

## **Pink Sapphire Necklace Therapy**

### **Emotional Clearing Technique**

A Pink Sapphire necklace is circled in the aura in front of the chest to clear emotional pain or to regain control of the emotions. This therapy can also help ease emotional upset, whether from longstanding emotional distress or a brief, intense outburst.

#### **Therapy Tool**

One solid necklace of therapeutic Pink Sapphire

#### **Indications**

- Emotional pain, especially when perceived as pressure or pain in the chest or heart\*
- Emotional upset, from either a brief emotional outburst or longstanding emotional distress
- Depression or profound sadness
- Angina, weak heart, or other physical heart conditions (in addition to other treatments a physician has prescribed for you)

\* If the chest pain or pressure becomes intense or otherwise alarming, seek immediate medical attention.

#### **Effects**

This technique can ease emotional pain, release emotional pressure on the chest and heart, and clear and unblock the heart chakra. It can also ease physical symptoms in the chest if they are related to or associated with prolonged emotional pain, grief, or depression.

When you wear a Pink Sapphire necklace around your neck, it helps create beneficial space between your physical and emotional bodies. This effect occurs around your entire physical body. In this technique, when you circle Pink Sapphire in the aura in front of your body, the building of this space is concentrated over your chest. This helps ease emotional pain and upset by preventing emotional energies and the emotional-body fabric from pressing against your physical body.

Many cases of angina and other heart conditions are ultimately caused by energetic clogs in the heart chakra. These clogs are usually caused by a buildup of emotional energy that gets locked in the heart chakra and presses on the heart. Consequently, this Pink Sapphire therapy may help relieve the symptoms caused by a physical heart condition. However, this therapy should not be used as a replacement for any other treatments a physician has prescribed for you. It will not interfere with any drug therapy you may be receiving.

### **Procedure**

1. Bunch a Pink Sapphire necklace in your hand or fingertips. Keeping your arm relaxed, extend your hand out in front of your chest so that the gems are facing your body.
2. Slowly draw the necklace toward your heart. You will probably find that the gems stop a certain distance from your chest. At that distance, start to move the Pink Sapphire in a circle. Let the circle get larger and larger, and then let it get smaller and smaller. Remain open and sensitive to the way your body's energy wishes to move the gems. The circles may change directions, clockwise or counterclockwise, several times. They may also increase and decrease in size. Begin the circles on a plane parallel to your chest, but on occasion you may find that they shift 90 degrees so that they are moving perpendicular to your chest.
3. Each time the Pink Sapphire returns to the center of the circle, pause and sense whether your body wants the gems to start circling again. Be sensitive to the direction and size of the circles your body is calling for and whether the circles are parallel or perpendicular to your chest. Also be sensitive to whether the necklace wants to move any closer or farther away from your body.
4. Continue repeating Step 3 until the Pink Sapphire finally pulls away from your body.

### **Time Guidelines**

The treatment may take as little as only a few minutes to complete but can be performed for much longer. Again, end the treatment when the Pink Sapphire pulls away from your body. Perform this therapy no more than once a day, even if you feel the pull-away after only a minute or two.

### **When to Perform Rhodonite Emotional Regulation Therapy vs. This Therapy**

Rhodonite Emotional Regulation Therapy is used to regulate the emotional energy moving into the cells of the physical body. The Rhodonite helps regulate your emotions by providing a foundation that allows each cell to receive emotional energy in balance and proportion.

In contrast, this Pink Sapphire Emotional Clearing Technique clears away emotional energy that may be pressing on the physical fabric. Pink Sapphire lifts the burden from the physical body by collecting emotional energies onto the gemstone itself and by creating more space between the emotional and physical bodies.

The Rhodonite therapy is more appropriate when your emotions are unstable or when you are experiencing irritability, hypersensitivity, or a tendency to overreact or react too quickly. It should be chosen when you have a strong sense of needing some emotional ballast.

The Pink Sapphire treatment is more useful when you are experiencing emotional pain rather than volatility, quickness to anger, or quickness to fly off the handle, all of which indicate

Rhodonite. If both of these emotional states are present, use the Rhodonite therapy first to build an emotional foundation, and then perform the Pink Sapphire therapy.

Pink Sapphire is more helpful than Rhodonite when the emotional pain presses onto your chest and heart so much that it causes a physical sensation of heaviness and pressure. If you are feeling emotionally volatile and have a physical heart condition, then wear a Rhodonite necklace while you are performing this Pink Sapphire treatment. Of course, if the chest pain or pressure becomes intense or otherwise alarming, you should seek immediate medical attention.