

10/2/25: From the Desk of Suzanne: Jewelry Remembers: The Hidden Energy in the Things We Wear

Many of you who come to Ohm know that I can read energy pretty easily. I have always been able to feel and sense energy, but then in my mid-20s doing *hours* of breathwork and meditation daily in my Boston apartment, I unwittingly amped up this sensitivity to a whole new level.



It was during that time that I learned something completely fascinating: **jewelry holds energy, and that energy can be read.** (Such a laugh, at the time I thought it was so unique that *jewelry* holds energy, only to realize shortly after that *everything* does!)

Personally, I never liked to wear jewelry. I never cared much for looking at it or shopping for it, so it was hard for me to understand what all the fuss was about. Even when I was married, I wore my wedding ring around my neck because I didn't like things on my wrists or fingers.

Despite my personal avoidance of jewelry, however, I was intrigued. And I learned a few things that I'd like to share with you:

First Insight: Jewelry holds the energy of the gemstones within it.

So obvious now, but back then an earth-shattering realization. The feel of a pearl is different from the feel of an emerald. At the time, I didn't know anything about **Jyotish**. Jyotish, a Sanskrit word that literally means the **science of light**, is commonly known as Vedic Astrology. Jyotish uses gemstones to transform the vibration of a person, thus helping transmute their negative karma. The ancients clearly knew that all the gemstones carried different vibrations and that certain people needed more of some vibrations and less of others. As crystals become more popular in common culture many people are more aware and recognize this.

But back in the early 90s, I knew of no such science.

Second Insight: Jewelry carries emotional and historical imprints.

Every piece of jewelry contains the history of its evolution and life within it: who made it, who designed it, who bought it, who did they buy it for and why? Jewelry both holds

and emanates that story, especially the parts with emotional weight and intensity.

Wedding rings, for example, often reflect how a couple's marriage is doing. As the relationship evolves for better or worse, the ring will absorb and hold that emotional charge. So I also learned that the energy of jewelry is not static, but shifts as we shift.

One time, a patient came to me for acupuncture, and I noticed she wore a left pinky ring. Straight away, I could feel right away that it was blocking her energy. I asked her about it and she said "it was a gift from my ex-boyfriend."

I explained that the energy pathway that runs through the pinky ring is the heart meridian, and that this ring was interfering. It needed to be removed. But would she?

I asked her if she was presently in a relationship... she wasn't. "Would you like to be?" I asked, "because when I feel the energy of this ring, you're actually pretty angry at your ex-boyfriend." She then confessed that they had broken up because of infidelity. Hmmm, bad news.

I told her gently that if she ever wanted another relationship she really needed to get rid of that ring. Off her finger, out of her apartment. She said she was traveling to India the next week and would find something new there. Perfect!

About a year later, I ran into her. She had never returned for treatment so I was wondering if she was upset by what I said. On the contrary, she told me she had taken off the ring and met someone new within 3 weeks...no joke!

That's why I'm telling you this story. Hopefully it sticks with you: **what jewelry you wear matters**. Who gave it to you and why? How do you feel about them? **Jewelry is like feng shui for the body**. People ask whether their \$25 t-shirt makes them happy, but rarely question the \$4,000 watch from a parent they can't stand.



Third Insight: Some jewelry protects your energy; some lets too much in.

Jewelry can either shield or amplify your energy. **Empaths, in particular, need to be mindful** (I generally say, “mindful, not anxious”) **and a bit more selective of what jewelry they wear.** Necklaces, in particular, can revive or deplete a person quite easily because of the effect on the heart chakra. I often see people wearing crystals on their throats as well, but unless it’s something like obsidian (which is grounding), this positioning of jewelry on the body for a long period of time can drain you.



Fourth Insight: Jewelry must be cleaned both energetically and physically.

Coming off of the third insight, please note that the grime, sweat, oil and other debris that gathers on a piece of jewelry mirrors the energy it has collected. **Your jewelry needs regular cleansing to stay energetically clear!**

Mind you, I’m not a psychometry expert, and I never spent time developing this skill seriously. All my knowledge comes from direct experience. But one thing I do know, if you have someone who is at a higher vibrational level making the jewelry, and praying into the jewelry as it’s being made, you’re already off to a better start!

Why? Because people who vibrate higher naturally radiate more love. They don’t have to know you to infuse their jewelry masterpiece with loving energy. So whether you love jewelry for yourself, or you want to gift something meaningful to someone else, please remember that there’s more to this type of purchase than budget and aesthetics.

The best way to select a piece of jewelry is to notice how it makes you feel. Jewelry, like people, might look great, but when you get close, they/it either lifts you up or pulls you down. As an energy healer, I make sure that every piece of jewelry I wear has been blessed. What’s nice is that the energy of pieces made with love has a sweetness that is quite special and infuses your whole being.

Moral of the story: Jewelry isn’t just something we wear. Jewelry remembers. Treated with intention and care, it helps boost and maintain our light.

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The OHM Center was founded in October 2019 and is dedicated to helping advance their spiritual training and understanding. Classes 7 days a week, join us sometime!

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