

Emerald Necklace Therapy

Infusion for Systemic Conditions

An Emerald necklace is formed into a small circle and placed on special points on the abdomen. This infusion therapy promotes a deep energetic cleansing of the physical body. At the same time, it gives the body extra energy to help heal a systemic ailment, overcome the flare-up of a chronic systemic condition, or fend off an oncoming acute illness.

Therapy Tools

- One solid necklace of Emerald rondels
- (Optional) Lamp with a halogen or full-spectrum incandescent bulb

Indications

- When you have a chronic systemic illness that affects either several areas of your body or your body's overall condition
- When you are feeling "under the weather" or are coming down with something but are not yet experiencing acute symptoms

Effects

This Emerald therapy infuses life-giving Emerald energy and green-ray nourishment into your abdomen. It neutralizes disharmonious energies there and enlivens all the organs in your torso, including their internal processes and energy flows. It gives your body the extra healing energy it needs to overcome a chronic or acute ailment more thoroughly and swiftly. By removing some of your body's disharmonious energies, this therapy may also give you an extra burst of vitality.

The infusion of Emerald energy into your abdomen is greatly enhanced by shining light through the gemstones.

Procedure

1. Determine the size of a circle you will make with the Emerald necklace—
 - Measure the distance between your xiphoid process and your umbilicus. (See Figure 1 below for the location of the xiphoid process and umbilicus.)
 - Divide this distance by 3. This number is the diameter of the circle you will make.

Example: If the distance between your xiphoid and umbilicus is 6 inches, the circle will be 2 inches in diameter.

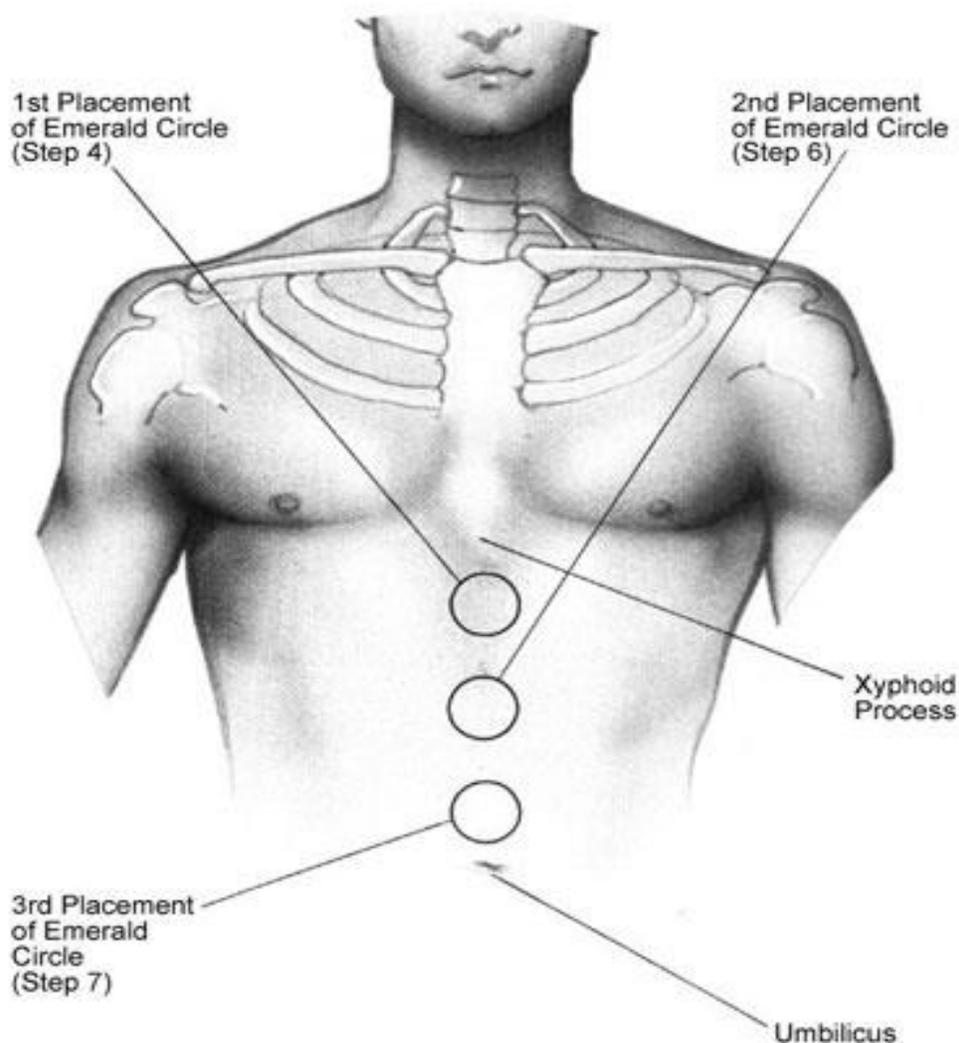


Figure 1

2. Fold over the Emerald necklace once or twice to form a neat circle of the size you calculated.
3. Lie on your back with the area between your xiphoid process and your umbilicus uncovered.
4. **(1st Placement)** Position the circle on your abdomen so that its upper edge touches the tip of your xiphoid process. (See Figure 1 above for the location of the xiphoid process.)
5. Allow sunlight to shine directly on the Emerald. Do not cover the gemstones.
 - If sunlight is not available, use a lamp. Place the lit bulb 6 to 12 inches away from the gemstones. Allow the warmth of the bulb to penetrate the Emerald and warm your skin.

- In Steps 6 - 11, each time you reposition the Emerald, adjust the lamp so that its light shines directly on the Emerald.
6. **(2nd Placement)** Move the Emerald circle down the midline of your body to halfway between your xiphoid and umbilicus. Make sure the Emerald circle is centered between them.
 7. **(3rd Placement)** Move the Emerald circle down so that the lower edge of the circle is touching the upper edge of your umbilicus.
 8. **(4th Placement)** Move the Emerald circle northeast of your umbilicus, keeping the edge of the circle touching the edge of the umbilicus. (See Figure 2 below.)

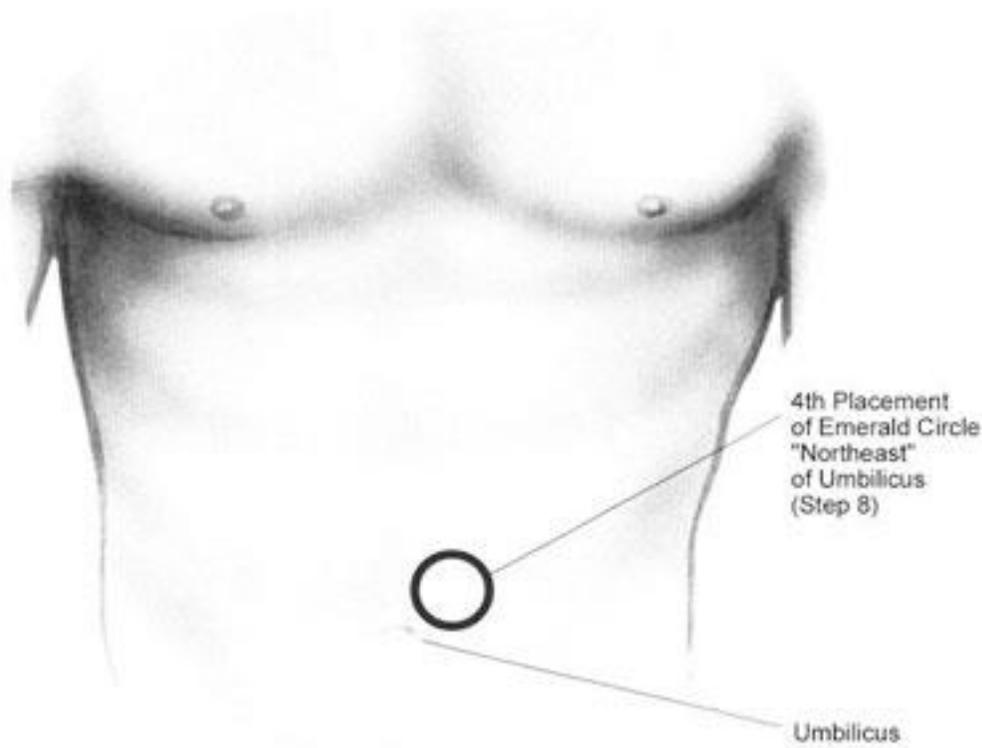


Figure 2

9. **(5th Placement)** Move the Emerald circle southeast of your umbilicus, keeping the edge of the circle touching the edge of the umbilicus. (See Figure 3 below.)

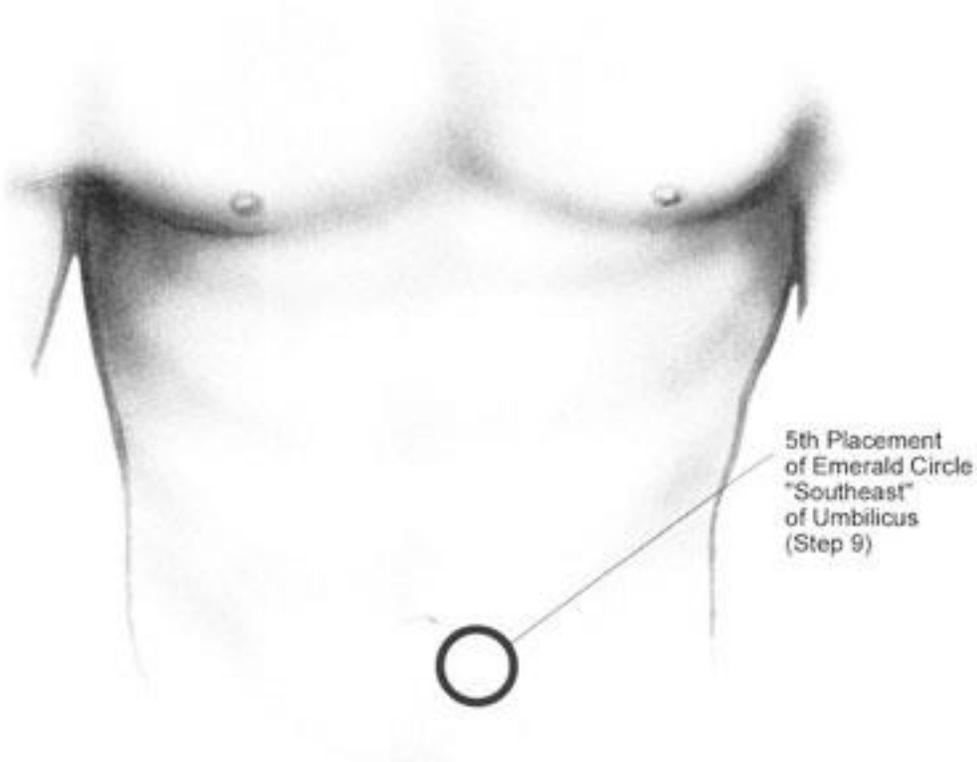


Figure 3

10. **(6th Placement)** Move the Emerald circle southwest of your umbilicus, keeping the edge of the circle touching the edge of the umbilicus. (Please see Figure 4 below.)

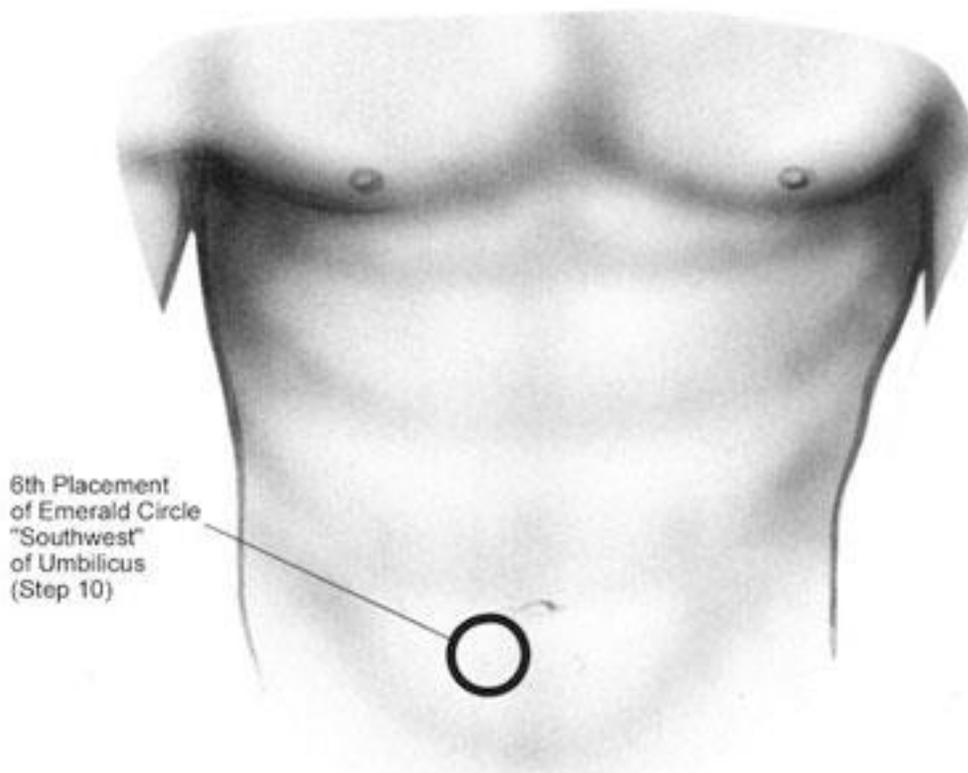


Figure 4

11. **(7th Placement)** Move the Emerald circle northwest of your umbilicus, keeping the edge of the circle touching the edge of the umbilicus. (Please see Figure 5 below.)

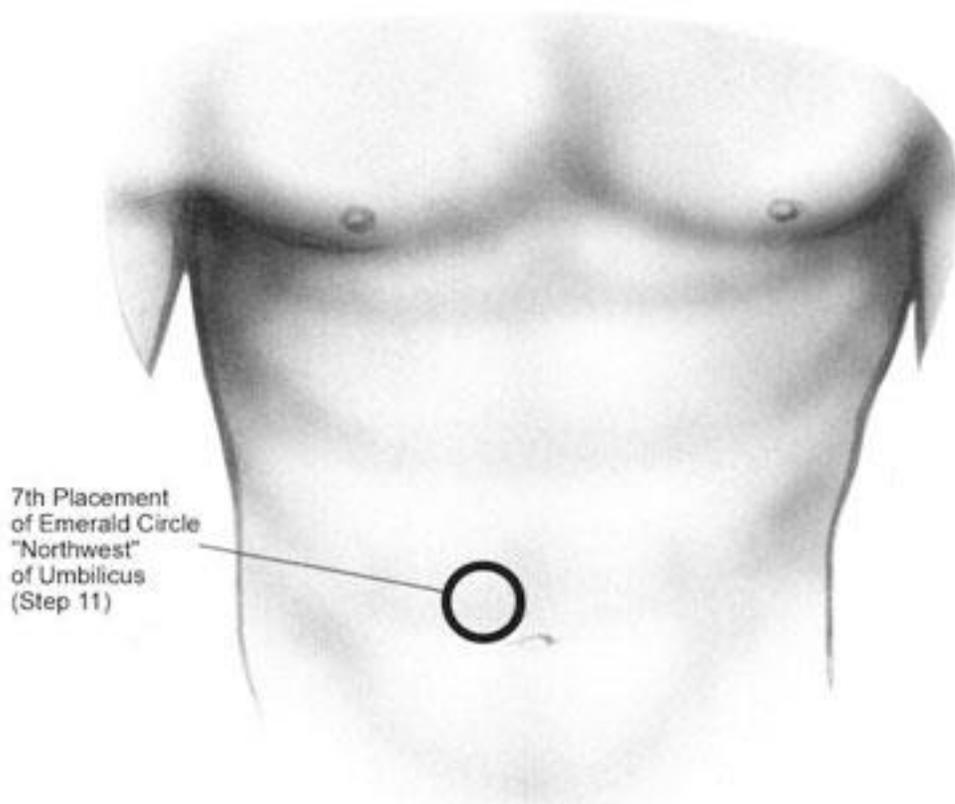


Figure 5

12. If you are using a lamp, turn it off.
13. When you have completed the infusion treatment, immediately place the Emerald around your neck. Wearing a solid Emerald necklace between infusion treatments will strongly support your recovery.

Time Guidelines

Keep the Emerald in each position (Steps 4 - 11) for 3 to 4 minutes before moving on to the next step. Perform this treatment every other day until your symptoms significantly improve or disappear.

If your illness is severe, wear the Emerald necklace around your neck for at least several months, and possibly several years, after your symptoms have subsided.

If you are treating acute symptoms or the flare-up of a chronic condition, wear the Emerald necklace until the condition is resolved.