

SolaraGem Core Processes

Light Intensity: Lume Cube brightness level at 10%

Strobe / Frequency Guidelines:

- 1.5 Hz for Green / Blue / Purple / Rose
- 10 Hz for Yellow / Orange / Red

Basic Session

Step 1. Triple Crown or Crown (Amethyst)

Step 2. Carnelian on Spleen (left side over bottom 3 ribs)

Step 3. Any additional areas of focus as needed (see below)

SolaraGems – Core 7 or *Rainbow* (Triple Crown + four)

Amethyst – Nervous system calming, stress overload, anxiety, insomnia, sleep support, chronic pain, arthritis, neuropathy support

Rose Quartz – Emotional regulation, heart and lung support, circulation, sleep support, skin and inflammatory stress

Carnelian – Autonomic and adrenal support, vitality, grounding, circulatory stimulation, sinus and vagal-related tension

Citrine – Detox, digestion, metabolism, immune balance

Emerald – Acute pain, inflammation, injury, thyroid stress

Ruby – Circulation, lymph, vitality, slow healing

Aquamarine – Respiratory, throat, calming systemic flow

Safety Notes

- Do not use Ruby on brain or heart
- Do not strobe if seizures are a concern
- Not recommended for pregnant or lactating women
- Supportive use only; not a substitute for supervised medical care