



CORE SEVEN Field Guide

FOUNDATION

1. Triple Crown
2. Spleen (Carnelian)
3. Local Support

SETTINGS

Light Brightness: 10%

REMEMBER: START WITH STATE

State → Balance → Patterns
Triple Crown → Spleen → Local as Needed

TRIPLE CROWN

Amethyst 1.5 Hz

- Nervous • Stress • Anxiety • Sleep
- Chronic pain • Arthritis • Neuropathy
- Large Intestine / Lower Dantian

Rose Quartz 1.5 Hz

- Emotional • Heart • Lungs
- Circulation • Skin

Carnelian 10 Hz

- Autonomic • Spleen • Adrenals
- Vitality • Grounding • Circulation
- Vagus • Sinuses

CORE FOUR

Citrine 10 Hz

- Detox • Liver • Digestion
- Metabolism • Immune

Emerald 1.5 Hz

- Acute pain • Injury • Inflammation
- Liver • Thyroid

Ruby 10 Hz

- Circulation • Lymph • Liver
- Vitality • Slow healing

Aquamarine 1.5 Hz

- Respiratory • Throat
- Calming systemic flow

⚠ SAFETY

No Ruby over brain/heart • No strobe if seizure risk • Avoid pregnancy/lactation • Supportive wellness only



THE SEVEN FOUNDATIONAL PATTERNS OF SUPPORT

Start with State • Support Balance • Recognize Patterns • Refine with Experience

The Core Seven is organized around broad patterns of support rather than individual symptoms. Begin with state, recognize the larger pattern, then choose the SolaraGem that best supports that pattern. As experience grows, the applications become increasingly intuitive.

TRIPLE CROWN PATTERNS

Amethyst

Regulation & Restoration

- Nervous system support
- Chronic pain relief
- Sleep quality improvement
- Lower Dantian integration

Rose Quartz

Connection & Integration

- Emotional balance
- Heart & lung harmony
- Circulation enhancement
- Skin rejuvenation

Carnelian

Vitality & Adaptation

- Autonomic regulation
- Spleen & adrenal support
- Vagus nerve stimulation
- Grounding energy

CORE FOUR PATTERNS

Citrine

Transformation & Renewal

- Detoxification processes
- Liver function support
- Metabolism boost
- Digestive wellness

Emerald

Acute Response & Recovery

- Acute pain management
- Inflammation reduction
- Injury recovery
- Thyroid balance

Ruby

Movement & Rebuilding

- Enhanced circulation
- Lymphatic drainage
- Accelerated healing
- Vitality restoration

Aquamarine

Flow & Communication

- Respiration support
- Throat soothing
- Systemic flow alignment
- Clear communication

"The tools don't change. The way you see does."