

## Therapeutic Gemstone Necklace Compatibility Test

To test whether two therapeutic gemstone necklaces are compatible to wear together at a particular time, follow this procedure:

1. Determine whether your body is open to wearing the first necklace at this time:
  - With all gemstone necklaces removed from your body, close your eyes and center yourself for a few moments.
  - Hold the first necklace straight out in front of you and slowly move it toward the center of your chest.
  - As the necklace approaches your heart, look for a *pull-in* or *pull-away*.
    - A pull-in occurs when the body desires contact with the gemstones; it will feel like the body is magnetically drawing the gems to itself. The feeling may be subtle.
    - A pull-away occurs when the body does not want the gems placed on it; it will feel like the body is gently pushing the gems away or creating a cushion of energy between itself and the gems.
  - If you sense a pull-in, place the necklace around your neck. Proceed to Step 2.
  - If you sense a pull-away or a cushion of energy, your body may not want to work with this necklace at this time. Or it may prefer to wear the second necklace first, perhaps to prepare your body's energies. To test this second possibility, repeat Step 1 with the second necklace.
2. With one necklace around your neck, repeat Step 1 with the other necklace.
  - If you sense a pull-in, then the two necklaces are compatible at this time. Place the second necklace around your neck.
  - If you sense a pull-away or a cushion of energy, then the two necklaces are not compatible at this time. Do not wear the second necklace.
3. If the results are unclear, cleanse both necklaces and repeat Steps 1 and 2.