

Emerald Necklace Therapy

Whole Body Tune-Up

The Emerald Whole Body Tune-up promotes a deep energetic cleansing of the physical body and provides the body with an overall tonic. During the tune-up, Emerald and green-ray energy are infused into the abdomen and the seven major chakras, in combination with exercise.

Therapy Tools

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

Indications

- When you are relatively healthy and you—
 - Desire a deep energetic cleansing of your physical body
 - Desire a whole-body tonic or "tune-up"
 - Feel "under the weather" or are coming down with something but are not yet experiencing acute symptoms
- When you have a chronic systemic condition and are starting to experience a flare-up

Contraindication

When your physical disharmony is severe or when acute symptoms have fully surfaced, it is strongly recommended that you perform only Part I of the Whole Body Tune-up: Emerald Infusion for Systemic Conditions. Performing the entire tune-up can dislodge a great deal of disharmonious energy and cause a profound cleansing reaction in your body. If you are already experiencing acute symptoms, the additional disharmony dislodged by the Emerald may be more than the Emerald can disintegrate. Consequently, your body will have to metabolize these disharmonious energies on its own, and this might place too much additional stress on your system.

Effects

This procedure deeply infuses Emerald energy and green-ray nourishment into your entire body. The Emerald and green ray "tunes up" your body by energetically lubricating your body's parts and energy pathways, so that they can run more smoothly and efficiently. As a result, your body is able to adapt to changes more readily and is less prone to becoming imbalanced by them. This therapy also clears away deep-seated disharmony and gives your body the extra healing energy it needs to start resolving a chronic or acute ailment.

Procedure

The Whole Body Tune-up protocol consists of three parts:

- Part I: Emerald Infusion for Systemic Conditions
- Part II: Chakra Placements
- Part III: Exercise

Part I: Emerald Infusion for Systemic Conditions

Steps

Follow the instructions for the “Emerald Infusion for Systemic Conditions” therapy. When you have completed it, proceed to Part II: Chakra Placements.

Time Guidelines

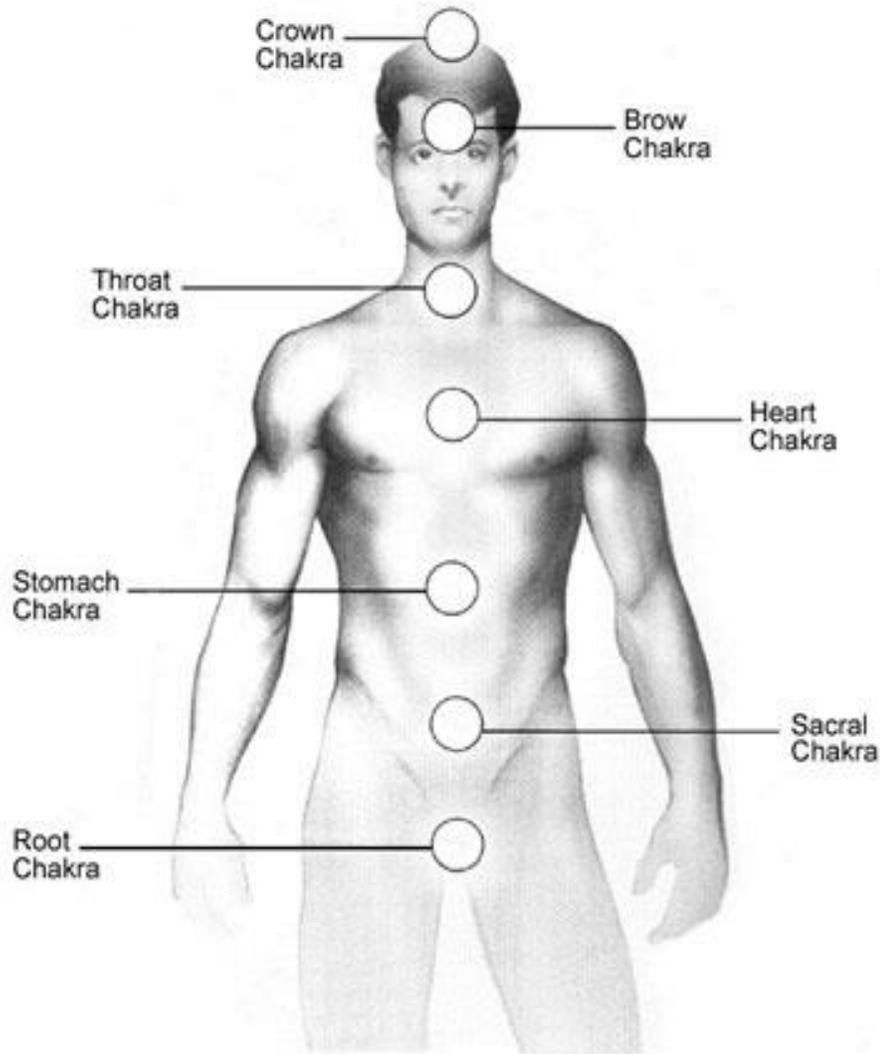
- Keep the Emerald in each position (Steps 4 - 11) for 5 minutes before moving on to the next step.
- When you have completed the infusion procedure, remain lying down and perform Part II: Chakra Placements.

Part II: Chakra Placements

- If you are short on time, omit Steps 1 - 3. Do not omit any other steps.
- Keep the Emerald uncovered. If possible, perform these chakra placements outdoors, with the Emerald exposed directly to the sun.
- Ideally, place the Emerald directly on your skin. Otherwise, place it over lightweight, natural-fiber clothing.
- Do not use artificial light to infuse Emerald energy into your chakras. If you used a lamp in Part I, keep it turned off.
- As you perform the steps below, contemplate the meaning and spiritual significance of health and consider what you would do with your life if your physical body worked more efficiently.

Steps

1. (Optional) While lying down, place the Emerald necklace in a flat spiral on your root chakra. (See below for a Diagram of Chakra Locations.)



2. (Optional) Place the Emerald necklace on your sacral chakra.
3. (Optional) Place the Emerald necklace on your stomach chakra.
4. Remain lying down. Place the Emerald necklace on your heart chakra.
5. Place the Emerald necklace on your throat chakra.
6. Place the Emerald necklace on your brow chakra.
7. Sit up in a comfortable position. Place the Emerald necklace on your crown chakra.
8. When you have completed Part II, immediately proceed to Part III.

Time Guidelines

Keep the Emerald on each chakra (Steps 1 - 7) for 5 to 10 minutes before moving on to the next step.

Part III: Exercise

The aim of this exercise is to bring oxygen into your cells through deep breathing. The exercise you choose should be vigorous enough to get your muscles moving and your lungs breathing deeply, although it isn't necessary to produce a sweat. Deep breathing should be a natural result of your body's need to bring in more oxygen because of the exercise. Therefore, sitting still and doing breathing exercises is not appropriate for this part of the tune-up.

Steps

1. Place the Emerald necklace around your neck.
2. Take a brisk walk outdoors.
3. If the weather is unsuitable or the air outside is polluted (for example, by exhaust fumes from heavy traffic), exercise indoors. First, warm up with some stretches, and then perform an aerobic activity you enjoy, such as jumping on a rebounder, riding a stationary bicycle, or walking on a treadmill.
4. Continue to wear the Emerald necklace around your neck for at least several days.

Time Guidelines

Perform this exercise for at least 5 minutes and for as long as 30 minutes.

Whole Body Tune-up Time Guidelines

The time required to complete the entire Whole Body Tune-up will vary, depending on whether you perform all the steps in Part II and the length of your exercise in Part III. You may perform shorter versions of the tune-up by decreasing the time you place the Emerald in Parts I and II. If you shorten the treatment this way, make sure to keep the Emerald on each location for approximately the same amount of time. Perform each step for at least one minute.

Ideally, perform Whole Body Tune-ups regularly and in a predictable rhythm, such as twice a year, every two months, or every two weeks. When you establish a rhythm, your body will learn to anticipate and prepare for the therapy and help the Emerald provide a greater and more efficient service.