

White Beryl Necklace Therapy

Strengthening and Clearing the Chakras

A White Beryl necklace is applied to the chakras to clear and strengthen them, bringing White Beryl energy and the white light deeply into the physical and subtle bodies. This therapy can be self-applied.

Therapy Tool

One therapeutic White Beryl necklace

Indications

When you are experiencing any of the following—

- Weakness or dysfunction in an endocrine gland (thyroid, pituitary, thymus, pancreas, pineal, adrenal, ovary, or testes)
- Weakness in any organ or tissue near a chakra
- Illness, general weakness, or malaise
- Dysfunction or disease in the lymphatic system
- Symptoms of detoxification, such as sudden fatigue, cold symptoms, concentrated urine, or swollen glands

When you wish to do any of the following—

- Strengthen and clear your chakras of unwanted energies
- Feel stronger overall
- Balance endocrine function
- Support lymphatic function
- Improve the overall functioning of your body
- Support a detoxification program

Effects

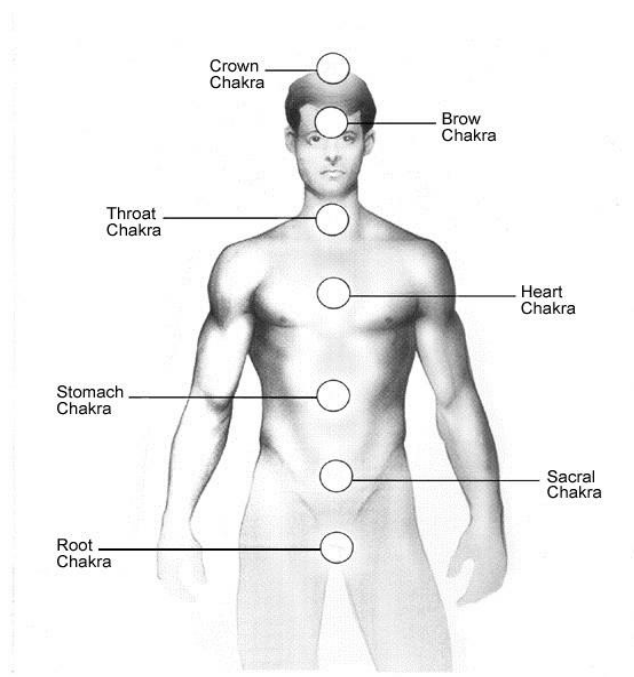
This therapy enhances the effects of wearing a White Beryl necklace by bringing the gemstones' energies more deeply into the fabric of your physical body.

The chakras are closely associated with the endocrine system. This White Beryl chakra therapy can help balance and enhance the functioning of this system. When you apply White Beryl to the chakras, the white light clears them of the negative and other unwanted energies that can block or close the chakras and depress endocrine output. White Beryl's energy also stimulates the lymphatic system.

During or after this therapy, one or more of your chakras may feel tingly as new life and light are infused into them.

Procedure

See the illustration below for chakra locations:



1. Sit up or lie down on your back, whichever is more comfortable. You may switch positions at any time during the therapy. In this procedure, White Beryl can be applied either directly on the skin or over clothing.
2. Bunch the White Beryl necklace in your fingers and hold it over your crown chakra, about a foot above your body.
3. Be alert to your body's energy and use the pull-in and pull-away techniques to determine when to move the necklace. A pull-in is a sense that your body is soaking in the gems' energy while drawing them to your body. A pull-away is an urge to remove the gemstones, sometimes associated with an expanding cushion of energy that feels like it's trying to expel the gems from your body or aura.
 - If you feel a pull-in all the way to your body, place the necklace on the chakra.
 - If you feel a cushion of energy between the gems and your body, hold the necklace at the point where you feel the cushion. Within a minute, you may feel a pull-in toward your body. If the pull-in brings the necklace all the way to your body, place the necklace on the chakra, but continue to hold it so that you can be receptive to a pull-away.

- If, after a minute of holding the necklace above the chakra you still don't feel a pull-in, or if you feel a pull-away, repeat this procedure with the next chakra.
 - When you sense a pull-away, remove the necklace. Your body's energy may pull away the necklace all at once or in stages. Hold the necklace at each of these stages, or distances from your body, until the pull-away is complete.
4. Repeat Step 3 for all the remaining chakras in the following order: brow, throat, heart, stomach, sacral, and root. For overall chakra balance, it is important to introduce the White Beryl to all seven chakras, even if one or two of them don't generate a complete pull-in.

Time Guidelines

The exact length of time you hold the necklace on or over each chakra will depend on your body's signals; placement time on any given chakra could last from a few seconds to several minutes. Your body will give you a pull-away when the treatment of each chakra is complete. If you don't feel a pull-away after five minutes, ask your body's permission to continue treatment at the next chakra. Keeping the necklace on a chakra for longer than five minutes will do no harm, but leave yourself enough time to treat all your chakras.

The treatment time can be reduced if you hold the necklace directly on your skin instead of over clothing. This will make the gemstone's energy more accessible to your body, and a pull-away should occur more quickly.

Subtle Body Variation

Each chakra extends into your aura through each of your subtle bodies in the shape of a vortex. In this modified procedure, you use White Beryl to trace the energy vortex associated with each chakra. This brings White Beryl's benefits to the subtle bodies and clears the vortices themselves, so energies can flow through them more freely. You might prefer this variation if you want to work on a condition's subtle-body causes or associations with endocrine or lymphatic dysfunction.

You can perform this variation on yourself, but it is easier to have someone else perform it on you.

Procedure

1. Sit up or lie down on your back, whichever is more comfortable. You may switch positions at any time during the therapy. In this procedure, the White Beryl is applied only in the aura. Begin with your crown chakra.
2. Bunch the necklace in your fingers and hold it over the chakra as far away from it as you can reach. Use the necklace to trace the energy vortex associated with the chakra. As you move the necklace in the steps below, allow your body's energy to guide you. Be sensitive to any pull-ins and pull-aways that encourage you to start, stop, or retrace your movements.

- Start by tracing a circle about two or three feet in diameter over the chakra. Using the circle-in technique, allow the necklace to follow the shape of the chakra vortex as the necklace spirals closer to your body.
 - Stop about an inch above your body over the chakra.
 - Now spiral the necklace up and away from your body, again retracing the shape of a vortex.
3. Repeat this process for all the remaining chakras in the following order: brow, throat, heart, stomach, sacral, and root. For overall chakra balance, it is important to introduce the White Beryl to all seven chakras. When the treatment of each chakra is complete, your body will give you a pull-away or gracefully begin tracing the vortex of the next chakra.
 4. Cleanse the necklace, and then wear it around your neck for ongoing support.

Time Guidelines

Expect to treat each chakra for about two to five minutes. The White Beryl will trace the vortex at least once toward the chakra and once away from it before moving on to the next chakra. This singular motion usually indicates that the chakra is in good health.

Clockwise and Counterclockwise

The direction the White Beryl moves on its path toward any chakra may be clockwise or counterclockwise, depending on your body's energetic makeup at the time of treatment. The necklace may move in one direction on its way toward your body and in the opposite direction as it moves away. Or it may switch directions, sometimes several times, during the treatment session.

When Treating Others

If you want to treat someone else with this procedure, bunch the necklace in your hand, and then gently pull out three or four half-inch lengths of the necklace and hold them between your thumb and forefinger. This will make the gems' energies more available to the person you are treating.