

Sodalight Single Sphere Therapy

Ear Therapy

Sodalight spheres are used to break up the energetic congestion that may be causing an ear condition, such as an infection or hearing impairment.

Therapy Tools

Two therapeutic Sodalight spheres (preferably 12 mm to 16mm, large enough not to enter the ear canal)

Indications

Any condition ear condition that can be attributed to congestion or stagnation of energy in the area, including infection and hearing impairment

Effects

Physical congestion is often a direct manifestation of energetic congestion. When the energetic congestion is mental in origin, areas of the head, including the ear, can experience infection, fluid congestion, and pain. If the energetic congestion is excessive, it can even obstruct healthy physical function and lead to hearing loss.

When Sodalight spheres are placed in the opening to the ears, it helps ease congestion there. The Sodalight energy radiates inwards, toward the center of the head, where it identifies and is attracted by the vibrations of cluttered and congested mental energies. The Sodalight energy neutralizes and absorbs the vibrations of the clutter, thus freeing the area to allow healing to take place.

Procedure

When Using Small Spheres

If the spheres are smaller than the opening of the ear canal, you can still perform the therapy by first placing a single layer of cheesecloth, cut into a square about two inches in diameter, over the hole of the ear canal. Then place the sphere on the cheesecloth. This way, if the sphere happens to enter the ear canal, you can easily remove it by lifting up the cheesecloth.

1. Clean the ear carefully with a cotton swab. This will allow the Sodalight's vibrations to focus on congestion that you cannot remove yourself. Also clean the outer ear where the Sodalight will rest. This good hygiene measure will prevent the sphere from becoming waxy.

2. Check to make sure that the Sodalight spheres are significantly larger than the opening of the ear canal—
 - If you are performing this therapy on yourself, use mirrors to compare the relative sizes of the sphere and canal opening, or carefully feel the canal opening and compare them by touch.
 - If you are performing this therapy on someone else, hold the Sodalight spheres a few inches away from the canal opening of the ear and compare their diameters.
3. Gently place one Sodalight sphere against the opening of each ear. Place it in the cup formed by the cartilage of the outer ear at the opening of each ear canal. **Do not press the sphere into the ear canal.**

Time Guidelines

You may safely leave the Sodalight spheres in the ears for as long as you like. Keeping the spheres in place for 20 minutes to an hour should clear a significant amount of congestion, though sometimes only a few minutes of this treatment can clear enough congestion to ease pain and promote healing.

Repeat the therapy two or three times a day, as needed, and for as many consecutive days as you like. This treatment can also be done at night when you are sleeping.

Follow-up with Dark Green Aventurine

Ideally, after a period of treating the ears with Sodalight, repeat the procedure described above with spheres of Dark Green Aventurine. After the Sodalight has removed the energetic clutter, the Aventurine will promote healing of the damaged and stressed physical tissue.