects

The Amethyst energy flowing through your throat chakra opens passageways for more life energy to enter your throat. This strengthens your throat chakra and makes additional energy available to your voice.

#### Procedure

Do one of the following:

- Lie on your back and place an Amethyst necklace in a neat pile on your throat chakra for about an hour. See the illustration below for the location of the heart chakra:



- Wear a short Amethyst necklace that lies close to your throat chakra for as long as you wish.

**Time Guidelines**

Let your intuition guide you in determining exactly how long to perform this treatment.