

Amethyst Necklace Therapy | Chakras

Stomach Chakra – Stomachache Therapy

An Amethyst necklace can be placed on any of six major chakras to treat a variety of conditions or to promote awareness. Amethyst energy affects each chakra differently. In this therapy, an Amethyst necklace is placed on the stomach chakra to strengthen the stomach or ease a stomachache.

Therapy Tool

A solid necklace of Amethyst spheres (6 mm, 8 mm, or 10 mm)

Indications

- Stomachache, especially in children
- Weakened stomach

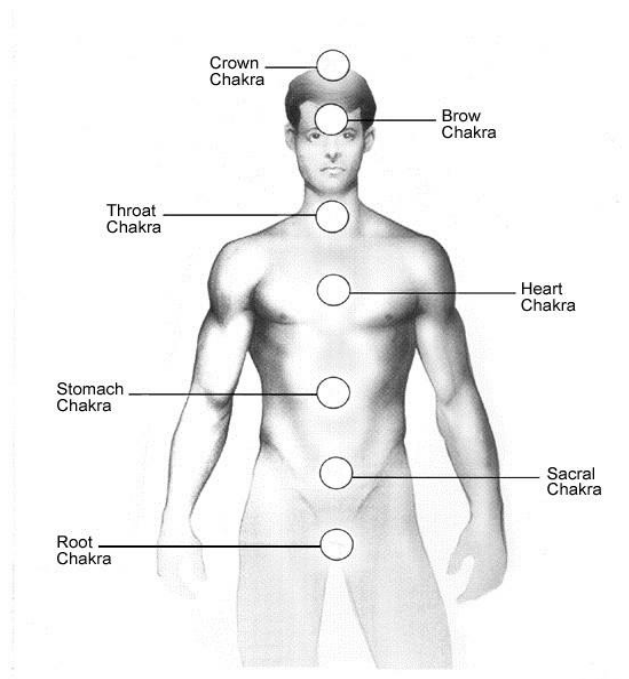
Effects

The Amethyst vibrations draw to the stomach healing energies from other, stronger areas of the body. This therapy is very helpful for soothing stomachaches, especially in children.

Procedure

For an acute stomachache, hold or otherwise secure an Amethyst necklace on your stomach chakra until the pain eases or disappears. For chronic stomachache, place the Amethyst on your stomach chakra for 30 to 60 minutes daily.

See the illustration below for the location of the stomach chakra:



Time Guidelines

For chronic stomachache, place the Amethyst on your stomach chakra for 30 to 60 minutes daily. Let your intuition guide you in determining exactly how long to perform a particular treatment.