

## Yellow Sapphire Necklace Therapy

### Stomach Therapy

Holding a Yellow Sapphire necklace over your stomach provides a quick energy boost, calms anxiety, and improves digestion. The Yellow Sapphire helps the stomach's cells absorb the yellow ray and ultimately all the other color rays as well. The yellow ray helps a tightened stomach chakra relax and let go of unneeded energies, and the resulting infusion of color rays helps both the stomach organ and stomach chakra grow stronger.

#### CAUTION

The stomach organ and stomach chakra occupy the same general location on the body. **Do not place a Yellow Sapphire necklace on any chakra other than the stomach**, since doing so can cause a temporary electrical shutdown of the chakra. The stomach chakra, whose color spectrum is dominated by yellow, can benefit from a Yellow Sapphire necklace without becoming distressed by it.

#### Therapy Tool

One therapeutic solid Yellow Sapphire necklace

#### Indications

When one or more of the following apply—

- You are experiencing—
  - Chronic or acute indigestion
  - Excessive worry, anxiety, or dread
  - Weakness
  - Mild depression, or feeling listless and directionless
  - Tension in the stomach, usually caused by consistently ignoring your intuition or gut feelings
  - Difficulty focusing in the moment because your attention is lured too much to the past or future
- You want to—
  - Improve digestion
  - Cleanse the digestive tract, particularly during a fast
  - Experience an energy boost

#### Effects

When you hold Yellow Sapphire over the stomach organ, it supplies the stomach with yellow ray. Because the yellow ray acts as a carrier frequency for the other color rays, these rays will

also nourish the stomach's cells. This influx of color rays will strengthen the cells and help them grow healthier.

Yellow Sapphire also tends to increase the stomach's activity, including the secretion of stomach juices and enzymes. Thus, when you hold it over your stomach during or after a meal, it will enhance the process of digestion. When you perform this therapy a few hours after a meal, when the stomach is nearly empty, the Yellow Sapphire can help clear the stomach of any residual food. Hence, this therapy can be useful during a fast to help cleanse the digestive tract.

When you hold Yellow Sapphire on the stomach area, the gemstones will also work on the stomach chakra. The Yellow Sapphire will build a scaffold of yellow ray throughout the chakra. In this scaffold, color rays that are already present will better organize themselves, and new color rays will enter to heal the chakra and make it stronger. Negative and unwanted energies that have accumulated in both the stomach organ and chakra will be released.

Yellow Sapphire also has a calming effect on the stomach chakra. Tension in the stomach area can block the life force from entering the chakra. This tension and blockage can result from ignoring your gut feelings so often that the stomach chakra tightens and closes down. With some relaxation, the life force can enter and provide an energy boost. At the same time, it can help you focus in the here and now and identify your needs in the moment.

### **Procedure**

1. Identify and clearly state your intention for doing this therapy. This is a good habit to cultivate, since it will improve the effects of any gemstone therapy you perform.
2. Hold the Yellow Sapphire necklace in your hand and stretch your arm out in front of you. The Yellow Sapphire does not have to be in any particular configuration in your hand.
3. Allow your body to draw your hand toward the stomach area. The intention you set for yourself in Step 1 will configure your body's energy to draw the Yellow Sapphire to the exact area of the stomach that requires the treatment.
4. Hold the Yellow Sapphire on this area, either directly on your skin or over your clothing (preferably natural-fiber). You can either hold the gemstones with your hand, or you can lie on your back and simply place the gems on the area without holding them.
5. Remove the Yellow Sapphire when you sense that your body wants you to remove it, when you intuit that the therapy is completed, or when you have a thought such as, "This is enough."

If you fall asleep with the Yellow Sapphire on your stomach, it's possible that you will roll over on your side and the gemstones will slip off. It's fine if they end up somewhere in the bed with you for the rest of the night.

**Time Guidelines**

Keep the Yellow Sapphire in place anywhere from a few minutes to as long as an hour or so. If you need help with digestion or want an energy boost, a shorter time may be all that is required. For more serious stomach conditions, emotional support, and chakra work, leave the gemstones in place longer.