

Aquamarine Necklace Therapy

Discovering the Cause of Illness

An Aquamarine necklace is placed on the body overnight to discover the karmic causes of an illness or other physical condition. Dreams and insights are recorded in the morning and throughout the day.

Therapy Tools

- One or two solid Aquamarine necklaces, preferably of rounded chips
- First aid tape or natural-fiber wrap, such as a bandana or scarf

Indications

When you wish to understand the causes of an unwanted physical condition

Effects

When someone has a physical condition, it may seem that the life force is being only physically obstructed, when in fact the obstructions that cause most physical diseases usually occur on inner levels of being. Indeed, nearly every physical situation is the result of inner conditions, blockages, or patterns. Therefore, to experience greater physical healing, the inner causes must be addressed. This Aquamarine technique can help you discover the inner causes of a condition.

People often blame their conditions on something in the environment or on something someone else did. It is easy, for example, for people to blame an illness on a certain disease-causing agent, such as a chemical. Yet it is also true that, without your own karmic patterns and state of consciousness, you would not have developed your condition. On both inner and outer levels, you have set up the circumstances that have brought about your condition. You have done this because you need the experience of having your condition in order to grow and to master the lessons that accompany it; you need to experience the effects of your creations—what you've caused by certain actions, reactions, thoughts, or emotions in your past. This Aquamarine technique can help you become aware of all these things.

This technique is performed at night during sleep, because your resistance to truth is lowered at that time, and you can gain the answers you desire through the dream state. Nonetheless, because your conscious awareness will resist the knowledge you gained during your dreams, your Aquamarine-inspired dreams may be harder than usual to remember. Therefore, recording your dreams and insights is an important part of this procedure.

This Aquamarine technique does not remove physical symptoms or heal your physical body directly. However, once you acknowledge, understand, and accept the reasons for your condition, you will be halfway to a cure.

Procedure

1. Place a notepad and pen by your bedside.
2. Prepare to go to sleep for the night, and get in bed.
3. Hold an Aquamarine necklace in your hand, and gaze into the gemstones. Think about your condition, bringing it fully to your mind. As you do, drink in the liquid blue-green color of the gems, and relax into the energy of the Aquamarine.

Perform this step for 2 to 3 minutes.

4. Place an Aquamarine necklace in a neat pile over the area of your body most affected by your condition. Use first aid tape or a natural-fiber tie, such as a bandana, to secure the necklace.
5. If you have a second Aquamarine necklace, place it around your neck.
6. As you fall asleep, continue to contemplate your condition for as long as is comfortable.
7. Record your dreams and insights, and interpret them as best you can. Use your own meanings for dream symbols.
 - If you wake up during the night, record your dreams on the notepad.
 - In the morning, record any additional dreams.
 - During the day, write down any intuitive insights or unique daydreams you experience.
8. Repeat Steps 1 - 7 for three consecutive nights.