

Roselle Necklace Therapy

Chakra Door Therapy

This Roselle therapy helps heal and restore harmony to a chakra's front and back "doors" and re-establishes a proper relationship between them. Because this therapy improves a chakra's ability to accept the benefits of another therapy, it should be performed as a pre-treatment before receiving any other chakra therapy. It also serves as an excellent primary treatment.

Therapy Tools

Two solid Roselle necklaces of approximately equal length and sphere size (8 mm, 10 mm, or 12 mm)

Indications

- When you suspect that the front and back doors of a chakra are not functioning in harmony with each other. Symptoms may include—
 - Chronic back pain in any area associated with a chakra— for example, behind your throat or heart, in your mid-back, or at the base of your spine
 - A feeling that a chakra is sluggish, burdened, or has shut down
- When you wish to prepare a chakra or chakra-related area for another therapy

Effects

Each chakra has two openings, or "doors" - one on the front of your body and one on the back. One function of a chakra's back door is to serve as an escape valve: when too much energy collects in the chakra, some of the pressure can be released through its back door. When a chakra is functioning optimally, the front and back doors work in synchrony and harmony to fulfill the chakra's functions.

The stresses of modern living often damage one or both of these doors and decrease their ability to work together. When this happens, your chakras' ability to manage incoming, outgoing, and reserve energies is diminished. Such damage has important implications for your health, since chakra dysfunction is involved in most physical and emotional health problems.

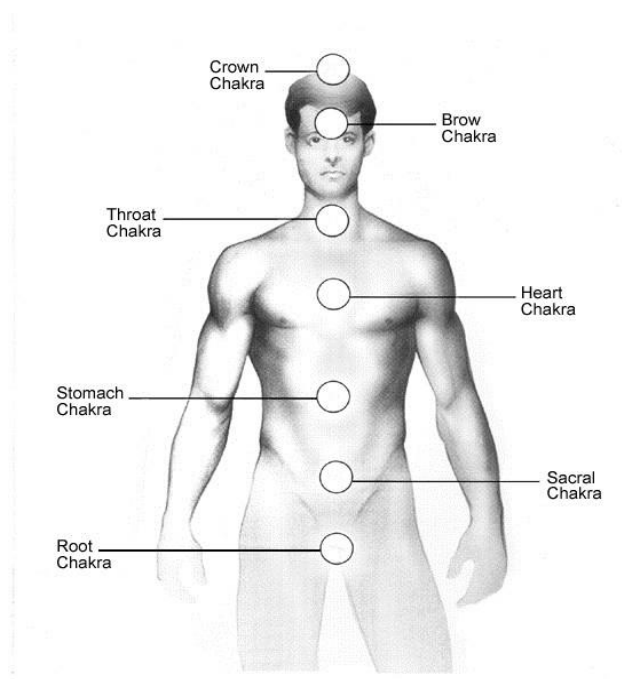
When Roselle is placed on the front and back doors of a chakra simultaneously, the primary focus of the gem' work is the re-establishment of a healthy relationship between them. Healing this relationship can transform the functioning of any chakra. This therapy restores harmony to a chakra's front and back doors. It not only helps your chakras reconnect these doors and improves their relationships, it also improves the doors' connections with their corresponding inner aspects.

This therapy addresses an often-overlooked aspect of chakra health and offers invaluable healing benefits to the chakras. Therefore, it should be considered as a primary therapy

whenever chakra dysfunction is present. It can also serve as an important pre-treatment. Many chakra therapies are not as effective as they could be because disharmony between a chakra's front and back doors prevent the chakra from receiving a therapy's full benefits. After receiving this Roselle therapy, a chakra is better prepared to accept the benefits of any other chakra therapy.

Procedure

The illustration below shows the front door of each chakra. The back door of each chakra lies on the back of your body directly opposite the front door.



1. Lie on your back and make yourself comfortable.
2. Bunch a Roselle necklace in each hand. Touch the necklaces together. Feel their energetic resonance and the harmony between them.
3. When you reach the crown chakra, hold the necklace in place by gently propping. Slowly move the necklaces toward the front and back doors of the chakra you wish to treat. As you move the necklaces apart, sense a band of Roselle energy stretching between them.
 - Move your left hand toward the front door, and your right hand toward the back door.
 - Move your hands simultaneously and at the same speed.
4. While continuing to sense the stretching band of Roselle energy, place the necklaces directly on the chakra's front and back doors.

- Form each necklace into a neat pile
- Adjust the back-door necklace to lie as closely as possible on the center of the back door.
- If you are treating your crown chakra, use the back door of the brow chakra as the crown's back door. (The crown chakra has no back door of its own.) Use a pillow to gently secure the necklace on the crown's front door.
- Sense the Roselle necklaces communicating with each other. Feel the front and back doors connecting, harmonizing, and synchronizing with each other. Even if you do not feel it, imagine that it is occurring.

5. Simultaneously remove the necklaces from the front and back door of each chakra.

Time Guidelines

Keep the Roselle necklaces in place for at least 30 minutes. You may gradually increase the treatment time with each session. To give the chakra a chance to adapt to its new state, it is best to wait at least several days between treatments.