

Sodalight Necklace Therapy

Positive Emotion Technique

This Sodalight technique fosters emotional well-being by establishing a positive emotion as a constant backdrop to daily life. Nagging negative emotions are encouraged to give way to contentment, tranquility, gratitude, or some other positive emotion of your choice.

Therapy Tool

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

Indications

- When you wish to experience a greater sense of emotional well-being in your daily life
- When you are experiencing any of the following—
 - Difficulty finding peace with your emotions
 - Overwhelmed by emotional excess
 - Nagging negative emotions

Effects

This Sodalight technique helps you establish a positive emotion as a constant backdrop to your daily life. By focusing your attention on a particular emotion, you highlight it. The Sodalight then clears the unnecessary energies from the mechanisms that allow this emotion to be expressed, so that you can quietly enjoy and benefit from this emotion during the course of your normal activity.

Background Emotions

The emotional aspect of your being stays healthy by emoting. If it doesn't emote, this vital aspect suffers it either atrophies, retreats, becomes blocked, or otherwise loses its balance. Just as your physical body must continually move to remain healthy (even in sleep, your lungs breathe and your blood circulates), your emotional aspect must continually express some emotion. This doesn't mean that you must constantly experience the heights or depths of intense feeling. On the contrary, emotional well-being comes from living in a balanced landscape of emotional peaks and plains, in which the level plains predominate. To be healthy, most of the time you should feel some mild, pleasant emotion running in the background of your experience, somewhat like background music.

It is an interesting exercise to stop what you are doing for a moment and put your attention solely on what you are feeling you may not have been aware that you were feeling anything at all. Yet, even if you're not always conscious of it, your background emotion should be clearly definable whether it is mild happiness, contentment, sadness, anxiety, or annoyance.

To keep from draining you, a background emotion should be felt mildly. If you are constantly expressing an emotion strongly, your emotional aspect will eventually get tired and burned out, possibly to the point of breakdown. In many people, the default background emotion tends to be something negative, such as anger, crankiness, discontent, frustration, or impatience. These emotions are intrinsically draining. Moreover, they are usually felt much more strongly than a healthy background emotion should be.

Mastering Your Background Emotions

As the master your own mind, body, and emotions, you should be able to choose and cultivate the emotion that runs in the background of your daily activity.

When you develop your background emotion to be clearly defined, consistent, and resistant to becoming negative, you can retain your balance during the peaks of emotional expression and better avoid the deep dips. The ideal background emotion is one that is both positive and doesn't take a lot of energy to emote. Feelings of peace, tranquility, contentment, satisfaction, serenity, gratitude, and a general sense of feeling good about oneself are excellent background emotions.

This technique uses the properties of Sodalight to clear the passageways in your emotional aspect for a particular emotion to be expressed clearly and capably. Since it is futile to attempt to clear all these pathways at once, this technique works on one positive emotion at a time.

Learning to master your positive emotions, like contentment and joy, allows you to tap into them when negative emotions are taunting you. As a result of this technique, you may also feel a greater comfort in the present moment and become more confident about the moments to come.

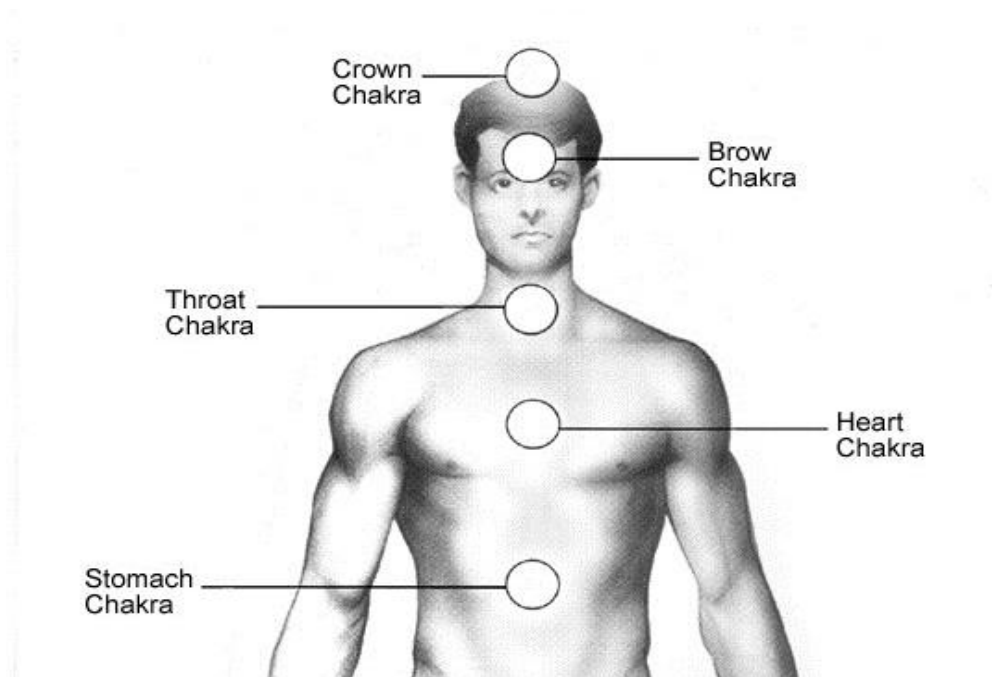
Procedure

Because contentment serves as an excellent background emotion, the procedure below fosters the feeling of contentment. However, you can perform this procedure using any mild positive emotion you like. Keep in mind that emotions that are moderate in intensity work best.

1. Sitting comfortably, hold a Sodalight necklace in your palm. Gaze at it for about 30 seconds.
2. Sing the AUM mantra five times.
3. Place the Sodalight necklace around your neck, and close your eyes.
4. Think about and feel the emotion you have chosen (in this case, contentment) for about 5 to 10 minutes. Follow the steps below:
 - Summon the feeling of contentment. Focus on feeling content for about a minute.
 - Then, think about what it means to be content. Feel the meaning of contentment.

- Think about what this moment would feel like if you were profoundly content. Feel the contentment that is yours in this moment. Embody the feeling of contentment. Be content.
5. Remove the Sodalight from your neck. Lightly bunch it in your hand and, with your palm covering the necklace, hold the Sodalight to your heart chakra. Hold the Sodalight directly on your skin or over your clothing.

See the illustration below for the location of the heart chakra:



6. Keeping the Sodalight on your heart chakra, repeat Step 4 for about 5 minutes. Allow yourself to enjoy the peace and happiness that comes with feeling and being content.
7. When you are ready, replace the Sodalight around your neck.

Choosing a Background Emotion

If you practice this technique only once or twice, focus on the one emotion that, if you had just one choice, you would choose to live with for the rest of your life to help you through life's myriad experiences.

Managing Post-Technique "Backwash"

Sometimes a "backwash" of negative emotion can follow a session of practicing this technique. If this happens, allow this backwash to move through you, and do your best not to let your

mind get caught up in it. Clearing away some negative emotions may be a necessary part of your healing process. They will pass through quickly, and afterward you will be centered more strongly in the background emotion of your choice.