

Roselle Necklace Therapy

Chakra Clearing Treatment

Roselle is placed on one or all seven of the chakras to help clear trapped or suppressed emotional energy from them. This balances and strengthens the treated chakras so that they can more efficiently handle the flow and expression of emotional energy.

Therapy Tool

One solid necklace of Roselle spheres (8 mm, 10 mm, or 12 mm)

Indications

When you are experiencing any of the following—

- You feel physical or emotional pain, weight, or tightness in a chakra or related area
- You suspect that an illness in an area associated with a chakra is caused by an emotional imbalance or suppression

Effects

Among other things, your chakras serve as gateways for the expression of your emotions in the physical world. In a healthy situation, your feelings are formed in the emotional dimension of your being and flow through your chakras for physical expression. Often, however, this process becomes disrupted. As your emotional energies flow through your being, for a variety of reasons, they may become stuck in a chakra and trapped there. These trapped energies bog down the functioning of your chakras and, as a result, can interfere with your emotional and physical health.

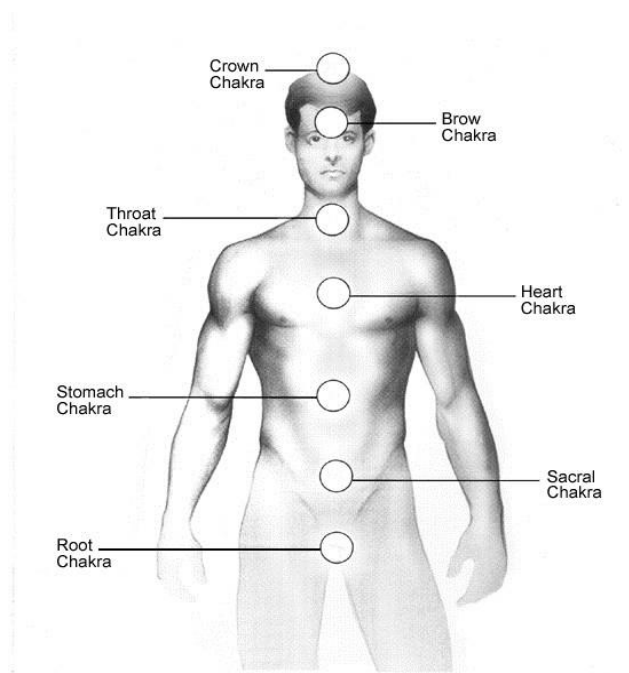
Placing Roselle on your chakras balances and strengthens them and helps them handle incoming emotions more efficiently. The Roselle clears the chakras of any pockets of old emotions or other energies that may be preventing your feelings from finding a clear passage for expression. This therapy also allows suppressed or hidden emotions that are creating disharmony to become more apparent. Each time you perform this therapy, the Roselle picks up where it left off and works ever more deeply.

When Treating All Seven Chakras at Once

Procedure

1. Lie on your back and make yourself comfortable.
2. Place a Roselle necklace in a small pile or spiral on one chakra at a time. Start at the root chakra, and work your way up the body, placing the necklace on each successively higher chakra.

See the illustration below for chakra locations:



- When you reach the crown chakra, hold the necklace in place by gently propping a pillow against the top of your head. If you prefer, you may sit up and secure the Roselle on your crown with a natural-fiber headband or bandana.

Time Guidelines

Keep the Roselle on each chakra according to the following time guidelines:

Chakra and Minutes of Roselle Application

Chakra	Minutes of Application
Root	2 - 3
Sacral	4 - 5
Stomach	6 - 8
Heart	10 - 15
Throat	6 - 8
Brow	4 - 5
Crown	2 - 3

When Treating One Chakra at a Time

Procedure

1. Select the chakra you wish to treat.
2. Lie on your back and make yourself comfortable.
3. Place a Roselle necklace in a small pile or spiral directly on the chakra you have selected.
4. Remove the Roselle necklace from the chakra, and place it around your neck, and wear it for ongoing support.

Time Guidelines

The first time you perform this therapy, keep the Roselle on the chakra for 20 to 30 minutes. Gradually increase the length of subsequent treatments up to one hour.

Time Guidelines: Both Options

You can perform either version of this therapy once or twice a day.