

Summer Necklace Therapy

Eye Therapy

A Summer necklace is used to treat any malfunction in the eyes and to remove severe disharmony from them.

Therapy Tools

- One or two therapeutic Summer necklaces
- Scarf or stretchy headband made of natural fibers

Indication

Severe disharmony in the eyes

(This therapy is not for eyes that are just tired or strained, but for eyes that are malfunctioning.)

Effects

For severe disharmonies in the eyes, Summer Eye Therapy is more effective than therapies involving solid strands of Emerald or Quartz.

Procedure

Although exposing the necklace to direct sunlight will help infuse Summer's energy into the eyes, it is not necessary for this therapy to be effective.

CAUTION: Never direct artificial light onto a Summer necklace.

1. Lie on your back with your eyes closed.
2. Unclasp the Summer necklace and lay it over your eyes, placing the largest Emerald on the bridge of your nose.
3. Spiral one end of the necklace over each eye. Make sure that you do not place the gold clasp directly over an eye but that you lay it on your cheek or above your brow. If necessary, hold the necklace in place with a scarf or stretchy headband.
4. If your eye condition is severe, or if you want to accelerate the therapy's effects, use two Summer necklaces:
 - Unclasp them, and then put the two large central Emeralds together and place them both on the bridge of your nose.
 - Arrange the two ends of the necklaces in a spiral over each eye as described above.

5. Immediately following each treatment, cleanse the necklace under alternating hot and cold running water. Then place it around your neck and wear it constantly between treatments.

Time Guidelines

Leave the necklace on your eyes for at least one hour, and longer if you wish. Once you begin this treatment, you should perform it at least two or three times a week for at least two or three months.

You may wear the Summer necklace around your neck during the day. Then, during lunch break, for example, you may go outside and rest with it placed over your eyes, allowing the sun to shine on them even for a few minutes. At night you may perform the full, hour-long therapy before going to sleep.

If you wish, you can sleep with the Summer in place all night long. Secure the necklace over your eyes as best you can, such as by tying it in place with a scarf or stretchy headband. If the necklace slips off during sleep, it will remain in your aura and continue working there.

If you feel no effects...

Many serious eye conditions worsen as time goes on. Regular treatments with Summer Eye Therapy can help halt the progress of a serious condition or even improve it. However, if after several months of regular Summer eye treatments, the condition has deteriorated, it means that your eyes are continuing to be fed with negative energy—that is, the eye condition is the result of a more deep-seated disharmony that is directing a flow of negative energy to the eyes. In this case, do what you can to discover this more fundamental condition and treat it directly.

Post-Treatment Cleansing of Gems

Immediately after completing a treatment, it is important to cleanse the gems of any disharmonious energies released by the body in the course of treatment. See the **How to Use** tab on the Summer page for cleansing instructions.