

Sodalight Necklace Therapy

Eye Condition and Insomnia Therapy

This Sodalight therapy helps heal conditions caused by energetic congestion in the eyes, such as headache, infection, glaucoma, and a certain type of insomnia. The Sodalight energy helps break up physical congestion in the eyes by clearing the mental clutter that has collected there.

Therapy Tool

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

Indications

When you are experiencing any of the following—

- Headache caused by eyestrain
- Eye conditions that can be traced to congestion or the buildup of pressure, such as glaucoma
- Vision impairment in eyes weakened by overuse and inadequate rest
- Insomnia caused by excessive visual stimulation or an overactive mind

Effects

Physical congestion is often a direct manifestation of energetic congestion. When excess mental energy builds in your head, it can lead to infection, congestion, and pain in your ears, sinuses, teeth, and eyes. In this therapy, Sodalight loosens the unnecessary mental vibrations that burden your eyes, and then it neutralizes or absorbs these vibrations. By clearing your eyes of mental clutter, the Sodalight eases their congestion and helps initiate healing. If you are suffering from insomnia caused by excessive visual stimulation or an overactive mind, the Sodalight will absorb the excess mental energies that are interfering with your sleep.

In this procedure, you form a Sodalight necklace into a specific shape, so that it looks somewhat like a pair of binoculars. This shape draws out and away from your body the vibrations loosened by the Sodalight and that the spheres cannot absorb on their own.

Procedure

- 1. Form a Sodalight necklace into a special shape, as follows:
 - Hold the necklace between the index fingers of both your hands. Spread your fingers as far apart as you can without straining the necklace thread.
 - Wrap the necklace around each finger twice. Your fingers should now appear to
 be surrounded by two cylinders of Sodalight, with three lines of beads wrapped
 around the outside of each finger and two lines wrapped around the inside of
 each finger.



- Use your other fingers to widen the diameter of each cylinder, making the cylinders as wide as possible.
- 2. Lie down and place the Sodalight over your eyes. Position the necklace as though you were going to look through the "binoculars." Keep your eyes closed. Try to retain the cylindrical shape as much as possible:
 - If you find that the cylinders topple over, hold them with your hands as you would a pair of binoculars.
 - If you still have trouble retaining the cylindrical shapes, lay the Sodalight across
 the bridge of your nose and spiral the two ends of the necklace over your eyes.
 The therapy will still be effective, but the results will be milder and take longer to
 achieve.

Time Guidelines

Allow the necklace to remain on your eyes for as long as you find it comfortable. You may fall asleep and let the necklace slip off your face during the night. Perform this therapy as often as you wish.

Emerald or Light Green Aventurine Follow-Up

You may follow the Sodalight treatment with an application of any of the following: a solid Emerald necklace, a Light Green Aventurine necklace, or Light Green Emerine combination necklace, which contains both Emerald and Light Green Aventurine. Simply fold the necklace in half and lay it over your eyes. If the necklace has a metal clasp, avoid placing the metal directly on your eyes; lay it on your cheek or above your eyebrows.

For this follow-up treatment, it is not recommended that you form cylinders, since the purpose here is to soothe the area and not necessarily to initiate more releases. After the Sodalight has removed the energetic clutter, your body will appreciate the Emerald and/or Aventurine energy, which will promote healing of the distressed physical tissue.