

## **Aquamarine Necklace Therapy**

### **Pre-Treatment and Pain Relief**

This therapy prepares a localized area for another life-giving treatment by helping the area's cells release negative energies and become more receptive to positive change. This therapy can also be used to temporarily relieve pain in a localized area of the body. In both cases, an Aquamarine necklace is formed into a circle and placed on the ailing area.

#### **Therapy Tools**

- One solid Aquamarine necklace
- (Optional) First aid tape

#### **Indications**

When you are experiencing any of the following—

- When you wish to prepare a localized area for another life-giving therapy
- When you wish to relieve pain in a localized area, such as your stomach, back, or joints

#### **Effects**

This Aquamarine therapy is an excellent way to prepare a localized area of your body for further treatment. When you place a circle of Aquamarine on your body, the Aquamarine energy collects inside the circle and focuses its "liquidity" effect there. In the process of becoming liquid, the area's cells release significant amounts of physical and energetic disharmony. Liquid cells are also more receptive to positive change. In this way, the Aquamarine circle prepares the area to receive another life-giving therapy that may address the area's needs more specifically. Placing the Aquamarine necklace in a circle promotes liquidity much faster and much more strongly than placing the necklace in a pile over the area.

This procedure can also serve as quick treatment for the temporary relief of pain involved in common ailments, such as stomachache, backache, or joint pain. As the treated area becomes energetically liquid, excess energies are released and energy deficiencies are alleviated.

#### **Procedure**

1. Fold an Aquamarine necklace once or twice to form a circle consisting of two to four rings of Aquamarine.
2. Place the Aquamarine circle directly on your skin over the ailing area. Surround the area's epicenter with the Aquamarine circle.

- Encircle only the specific area you wish to treat. A circle that is too wide and encompasses more than the ailing area will diffuse the focus of the Aquamarine's energy.
- If the gemstones' weight makes the area feel worse, widen the Aquamarine circle until it feels comfortable.
- If it seems like the Aquamarine will slip off the area, or if the circle shape will become distorted, use first-aid tape to secure the Aquamarine circle to your body. This is preferable to holding the necklace in place with your hands; the liquidity would spread to your hands and diffuse some of the Aquamarine's effects away from the treatment area.
- If you are treating an open wound, apply first aid and then place the Aquamarine circle around the bandaged area.

### **Time Guidelines**

#### *For Pre-Treatment*

The higher the quality of the Aquamarine you are using, the shorter your applications can be. For example, if you are performing this as a pre-treatment and using Exquisite-quality Aquamarine, 15- to 30-second applications may be sufficient, whereas if you are performing it with Fine-quality Aquamarine, 5- to 10- minute applications may be required.

#### *For Pain Relief*

If you are applying the Aquamarine as a treatment for pain, let it remain on the area for as long as you wish. If you don't feel some degree of relief within 5 to 10 minutes, it probably means that, in order to reduce the pain, issues other than an excess or deficiency of energy must be addressed first.