

Sodalight Necklace Therapy

Mind-Body Therapy

A Sodalight necklace is placed on a localized area of the body to clear away the disharmonious mental energies that have infiltrated the area and are disrupting the area's health.

Therapy Tool

- One therapeutic Sodalight necklace (8 mm or 10 mm)
- (Optional) Non-plastic first aid tape and small piece of lightweight cotton cloth

Indications

- When an area of the body is experiencing any of the following—
 - Illness
 - Congestion
 - Pain
- When you suspect that the healing of a localized area is inhibited by certain thoughts or mental energies

Effects

The negative thoughts and attitudes to which we are all prey have a profound affect on the health of the body. Such negative thoughts may include the criticisms we direct at ourselves, particularly about our body or appearance; they may also include anger or worry about our physical health. These disharmonious mental energies infiltrate the body, disrupting metabolic functions and perpetuate physical ailments of all kinds. This infiltration of the mind with the body also causes confusion on a molecular level. When enough of certain kinds of molecules are confused, certain diseases result—particularly those associated with congestion and congested energy.

Placing Sodalight on congested or otherwise ailing areas helps to separate mind-stuff from the body's purely physical energy, thus alleviating the molecules' confusion and aiding the healing process. Sodalight clears out the collections of mental energy that may be causing or exacerbating a physical condition. It lifts the mental weight from the body, helping to restore its vitality and reclaim its true nature.

Procedure

Form a Sodalight necklace into a neat pile, and place it directly on your skin on the area you wish to treat.

If you wish to secure the Sodalight to your body for some time, place the gemstones on your skin and then place a light cotton cloth over the gems. To secure the gems to your

body, tape the cloth to your skin with non-plastic first aid tape. Avoid letting the glue from the tape touch the gems.

Time Guidelines

Keep the Sodalight in place for at least 10 minutes and for as long as you wish thereafter. The longer you keep the Sodalight in place, the more deeply and thoroughly it will work.