

Yellow Calcite & Orange Sapphire Self-Therapy Techniques

A Yellow Calcite & Orange Sapphire necklace regulates and supports storage functions throughout the body, emotions, memory, and mind. This includes the storage of nutrients, minerals, water, adipose, memories, thoughts, color rays, healing energies, and more. With gemstone support, the decisions that govern the storage function are made with greater intelligence and a wider overview.

Yellow Calcite & Orange Sapphire energies soften boundaries to allow needed information and energy to come in, and to let out that which is unwanted, harmful, or no longer required. As a result, storage becomes more efficient and that which is stored is more aligned with the body's needs. The gems accomplish this by working together to rearrange the shape and quality of the energetic boundaries involved in the storage system.



PROCEDURE: WEARING A NECKLACE WITH AN INTENTION AND AN EXERCISE

OVERVIEW

You wear a Yellow Calcite & Orange Sapphire necklace while performing an exercise (of your own creation) that is related to your intention.



EFFECTS

The value to this technique is that it allows a more gradual, thorough, and deeper readjustment of your storage boundaries throughout your body and aura, than you'd get by wearing the necklace alone.

PROCEDURE

1. Decide the reason or condition for which you want to wear this necklace. Then devise an exercise that will in some way support that intention.

Here are a few examples to stimulate your creativity:

- If you're wearing this combination to improve memory retention, compose memory exercises for yourself. These could be as simple as recalling your meals for the past day or two.
- If you feel the analytical aspect of your memory is reduced, practice some simple arithmetic.
- If you're trying to let go negative thought patterns, find 3 or 4 positive affirmation sentences and repeat them.
- If you're trying to let go negative emotions, fill yourself as best you can with a positive feeling of your choice.
- If you're primarily interested in nutrient retention, perhaps mineral storage, wear the necklace while you eat a meal or take your mineral supplements. Imagine the needed minerals finding a home in your body.
- If your interest is letting go excess weight, wear the necklace while you exercise physically.

2. Put on the necklace and practice your chosen exercise.
3. Continue to wear the necklace in one of the following ways:
 - Wear the necklace day and night for several days. Remove the necklace, cleanse it, wind it into a coil to rest and rejuvenate for a couple days. Repeat Steps 1 - 3.
 - Wear the necklace during the day. Remove it and cleanse it. Repeat Steps 1 and 2 and wear the necklace at night. Repeat Steps 1-3 each morning and evening for several days. Then take a break from wearing the necklace for about a week. Repeat Steps 1-3.

PROCEDURE: YELLOW CALCITE & ORANGE SAPPHIRE PLACEMENT

OVERVIEW

Place the Yellow Calcite & Orange Sapphire necklace on a particular part of your body in order to resolve a particular storage issue.

EFFECTS

Placing a Yellow Calcite/Orange Sapphire necklace on your body helps you to view your intention for using the necklace from a different viewpoint. A shift in viewpoint can loosen the hold of certain concepts that keep you from taking a step toward resolving the issue involved.

Let's say you've been battling a weight issue your entire life. By holding the necklace somewhere on your body, say on your knee, your intention to address the weight issue will be perceived by your intelligence centers from a new viewpoint that perhaps you've never considered before. This can open the window to a new approach or a new attitude regarding that condition, and certainly open an inflow of new and renewed energies.

Practicing this technique at several different physical placements encourages the breaking up of old, rigid thinking and can expand your horizons to see new viewpoints. You may also get fresh insights on possible causes and solutions to try. These results may or may not come right away. Give yourself a few days to allow them to filter through. They may also come from "outside" yourself, such as in dreams, from other people, or in something you read.

PROCEDURE

1. Think carefully about the condition for which you would like support from the Yellow Calcite & Orange Sapphire.
2. Choose a location on your body to place the stones. You'll bunch the necklace in your palm and hold your hand over the chosen location. You may use any technique you'd like to identify this location.
3. While holding the gemstones at this placement point, allow yourself to deeply contemplate the condition you chose in Step 1. Try to observe your situation from the viewpoint that the placement location represents.
4. Repeat Steps 2 and 3 at several locations on your body.

TIME GUIDELINES

How long you hold the gemstones at each location can vary based on what feels comfortable. You may try holding them at each location only briefly, allowing only the first few thoughts to come to mind during Step 3 above, before moving them to another location. Or, you may spend a great deal of time at a particular location, or at all locations. Feel free to experiment and see what works best for you.

Try keeping the necklace on a certain location overnight, and invite yourself to dream for a deeper insight into your condition.