

Onyx Necklace Therapy

Root Chakra Grounding Technique

Placing Onyx on the front and back "doors" of the root chakra lubricates the chakra's biomagnetic poles. This technique improves the functioning of your root chakra, so that you feel more grounded, can adapt to challenges more fluidly, and can perform multiple tasks with greater ease.

Therapy Tool

A solid necklace of Onyx spheres (8 mm or 10 mm)

Indications

When you are experiencing any of the following—

- Insecurity, instability, or ungroundedness on a physical, emotional, mental, or energetic level
- A sense of being ineffective, overwhelmed, or unable to connect with your inherent strength and energy
- A tendency to feel spaced out, disoriented, or detached from yourself or society
- Trouble maintaining your focus when you are driving, using potentially dangerous power equipment, or performing other tasks that require intense concentration for safety reasons
- An occupation or lifestyle that requires you to solve a variety of problems in rapid succession

Effects

Each of your seven major chakras has two openings, or "doors." A chakra's "front door" is its manifestation on the front of your body, and its "back door" is its counterpart on the back of your body. One of the back door's functions is to act as an escape valve: when too much energy collects in a chakra, some of the pressure can be released through its back door.

The two doors also act like opposite poles of a magnet. Optimal health requires that these poles are flexible. To accommodate daily challenges to your body, mind, and emotions, each pole's magnetism must be able to reverse itself. In other words, the south pole must be able to take on a north polarity, and vice versa. This ability to shift chakra poles maximizes your access to your inner resources and contributes to a sense of confidence and strength.

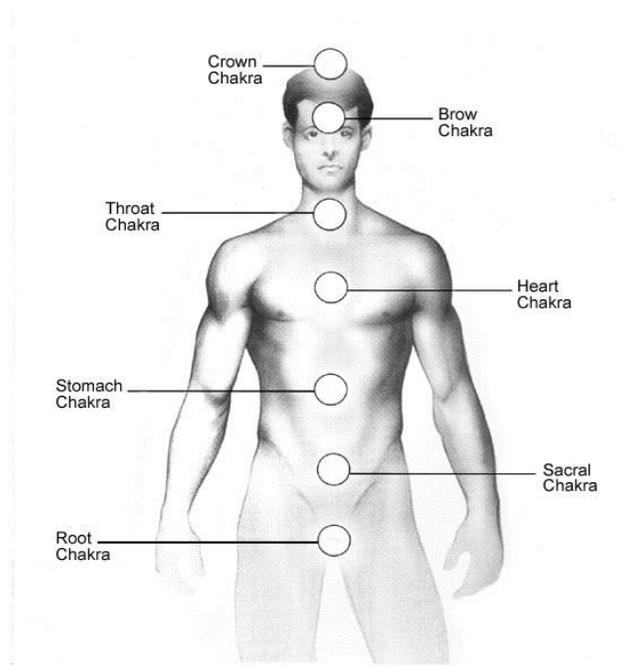
Sometimes, however, life's demands can overwhelm your chakra poles' ability to switch polarities as needed. Your poles become stuck in an old state, or position, that may have benefited you weeks, months, or even years ago. When this happens, your ability to respond with fluidity and flexibility to various situations in your life can suffer. If your chakra poles are

stuck, you may feel ungrounded, ineffective, overwhelmed, or unable to connect with your inherent strength and energy.

This Onyx therapy lubricates your root chakra and restores the ability of its poles to switch their polarities as situations require. This improved flexibility enhances the functioning of your root chakra, so that you feel more grounded, can adapt to life's challenges more fluidly, and perform multiple tasks with greater ease.

Procedure

This illustration shows the front door of each chakra. The back door of each chakra lies directly opposite the front door, on the back of your body.



1. Standing up, hold an Onyx necklace with your right hand on the front door of your root chakra. Hold it there for 10 to 20 seconds. Continue to hold the Onyx with your right hand as you perform all the steps below.
2. Quickly move the Onyx to the back door of your root chakra. Hold it there for 10 to 20 seconds.
3. Quickly move the Onyx to the front door of your root chakra. Hold it there until you feel an intuitive urge to move it to the back door.

If, after 30 seconds, you don't feel this urge, go to Step 4.

4. Quickly move the Onyx to the back door of your root chakra. Hold it there until you feel an intuitive urge to move it to the front door.

If, after 30 seconds, you don't feel this urge, go to Step 5.

5. Quickly move the Onyx to the front door of your root chakra. Hold it there for a maximum of 30 seconds:
 - If, within 30 seconds, you feel an intuitive urge to move it to the back door, return to Step 4.
 - If, within 30 seconds, you don't feel an intuitive urge to move it to the back door, remove the Onyx and end the treatment.

Time Guidelines:

To maintain your root chakra's flexibility, you can perform this technique every other week.