

Lavender Necklace Therapy

Pain Relief and Alignment

Overview

Lavender is placed on a painful, tight, or misaligned area to soothe pain and strongly promote healing. Its energy opens a passageway from your subtle bodies to your physical body, allowing more life force to flow to the distressed area. This therapy is particularly helpful for painful joints.

Therapy Tools

One or two therapeutic quality Lavender necklaces

or

One or more Lavender spheres (4 mm to 8 mm)

Indications

When you are experiencing any of the following in a localized area of your body:

- Pain
- Injury
- Tightness or muscle strain
- Structural misalignment
- Joint pain caused by arthritis, injury, or another condition

Effects

When you place Lavender spheres on a painful, injured, or tight area, the Lavender's energy opens a passageway from your inner dimensions, or subtle bodies, to your physical body, allowing more life force to flow to the ailing area. As it opens this pathway, the Lavender also awakens each body to the next subtler body. This inspires all bodies—physical, emotional, causal, mental, and intuitive—to align with each other and improve their cooperation.

As the ailing area is flooded with life force, it is encouraged to open, relax, and accept this healing energy. Pain is soothed. If the area is suffering from any kind of misalignment, such as a structural or skeletal misalignment, the Lavender's aligning influence encourages the area to realign itself.

This therapy is particularly effective for soothing painful joints, such as those in the hands, feet, and spine. In arthritic joints, the influx of life force can help ease inflammation and thus relieve pain.

Procedure

Necklace Variation

1. Place one or two Lavender necklaces on the area you wish to treat, preferably directly on your skin. If you have enough Lavender, layer it.
 - If you are treating your spine, lay the Lavender lengthwise along your spine. Center the necklace(s) over the most distressed area.
 - If you are treating joints other than those in your spine, wrap the Lavender around the painful joints.
 - If you are treating an organ or muscle, place the Lavender in a neat pile directly on the area.
2. If you wish to secure the Lavender to your body for some time, place the gemstones on your skin and then place a light cotton cloth over the gems. To secure the gems to your body, tape the cloth to your skin with non-plastic first aid tape. Avoid letting the glue from the tape touch the gems.

Sphere Variation

1. Place a Lavender sphere on the area you wish to treat, preferably directly on your skin.
 - If you are treating a joint, place the sphere in the hollow of the joint rather than directly on the bone.
 - If you are treating a bone, place the sphere in soft space or depression immediately next to the bone.
2. Tape the sphere to your skin using a non-plastic first aid tape.

Time Guidelines

Keep the Lavender on the treatment area for as long as you wish—indeed, the longer, the better. If you sleep with the Lavender in place, your condition may be significantly improved by morning.