

## Aquamarine Necklace Therapy

### Relaxation Technique

When you're feeling stressed, tense, or unable to sleep, Aquamarine's fluid energy can help calm and relax your entire body through this simple technique.

#### Therapy Tool

One solid Aquamarine necklace or strand\*

#### Indications

When you are experiencing any of the following—

- Symptoms of stress and tension
- Headache
- Restlessness
- Insomnia

#### Effects

The stresses of living can cause our energy flows to become over-stimulated, overreact, or accumulate excess energy. The resulting tension, headaches, or restlessness are not only uncomfortable; they can be precursors of premature aging and even disease. In this technique, as Aquamarine brings liquidity to your energy flows, they become aware of each other and are encouraged to become more balanced. This has an overall calming effect. Your body relaxes and begins to function in a more optimal way.

To perform this technique, you place Aquamarine first in your left palm and then on your navel. Holding it in your left palm helps draw energy down from your shoulders and head, releasing the excess energy that may be causing a headache or insomnia. Then, placing the Aquamarine around your navel brings energetic liquidity to all your body's energy flows. These flows include the currents of energy that move through your chakras, along your acupuncture meridians, and throughout most areas of your body.

If you suffer from insomnia, this Aquamarine technique can improve your sleep.

\* Please note that effects will be milder with an Aquamarine strand than with a necklace.

#### Procedure

If you are treating insomnia, plan to fall asleep during the treatment.

1. Lie down on your back, and make yourself comfortable.
2. Fold an Aquamarine necklace or strand several times to form a small circle. Place it in the center of your left palm, and neaten the circle.
3. Allow the Aquamarine to rest on your palm without holding it. Touching the Aquamarine with your fingers diffuses its effects and reduces its ability to draw energy down from the shoulders and head. Be gently aware of the energy being drawn down your arm from your head, neck, and shoulders.

4. Place the Aquamarine circle around your navel. To help secure it there, you can tuck the gems under the elastic waistband of your pajamas. Keep the Aquamarine there as you rest or fall asleep. If it falls off during sleep, it will maintain its energetic connection with you.

**Time Guidelines**

Keep the Aquamarine on your left palm and navel for at least five minutes each, and longer if you like. If you find that one of these locations works better for you, keep the Aquamarine there longer. You can keep the Aquamarine on either of these locations all night long.