

## **Sugilite Necklace Therapy**

### **Preventive Therapy**

A Sugilite necklace is held on the upper part of the breastbone (manubrium) during exposure to toxins or when taking medication to prevent their potentially negative energies from collecting in the aura. The Sugilite will also absorb the unwanted energies that are sometimes released as a cleansing reaction to taking healthful foods and supplements.

#### **Therapy Tool**

One therapeutic Sugilite necklace

#### **Indications**

- Exposure to an environment with wet paint, mold, petrochemicals, or other harmful fumes (for example, when filling your car's gas tank)
- When taking medication, especially for the first time
- When you want to maximize the effects of supplements

#### **Effects**

Ideally, when you take into your body something from the environment, such as a food, drink, supplement, or medicine, or when you breathe in something you are unaccustomed to, your body immediately assesses the energetic nature of this substance. If it is something health giving, the body will accept the positive energies. If it is something the body considers harmful, it will try to weed out the negative energies in the substance and pass them into the aura. Also, taking a health-promoting substance, such as a supplement, can give the body the strength or opportunity to expel negative energies into the aura.

Much of this sorting process occurs as soon as you put the substance in your mouth or breathe it in. Holding the Sugilite on your manubrium (the upper part of your breastbone) makes the sorting process easier and more efficient.

In this therapy, the manubrium serves as a window to the supraphysical aura. When a Sugilite necklace is placed there, its tube rays focus on the supraphysical aura and whatever enters it. This is the key to the therapy's effects. Within moments after a toxic substance enters the body, the bulk of its negative energies are exuded into the supraphysical aura. If Sugilite is on the manubrium at the time, its tube rays will immediately recognize and absorb this cloud of exiting energy before it becomes established in the aura. That is why this therapy is preventive; the tube rays siphon off clouds of accumulation before they affect the aura or body.

For the purposes of prevention, this placement therapy is more effective than wearing a Sugilite necklace. When you wear a necklace, the tube rays tend to focus on unwanted energies that are already established in the body and aura. When you place a Sugilite necklace on the

manubrium, its tube rays will catch negative energies before they start to accumulate. Once these energies have become established in the aura, the Sugilite tube rays may have other priorities and not reach them.

The penultimate step in this therapy calls for placing the Sugilite on your liver. When your body takes in a toxic substance, it may not be able to sort the incoming energies completely until the substance reaches the liver, either through the digestive tract or bloodstream. Holding Sugilite over your liver will help it further sort out these energies.

### **Procedure**

1. If you are doing this procedure when taking medications or supplements, have them and a glass of water ready before you begin. If you are wearing a Sugilite necklace, remove it.
2. Bunch the Sugilite necklace in your hand and hold it over your manubrium—the flat bone at the top of your sternum, just under your neck.
3. Take your medication or supplements; or, if you are preparing to enter a toxic environment, enter it.
4. After you have finished taking your medication, have left the toxic environment, or finished filling your gas tank, hold the Sugilite in place for another minute or so.
5. Hold the Sugilite over your liver window (on the right front side of your body, just beneath your ribs) for a few minutes.
6. (Optional) Place the Sugilite necklace back around your neck.