

White Beryl Necklace Therapy

Gemstone Massage

In this therapy, you gently rub your White Beryl necklace over the skin of a sore, wounded, or depleted area of your body. The White Beryl energy draws nutrient-filled blood plasma to the area and stimulates the uptake of waste-filled fluid into the lymphatic vessels. In addition, it clears away a significant amount of unwanted energies. White Beryl's white light also has a soothing and healing effect on the area.

Therapy Tool

One therapeutic White Beryl necklace

Indications

When you are experiencing any of the following—

- Soreness in any area of the body, such as a sprained knee or pulled muscle
- Joint pain, such as in carpal tunnel syndrome or arthritis
- Any skin condition, from a pimple to a rash
- External wounds
- Bruises

When you wish to do any of the following—

- Focus white light and the body's healing energies on a weak or injured area
- Bring healing energy to your skin
- Accelerate the healing of a skin condition

Effects

This therapy initially delivers the white light and White Beryl energy to the surface of the treatment area. The friction caused by moving the gems across your skin creates an energy field that allows your skin to pick up the White Beryl energies more readily than if the gemstones were simply placed on the target area. The longer a particular area is treated, the deeper into the body this energy field will penetrate. The energy field lingers after the gems have been removed, and it enhances the tissue fluid's ability to process toxins on their own. This effect is maximized when you move the gems in a line parallel to the thread they are strung on. For this reason, in this therapy the necklace is wrapped neatly around your fingers rather than held bunched in your hand.

Procedure

1. Fasten the clasp of a cleansed White Beryl necklace.

2. Wrap the necklace loosely around two or three fingers. Spread your fingers apart to keep the necklace taut and secure and so that a few strands of the necklace are lined up on the bottom side of your fingers.
3. Very gently brush the gemstones on your skin on the area you want to treat. Move the gemstones in the same direction as the thread they're strung on.

For maximum effectiveness and to minimize stress on the necklace, the motion should be as gentle as a passing caress.

- The longer you move the gems and the smaller the area you treat, the thicker the resulting energy field will become and the deeper it will penetrate your body. Therefore, in general, it is most effective to limit the size of the treatment area to a three- to four-inch area.
 - If you are treating a skin condition that covers a large area, you may wish to treat it in segments.
 - If brushing the gemstones along the skin irritates or exacerbates the condition, move the gems in the aura, one-quarter inch above the treatment area.
 - If you are treating a burn or external wound, brush the gems on the unaffected skin adjacent to the burn or wound. Alternatively, move the gems in the aura above the target area, as close as possible but far away enough not to risk bumping the skin.
4. Cleanse the necklace after every five minutes of treatment by holding it under running water or dipping it into a clay bath followed by a water rinse. If you treat more than one area, cleanse the necklace after you treat each one.

Time Guidelines

Perform this treatment for about one minute per treatment area or as long as you wish. You can perform it as often as you like, either focusing repeatedly on a single area or on a variety of them.