

## **Sodalight Necklace Therapy**

### **Centering Technique**

This technique enhances Sodalight's healing effects by increasing coordination among your physical and inner aspects. By clearing your aura of mental clutter and increasing its receptivity to Sodalight energy, this technique helps you feel more grounded and centered.

#### **Therapy Tool**

One therapeutic necklace of Sodalight spheres (8 mm or 10 mm)

#### **Indications**

When you wish to do any of the following—

- Uplift your overall health
- Feel more centered on all levels
- Become more consciously aware of your individual inner aspects and the layers of your aura
- Enhance Sodalight's effects and heighten your sensitivity and receptivity to its energy

#### **Effects**

This technique awakens the three primary layers of your aura—the emotional, karmic, and mental—to make them more receptive to Sodalight's energy. Each of the three mantras, or sounds, that you sing during this exercise awakens one of these auric layers. The mantras create vibrational bridges, through which the Sodalight energy reaches more deeply and thoroughly into your aura. As a result, your inner aspects corresponding to these layers become more centered in relation to each other. Thus, by practicing this technique, you will feel more centered and grounded. Your conscious participation will also accelerate the Sodalight's effects and make them more profound and pronounced.

Ideally, each layer of your aura interacts like intersecting cogwheels. If the cogs accumulate energetic "dust," such as mental clutter, the wheels run more slowly. A great deal of mental clutter may cause them to run inconsistently or to stop running at all. By removing the mental clutter, this Sodalight technique helps your auras and inner aspects work together more effectively. It also helps Sodalight achieve its maximum possible effects on your physical body.

**Procedure**

1. Sit comfortably with a Sodalight necklace within easy reach but not touching your body.
  - If you have been wearing Sodalight, simply remove the necklace and place it within reach.
  - Remove any metal you are wearing, such as jewelry, watches, belt buckles, and eyeglasses.
2. Close your eyes and take a few deep breaths. This helps you relax and brings oxygen into your bloodstream. Many gemstones, and particularly Sodalight, work better when the blood is oxygen-rich.
3. Sing the AUM mantra five times. This vitalizes and awakens the mental layer of your aura.
4. Place the Sodalight necklace around your neck. Breathe normally, and take half a minute to notice how you feel.
5. Sing KAH-MA five times. This vitalizes and awakens the karmic-pattern layer of your aura. Again, take half a minute to notice how you feel.
6. Sing EE-MO five times. This vitalizes and awakens the emotional layer of your aura. Again, take half a minute to notice how you feel.
7. Open your eyes and notice how you feel. Look around. Notice how your relationship with things in the physical world may be subtly different, now that you are more centered and your aura is infused with Sodalight energy.

**Time Guidelines**

You can perform this technique every time you put Sodalight around your neck. If you're wearing Sodalight continually, you can refresh its effects once a day by removing the necklace, performing this technique, and then replacing the Sodalight around your neck.

