

## Summer Necklace Therapy

### Eye Therapy

A Summer necklace is used to relieve distress and disharmony in the eyes.

#### Therapy Tools

- One or two Summer necklaces
- Scarf or stretchy headband made of natural fibers

#### Indication

When you are experiencing physical distress, weakness, or decreased functioning in the eyes

#### Effects

This therapy helps neutralize and release the disharmonious energies that can manifest as weakness, discomfort, or dysfunction in the eyes. It simultaneously infuses the eyes with life-giving green ray.

For disharmony in the eyes, this Summer Eye Therapy can be even more effective than therapies involving solid strands of Emerald. For eye fatigue or strain, a Sodalight or Quartz therapy is ideal.

#### Procedure

Note: Although exposing the necklace to direct sunlight will help infuse Summer's energy into the eyes, it is not necessary for this therapy to be effective.

*Caution:* Never direct artificial light onto a Summer necklace.

1. Lie on your back with your eyes closed. Unclasp the Summer necklace and lay it over your eyes, placing the largest Emerald on the bridge of your nose.
2. Spiral one end of the necklace over each eye. Do not place the gold clasp directly over an eye; instead, lay it on your cheek or above your brow. If necessary, hold the necklace in place with a scarf or stretchy headband.
3. Immediately following each treatment, cleanse the necklace under alternating hot and cold running water. Then place it around your neck and wear it between treatments.

#### Time Guidelines

Leave the necklace on your eyes for at least one hour, and longer if you wish. Once you begin this treatment, perform it two or three times a week for at least two or three months. If you wish, you can sleep with the Summer in place all night long. Secure the necklace over your eyes as best you can, such as by tying it in place with a scarf or stretchy headband. If the necklace slips off during sleep, it will remain in your aura and continue working there.