

## **Lavender Fire Necklace Therapy**

### **Eye Therapy**

A Lavender Fire or solid Blue Sapphire necklace is placed over the eyes to soothe eyestrain and to improve vision.

#### **Therapy Tools**

- One therapeutic necklace of Blue Sapphire rondels
- Alternately: One therapeutic Lavender Fire necklace

#### **Indications**

- When you wish to relieve strain or fatigue in your eyes
- When you wish to improve your vision

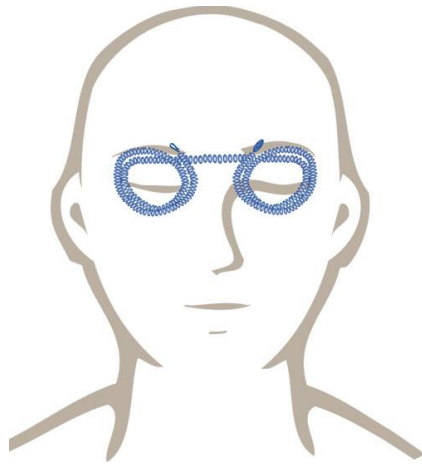
#### **Effects**

When mental “garbage” collects in the head, all the functions centered there become malnourished, strained, and stressed. This includes eye function. The blue ray carried by Blue Sapphire disintegrates this mental garbage and disharmony while nourishing all parts of the head and enlivening their functioning.

In this therapy, you place Blue Sapphire on your eyes, where it helps loosen and neutralize mental garbage and any other disharmonious vibrations that are burdening and straining them. As a result, this therapy soothes tired and strained eyes and helps improve vision.

#### **Procedure**

1. Lie down on your back. Ideally, position yourself so that your eyes are exposed to sunlight, even if it is just the sunlight coming through an open window on a sunny or cloudy day. Sunlight enhances the penetration of Blue Sapphire and blue ray energy into your body.
2. Close your eyes.
3. Place the center of the Blue Sapphire necklace over the bridge of your nose and arrange the two ends into spirals over each eye (see Fig. BSP-1 on the next page). Lay the two parts of the metal clasp on your cheeks or above your eyebrows. Avoid placing the metal directly on your eyes.



**Fig. BSP-1**

**Caution**

Do not shine artificial light directly on Blue Sapphire. If sunlight is unavailable, this therapy can be performed in ambient artificial light.

**Time Guidelines**

When performing this treatment in direct sunlight, keep the necklace in place for 15 minutes. When performing it without sunlight, keep the necklace in place for at least 60 minutes. This therapy can be performed daily.