

## **Rhodochrosite Necklace Therapy**

### **Resistance Release**

This therapy helps release any mental resistance to the positive changes initiated by wearing a Rhodochrosite necklace. It also releases inner resistance to healthful changes in the spine and therefore acts as an excellent pre-treatment for any spine therapy.

#### **Therapy Tool**

- One solid necklace of Rhodochrosite spheres (8 mm or 10 mm)
- (Optional) A natural-fiber headband, scarf, or bandana

#### **Indications**

- When you have been wearing Rhodochrosite for some time but are not experiencing the changes you expected
- When preparing for a chiropractic adjustment or other spinal therapy

#### **Effects**

This therapy has two distinct effects: it helps release any mental resistance to the changes initiated by wearing a Rhodochrosite necklace, and it releases inner resistance to healthful change in the spine.

#### **Releasing Mental Resistance**

In order to make any significant change in your physical body, emotional aspect, or karmic patterns, all aspects of your being-but especially your mind-must work in agreement. Even if you have initiated a positive change in your body and emotions, if your mind resists, the change may not occur. The mind is capable of putting up powerful obstructions to change.

When you wear Rhodochrosite around your neck, its energy enters certain areas of your mind. This usually helps your mind carry out and support the changes that Rhodochrosite has initiated in your physical and emotional aspects. Sometimes, however, the mind resists this influx of Rhodochrosite energy. If you have been wearing Rhodochrosite for some time but are not experiencing the changes you expected, it's possible that your mind is resisting the changes and not allowing them to occur.

This therapy facilitates your mind's acceptance of Rhodochrosite energy by saturating the aspects of your mind that implement and support Rhodochrosite's changes. By releasing your mind's resistance, the therapy helps you make greater progress in your healing with Rhodochrosite.

### **Reducing Resistance in the Spine**

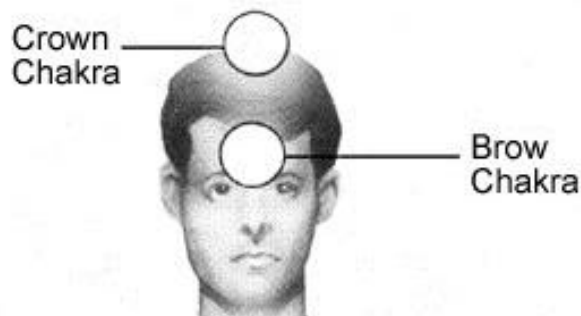
Rhodochrosite energy fills your head and then spreads into your spine, where it reduces the impact of inner resistance to positive change.

The spine plays a unique role in your health. It reflects the sum of who you are in your inner aspects—in your emotions, karmic patterns, and mind. For this reason, any major blocks of resistance to change in your inner aspects manifest in your spine. Conversely, every misalignment of your spine is caused by resistance in one of your inner aspects. Even a muscle spasm forcing a vertebra out of alignment is simply the physical manifestation of an inner cause. If the inner resistance is great enough, chronic back problems and pain will result.

Although a properly-executed chiropractic adjustment can release some of this inner resistance and temporarily repair the physical manifestation, this Rhodochrosite therapy can resolve many of the inner blocks causing the spinal misalignment. This therapy floods your spine with Rhodochrosite energy and helps release resistance to change there. Therefore, if you perform it just before a chiropractic adjustment, less demand will be placed on the adjustment to release resistance in the spine. Your spine will be freer to accept the physical benefits of the adjustment.

### **Procedure**

While sitting, place a necklace of Rhodochrosite on the top of your head, at your crown chakra. See the illustration of the brow chakra's location below:



Allow one end of the necklace to reach over to one ear and the other end to reach over to the other ear. You can either hold the Rhodochrosite in place with your right hand or secure it with a natural-fiber headband, scarf, or bandana.

### **Time Guidelines**

As with all gemstones, effectiveness increases with size and quality. Thus, smaller Rhodochrosite spheres will take longer to achieve the same results than larger ones of comparable quality. Therefore, when using 8-mm Exquisite-quality Rhodochrosite, perform this therapy for 45 minutes; when using 10-mm spheres of similar quality, 15 to 20 minutes will suffice.