

Sodalight Necklace Therapy

Emotional Pain Resolution Therapy

This technique uses Sodalight to clear mental clutter and confusion from a heart that is experiencing emotional pain. Relieved of its mental burden, the heart experiences greater peace, and its healing is accelerated.

Therapy Tools

- One therapeutic necklace of Sodalight spheres (8 mm or 10 mm)
- (Optional) One therapeutic Roselle or Rhodonite necklace

Indications

When you have emotional pain centered in your heart chakra and are experiencing any of the following—

- You have been obsessing about an emotionally painful situation
- You have been trying to heal or resolve a particular emotional issue for a long time without making much progress
- You want to understand the true reasons for your emotional pain

Effects

A heart can feel emotional pain for any number of reasons, but the mind often compounds the pain by burdening the heart with its attitudes, concepts, expectations, needs, and sense of what is fair. If an aching heart could free itself of the mind's influence, it would feel only a fraction of the pain, and the true cause of the pain would become easier to pinpoint and understand.

This Sodalight technique clears the mental clutter that burdens the heart and exacerbates emotional pain. It clarifies the causes of emotional pain and thus helps bring greater peace to the heart. By fostering greater clarity in the heart, this technique accelerates the heart's healing.

Procedure

1. To bring forward the pain in your heart, think about the circumstances and individuals involved with it. Open up to the pain so that you feel it strongly. Face it as fully as possible. This may take some courage.
2. Hold a Sodalight necklace in a pile in your hand, and place your hand over your heart chakra, so that the Sodalight touches your body, ideally on your skin (see Fig. SOD-1).
 - Center the gemstones on the pain.
 - If it helps, gently press the Sodalight into your body, or use it to massage the painful area by moving the Sodalight in a small circular motion.

3. As you tune in to the pain, pay attention to how the feeling changes. Allow any new understanding to enter your awareness. Notice how you become more at peace with the pain.

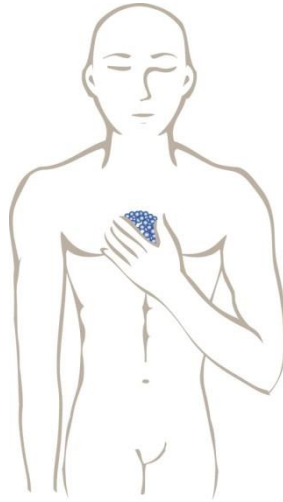


Fig. SOD-1

Time Guidelines

The clearing of mental clutter associated with emotional pain can sometimes happen very quickly. If you are truly ready to change, let go of the pain, and acknowledge and resolve the related issues, this clearing can happen rapidly. Clarity, relief, and a huge step in healing can occur within a few minutes. In this case, only one treatment may be enough. However, for issues that are deeply rooted or that are associated with complex mental influences, you may need to perform this therapy daily for a while.

For acute pain, such as that experienced during grieving, perform this therapy for 5 to 10 minutes several times a day until the pain subsides.

Follow-up with Roselle or Rhodonite

After Sodalight has freed your heart chakra of mental burdens, you can use Roselle or Rhodonite to support the chakra directly. When you have completed your Sodalight treatment, you can also perform the same procedure with a therapeutic Roselle or Rhodonite necklace.