

Lapis Lazuli Necklace Therapy

Answer Receiving Technique

Lapis Lazuli spheres are placed over the brow chakra to produce a heightened state of awareness, in which the answers to important questions can be learned.

Therapy Tool

One solid necklace of Lapis Lazuli spheres

Indications

- When you seek guidance regarding a difficult decision or life circumstance
- When you have a question for which a heightened state of awareness would be helpful in answering

Effects

When Lapis Lazuli energy enters your head through your brow chakra, a profoundly expanded state of awareness results. This heightened state can offer you greater wisdom and knowledge and serve as the source of answers to many questions.

Procedure

1. Wear a solid Lapis Lazuli necklace for at least one hour.
2. Formulate the question you wish to ask. Make it focused and clear.
3. Remove the Lapis Lazuli necklace.
4. Place the necklace in your palm. Find a section of four to six spheres to which you feel especially drawn. Make sure that at least a few of these spheres contain some gold flecks.
5. While continuing to hold the rest of the necklace in your palm, grasp the section of four to six spheres between the fingertips of your thumb, index finger, and middle finger.
6. Gently press these Lapis spheres to your brow chakra (see Figure 1.1, on page 12, for an illustration of chakra locations). Close your eyes and settle your mind.
7. Imagine the Lapis spheres' energy flowing through your brow into your head. Feel your head filling with this energy.
8. When the Lapis energy reaches the back of your skull, allow the question to enter your thoughts.

9. Place your attention inside the Lapis spheres resting on your brow chakra. Keep your attention there.

If you are patient and open, your answer will come. It may appear in any number of ways: a scene may unfold in your mind's eye, an insight may come to you in a flash, or you may simply hear or know the answer.

Time Guidelines

Practice this technique for 5 to 15 minutes.