

Onyx Necklace Therapy

Chakra Awareness Technique

This technique promotes a greater awareness of the chakras.

Therapy Tool

A solid necklace of Onyx spheres (8 mm or 10 mm)

Indications

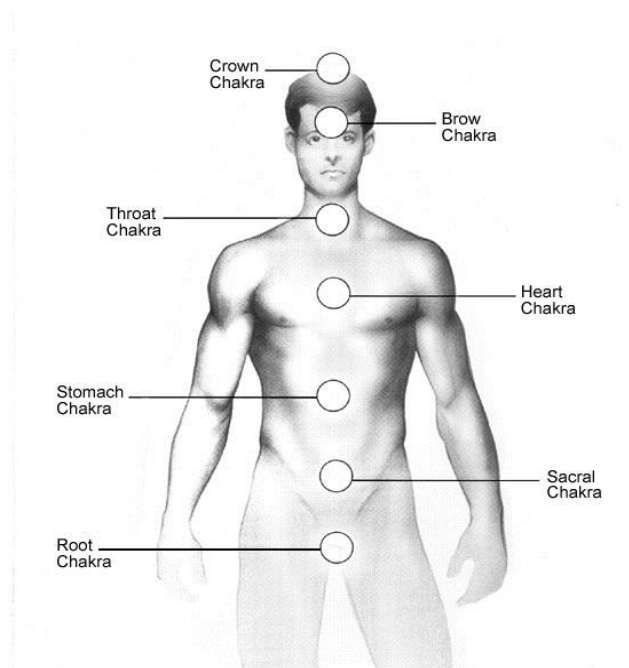
When you wish to improve your firsthand knowledge, experience, and understanding of your chakras

Effects

This technique helps you recognize and become better acquainted with your chakras. Practicing this technique deepens your understanding of the nature of your chakras and provides firsthand experience that the chakras are different from all other parts of your body. This technique is most accurately called an "experiment," since it is essentially an investigation into yourself.

Procedure

1. Lie on your back and make yourself comfortable.
2. Hold an Onyx necklace on each chakra for 2 to 3 minutes, and focus your attention there.



- Start at the root chakra, and work your way up the body, placing the necklace on each successively higher chakra until you reach your brow chakra. Do not hold the Onyx on your crown chakra.
 - As you hold the Onyx on each chakra, focus your attention on the chakra. Feel the chakra's energy. Do your best to quiet your mind and to be open and willing to accept knowledge of the chakra.
3. Place the Onyx on several other parts of your body, such as your forearm, shoulder, and thigh. Then place it back on a chakra or two. Feel the difference.