

Lavender Light Necklace Therapy

Releasing Tension in the Neck, Shoulders, and Head

A Lavender Light necklace is wrapped around the ankles to encourage energy to move up the body to release tension in the head, neck, and shoulders. This therapy also helps improve physical functioning by powerfully integrating all parts of the body.

Therapy Tool

One therapeutic Lavender Light necklace

Indications

- When either of the following apply:
 - You suffer from chronic stiffness or tension in the head, neck, and shoulders
 - You feel there is too much energy stuck in your head, neck, and shoulders
- When you wish to enhance the effects of another life-promoting therapy, including a gem therapy

Effects

Relief from Upper-Body Stiffness and Tension

Chronic stiffness in the head, neck, and shoulders can be caused by excess energy becoming trapped in the upper body. This Lavender Light therapy helps release this excess energy in three ways. First, it opens the crown chakra, allowing the excess energy to follow its natural tendency to flow up and out. Second, it loosens and opens up the entire body, so that energy flows through it more easily. Third, it can “kick start” the body into moving energy downward. If sluggishness in the downward movement of energy has caused the tension in the upper body, this therapy can help spur that movement and shift excess energy out of the area.

Integrating the Physical and Subtle Bodies

In this therapy, the physical body acts as a living metaphor for the continuum of the subtle-body system—with the top of the head and the area just above it representing pure spirit, or one’s highest Self; the feet and ankles representing the physical body; and the rest of the body representing all the subtle levels that lie in between.

It is the nature of the Lavender Light necklace, no matter where it is placed on the body, to move its energy toward the highest reaches of the subtle-body system and one’s highest self. When you wear Lavender Light around the neck, the necklace’s vibrations move through the non-physical aura to reach the subtle bodies almost instantly. When you place Lavender Light around your ankles, as you do in this therapy, the necklace’s energy moves up through the body toward the head. In this case, the upward movement of energy occurs gradually, because the

energy must move through physical matter. Indeed, it can take several hours, and sometimes several treatments, for the necklace's energy to find a way through the body to the head. Once there, an energetic connection is forged between the ankles and head—and thus between the physical body and pure spirit.

This connection initiates one of the strongest, most effective therapies available for integrating the physical body. This is because Lavender Light opens lines of communication from foot to head, and head to foot. The overall performance of the physical body naturally improves, and every cell in the body works better because it is communicating with every other cell.

When you first try this therapy, you may feel a tingling sensation in your ankles and feet. This sensation is caused by the necklace's energy unwinding energetic knots in the area. Because the ankles and feet are acting as a living metaphor for the entire physical body, the tingling also reflects an unwinding in the body as a whole. This unwinding can be necessary for the energy to progress past the feet and ankles and move up the legs.

During a treatment, any feelings of tension in the body may indicate that the area is particularly congested. It may also indicate a disconnection between the tense area and its subtle-body counterpart. If you allow the tension to build, within a short time you may experience a sudden release, after which the necklace's energy will quickly move into new areas of your body. The energy will move first through the most receptive areas of the body to reach your head and then will gradually open the less receptive areas.

Enhancing Other Therapies

This therapy is an excellent adjunct to other gem therapies. Because of its ability to open, connect, and align the physical and subtle bodies, this therapy will enhance the effectiveness of other treatments. It is not the best choice, however, to use it with a treatment designed to help move energy down the body.

Wearing Lavender Around the Neck

People with chronic stiffness in the head, neck and shoulders should not wear Lavender Light around the neck on a regular basis, since it could cause more energy to build in the upper body. When worn around the neck, the necklace's energy encourages a connection between the physical and subtle bodies. When it is worn around the ankles, the connection is made among the cells of the physical body.

Procedure

1. Remove your shoes, and find a comfortable place to sit or lie down.
2. Put your ankles together and carefully wrap a Lavender Light necklace around them. The goal is to have the necklace fitting as snugly around your ankles as possible without unduly stretching or stressing the string.

- If you can double the necklace around your ankles without stressing the string, do so.
- Otherwise, loosely wrap the necklace against your ankles with a natural-fiber cloth, such as a scarf or bandana.

3. Sit or lie down for the duration of the treatment.

Time Guidelines

For the first few treatments, keep the necklace around your ankles for 15 to 30 minutes. Then, gradually increase the treatment times until you can keep the necklace in place overnight. When performing it overnight, take precautions against moving your legs apart, which can break the necklace.