

## **Libra Necklace Therapy**

### **Inner Hearing Technique**

A Libra necklace is applied to the ears and brow chakra to help develop inner hearing. This therapy enhances the ability to hear the nonphysical sounds expressed in all of life's manifestations, including plants and gemstones.

#### **Therapy Tools**

- Preferably, one solid necklace of Rhodochrosite spheres (8 mm or 10 mm)
- Alternatively, a Magic Gift or Libra combination necklace

#### **Indications**

When you wish to—

- Open your inner hearing and enhance your ability to hear the sound of Spirit and the nonphysical sounds expressed in plants, gemstones, and all of life
- Consciously experience nonphysical reality through your sense of hearing

#### **Effects**

Like your physical body, your inner aspects have the faculty of hearing. This technique builds connections between your physical ears and the faculties that allow you to hear subtle, nonphysical sounds.

Your consciousness encompasses all your aspects—physical and inner—and links you to all levels of existence. Your physical brain acts as a bridge between your consciousness and the input from your sensory organs, including your ears. This technique connects your brain to the input from your inner hearing faculties. In this way, it brings the sound vibrations of the subtle realms to your consciousness.

When you practice this technique regularly, this connection becomes established on increasingly deeper, subtler levels. The connection itself also becomes stronger, so that you can hear subtler sounds more consistently. It is similar to the process of developing muscle strength. If you can lift ten pounds easily but can't budge fifty pounds, you might be able to just barely lift thirty pounds. If you practice lifting thirty pounds, you will gradually develop enough strength to lift fifty.

Once you have developed your inner hearing, it won't automatically turn off when you're not paying attention to it. Again, it is similar to a well-exercised muscle: the muscle remains strong even when you're not using it. It is also similar to physical hearing: you hear all audible sounds in your environment whether or not you are listening to them; your brain sifts through the environmental sounds and selects certain ones for your attention.

Inner hearing becomes an asset, whether or not you are giving your conscious attention to the subtle sounds around you. Although your attention may not be focused on them, inner sounds register in your brain, which is continually gathering input for decision-making. The more aware you are of the subtle aspects of your being and the subtle workings of life, the wiser your decisions and actions will be, and the more harmonious your life will become.

### **Procedure**

Caution: Do not place single, unstrung spheres inside your ears.

#### *Option 1*

1. Lie down on your back.
2. Lay a Rhodochrosite necklace across your brow chakra and around the outside of your ears.

If the necklace is too short to fit around your ears, hold the necklace ends as close as possible to your ear canals. If necessary, use non-plastic first aid tape to secure the necklace to your ears and brow.

#### *Option 2*

If your Rhodochrosite necklace is too short for you to perform Option 1, try this option instead:

1. Bend a Rhodochrosite necklace, and hold several Rhodochrosite spheres in the opening of one ear canal.
2. Repeat Step 1 with the other ear.

#### *Both Options:*

Hold the Rhodochrosite in each ear for the same amount of time.

### **Time Guidelines**

Practice this technique for at least 15 minutes and as long as you like. In Option One, you may fall asleep with the gemstones in place. Perform either of the above options two or three times a week. After two or three weeks of practice, most people will have established a connection between their physical ears and their inner hearing mechanism.

When practicing this technique, you may notice a slight tingling in your ears. This sensation is the result of your physical ears building connections to your inner ears.