

Aquamarine Necklace Therapy

Creative Inspiration Technique

An Aquamarine necklace is used to enhance the creative process or break through a creative block.

Therapy Tool

One therapeutic-quality Aquamarine necklace

Indications

- When you are engaged in any kind of creative process and desire any of the following:
 - To enhance your creative flow and encourage inspiration
 - To move past a creative block or plateau
 - To experience a boost in creative thinking when taking an exam or solving a problem
- When you are experiencing problems with a design or other creative task

Effects

This technique focuses Aquamarine's ability to promote awareness on a creative activity of one's choice. It can benefit anyone who works with the creative flow—artists, musicians, writers, engineers, designers, students, or even physicians, or anyone else who draws on their creative and problem-solving abilities.

By wearing the Aquamarine during periods of creation or problem solving, the Aquamarine's energy opens the awareness to the inner levels where ideas and inspirations are born. To encourage inspiration and enhance creative flow, a sculptor can perform this technique while sculpting, or a composer can perform it while writing music.

This technique can be especially helpful if one is experiencing problems with a design or other creative project. The Aquamarine can open one's awareness to greater possibilities and to the insights needed to solve these problems. It can also help one move past a creative block or plateau. For example, an engineer designing a machine can use this technique to open his or her awareness to possible design; a physician can use it to help clarify a difficult diagnosis; students can wear Aquamarine when they are taking an exam or attending a particular class. In all these cases, if the wearer is willing to open his awareness to the inner flow of ideas, this technique can bring creative solutions to light.

Procedure

Note: When practicing this technique, focus is the key to enlivening the Aquamarine's power. Thus, it is important *not* to wear the Aquamarine continually. This requires discipline, yet it is necessary for maintaining a pure focus of Aquamarine's energy.

1. When you are ready to begin focusing on a creative activity, put the Aquamarine necklace around your neck.
2. As soon as you turn your attention away from the activity, even for a minute—for example, to answer the phone, take a break, or get a snack—remove the necklace and keep it at least six feet away from your body.
3. When you resume the creative activity, place the Aquamarine around your neck again.

Variation for Physicians

A physician with a patient whose symptoms are unclear or not responding to therapy can use this technique to clarify the diagnosis or find an alternative therapy.

Procedure

1. Wear an Aquamarine necklace when examining the patient.
2. Ideally, at the same time, also place an Aquamarine necklace around the patient's neck.
3. Open your awareness to possible solutions. If the patient is also wearing Aquamarine, ask him or her to do the same.

Time Guidelines

Perform the technique for as long as your focus remains on the project you are addressing. When your focus goes to something else, discontinue the therapy.