

Roselle Necklace Therapy

Releasing Stress in the Heart

This technique restores the heart chakra's natural flexibility by releasing the energetic knots that have collected there. A Roselle necklace is held in the palm of each hand to promote a rhythmic "unwinding" of the heart chakra.

Therapy Tools

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

Indications

When any of the following apply—

- Your heart chakra feels painful, tight, stuck, closed, or unresponsive
- You are having inappropriate emotional responses - for example, you are not opening your heart in situations where it's appropriate to be vulnerable or loving; or you are not protecting yourself in potentially negative or emotionally damaging situations
- You are not having success with other therapies for opening or healing your heart chakra
- You want help addressing the energetic entanglements underlying a physical heart condition

Effects

Releasing Tangled Energies

When you hold Roselle in the palms of your hands, a direct connection between your heart and palm chakras is forged, and a flow of Roselle energy is initiated. The Roselle energy moves back and forth, from palm to palm, through your heart chakra. This flow of Roselle energy encourages your heart chakra to relax and let go of any unwanted energies that have become entangled there. With the release of these trapped energies, your heart chakra's natural elasticity is restored, and the chakra is better able to open and close as needed.

As the Roselle energy flows back and forth through your heart chakra, the chakra begins to unwind in a circular motion. This motion may be clockwise, counter-clockwise, forward and backward, or in several directions at once. At first, the motion's rhythm will be rather quick, and the motion may change directions often. Then the unwinding will gradually slow down, until a slow, steady rhythm between the hands, heart, and Roselle becomes established. Much of the release of trapped energies will occur during the busy unwinding period. Strengthening and healing will take place when the slower rhythm has become established. You may or may not feel the unwinding process. Sometimes your palm chakras must be awakened, opened, or cleared before the flow of Roselle energy can occur. If so, the unwinding will first occur only in your palms.

Supporting the Physical Heart

Any area of physical pain, including an injured or diseased heart, tends to wind itself up to protect itself from further pain. This occurs on an energetic level. Unfortunately, the resulting knots of tension can interfere with the area's physical functioning. Therefore, any influence that can unwind and release these energetic knots will be beneficial. This therapy can help an ailing heart to relax, unwind, and release the tangled energies contributing to its disease. This, in turn, will allow more healing energies to enter it. On a physical level, this will improve the circulatory system's access to the heart and thus allow more nutrients to be brought in and more metabolic wastes to be removed. On an energetic level, the relaxation will allow life-giving energy to flow into the heart.

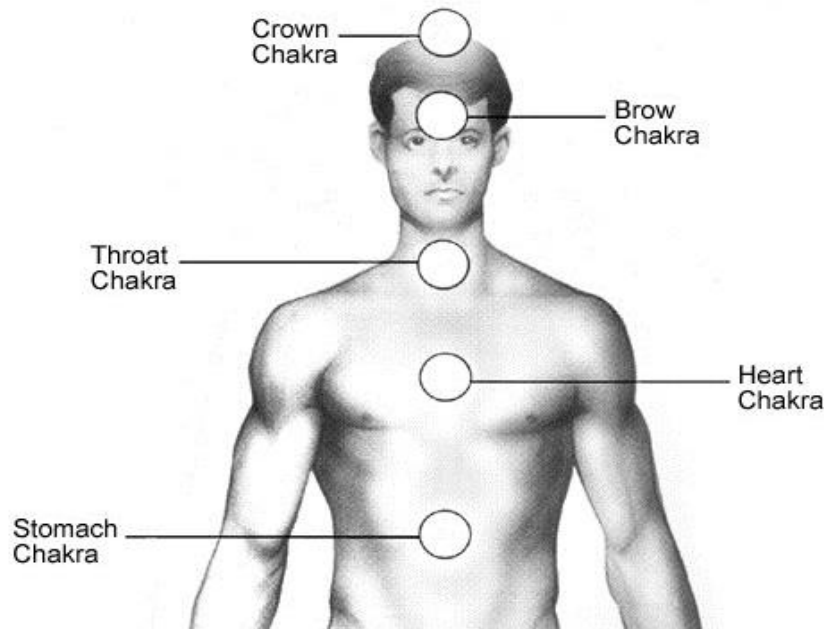
Fostering Heart Chakra Flexibility

Today, many people are working on opening their chakras, particularly the heart chakra. An open heart is a good thing at the right time and place, but there are also times when the heart chakra must be able to close. A healthy heart chakra can "breathe"—that is, expand and contract, or open and close—as needed. Ideally, the heart should be able to open in situations where it is appropriate to be open, loving, or vulnerable; and it must be able to close in negative environments or whenever it needs protection. A heart that is constantly open can be easily hurt. This technique fosters healthy flexibility in the heart chakra.

Procedure

1. Sit comfortably at a table.
2. Place a Roselle necklace in the palm of each hand. If possible, form each necklace into a spiral. Close your fingers over your palms.
3. Rest your elbows on the table and move your arms and hands into the following position—
 - Hold your palms up with the Roselle resting in them.
 - Bend your elbows, and hold your palms about one foot away from your body about two feet apart from each other. Position your hands at the same height as your heart chakra.

See the illustration below for the location of the heart chakra:



- Fine-tune your position. Try to sense the optimal distance at which to hold your hands away from your heart and away from each other, and position them there. This distance will vary slightly from person to person.
 - Although lying down is not recommended, if you must lie down during this treatment, do your best to position your hands and arms as described. Use pillows for support.
4. Close your eyes, relax, and feel the Roselle energy in your palms. Then feel the energy moving back and forth, from one hand to the other, through your heart.

Caution: Heart Discomfort

Although it is natural to feel some slight discomfort as a result of the unwinding, if your heart feels too uncomfortable, stop the treatment.

Time Guidelines

Perform Step 4 for 15 to 30 minutes. If you sense that energy is building in your heart chakra and not being released, continue the treatment for another few minutes. If it still doesn't release, stop the treatment and resume it later that day or the next.

You can perform this technique daily.