

Sodalight Necklace Therapy

Post-Traumatic Stress Therapy

Sodalight is placed on the chakras to support the healing of post-traumatic stress disorder (PTSD). Sodalight lifts the energetic burden caused by PTSD by clearing mental clutter from the chakras and the karmic layer of the aura.

Therapy Tool

- One therapeutic necklace of Sodalight spheres (8 mm or 10 mm)
- Alternately, two or three therapeutic necklace of Sodalight spheres (8 mm or 10 mm)

Indications

When you are suffering from PTSD or any of the following symptoms in response to a traumatic event—

- Intense fear or anxiety
- Depression
- Sense of helplessness
- Nightmares
- Flashbacks of the traumatic event
- Avoidance of similar situations or the environment in which the trauma occurred

Effects

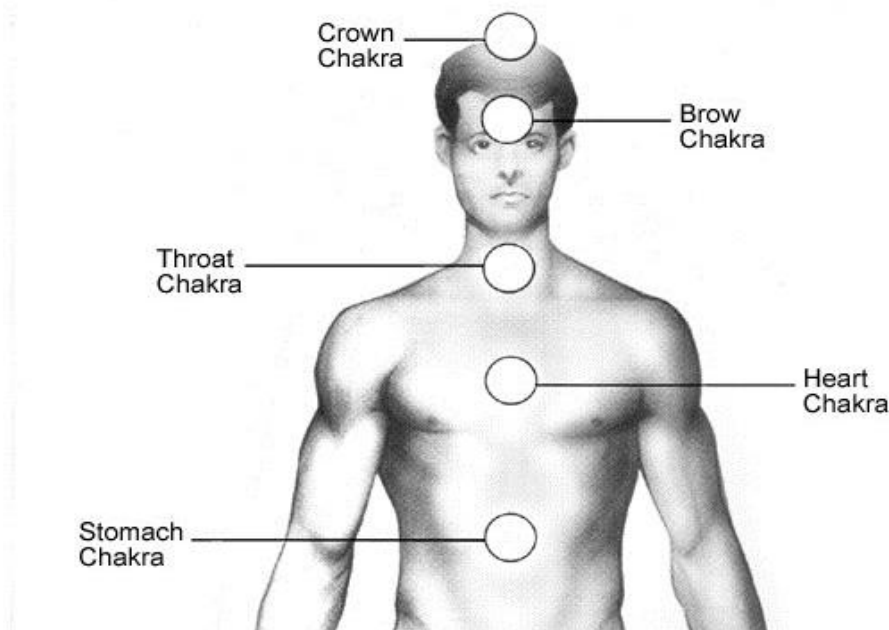
When someone suffers from PTSD, disharmonious mental energies collect in the area of the person's aura where karmic patterns are stored. As the mind constantly revisits the trauma, reliving it again and again, this mental clutter accumulates and eventually inundates the karmic layer of your aura. Because the clutter collects more quickly than the person can process by himself, the PTSD perpetuates itself. As burdensome mental energies accumulate in the aura, they also become anchored in the person's chakras, further inhibiting the ability to process and release these energies.

This Sodalight therapy removes the mental clutter from both the chakras and karmic aura. This diminishes the person's energetic burden and (especially with the help of a good psychotherapist) allows him or her to more easily process and heal from the trauma.

Procedure

1. Perform the *Sodalight Centering Technique*. Ideally, leave the Sodalight necklace around your neck and use a second Sodalight necklace to perform Steps 4 through 6. Otherwise, remove the necklace from your neck and use it to perform the therapy.

2. Lie on your back and make yourself comfortable.
3. Think about the event that is troubling you. Call it to mind for about a minute.
4. Bunch a Sodalight necklace in your hand and, with the necklace facing your body, hold the Sodalight about 12 to 18 inches above your heart chakra. See the illustration below for the location of the heart chakra:



5. Move the Sodalight to one of your chakras.
 - Be alert to your intuitive sense of which chakra “wants” Sodalight treatment. This may feel like the chakra is gently pulling the Sodalight to it.
 - Bring the necklace to the center of the chakra, and hold it there until the chakra seems to push the Sodalight away. Expect the Sodalight to rest on the chakra for a moment or for as long as a minute or two.
 - If, after than five minutes, a chakra does not seem to want to release the Sodalight, gently pull the Sodalight away.
6. Repeat Steps 4 – 6 until you no longer feel a “pull-in” to any chakra, and you sense a final pull-away. This signals that your body has had enough Sodalight energy, and that it is time to end the therapy.
7. You may find that your body wants the Sodalight to return to a particular chakra several times, or that it mostly draws the Sodalight back and forth between two or three chakras. Trust your intuition about which chakras are requesting treatment.

Three-Necklace Alternative

If three Sodalight necklaces are available, wear one around the neck and hold one in each hand. Perform Steps 4 through 6 by applying the second and third necklaces to different chakras at the same time. This will result in a deeper and more thorough clearing.

Time Guidelines

The entire therapy should last no more than 15 to 20 minutes and can be performed every other day.