

Search and Rescue Self-Therapy Techniques



Search and Rescue Health Intention Technique

OVERVIEW

You create an intention for healing and use Search and Rescue to support that intention.

WHEN TO APPLY

- You are not sure the source or reason for pain, discomfort, or disharmony in your body.
- You sense that your healing energies aren't reaching the anatomy involved in stubborn conditions.
- You feel an issue or condition is not resolving as quickly as you might like it to.
- You would like the ongoing support of gemstone energies on a particular area of your body.
- For help letting go sluggishness, habits, and unwanted patterns.

THERAPY TOOL

- Search and Rescue Necklace.

This necklace searches out areas of need in your body and brings them to the awareness of your intelligence centers. By doing so, your body comes to the rescue by directing healing attention to those areas.

PROCEDURE SYNOPSIS

1. Decide what condition you'd like to work on.
2. Hold the necklace in front of you for a minute or so while thinking about your intention. The gems may start swaying back and forth.
3. Revisit your intention when you clasp the necklace around your neck.
4. Position the necklace so that the symbiotic sections fall along the midline of your body.
5. As the day progresses, notice if the symbiotic section in the front of your body has moved either left or right.

DISCUSSION

To wear this necklace successfully, you have to start by consciously naming and declaring your intention regarding your health. What would you like the necklace to help you with? What would you like it to work on? The issue could be physical or emotional, or relate to any aspect of your life that you desire. State your intention silently or aloud.

Next, help the gemstone energies recognize your intention, and vice versa. When we make an intention, our energy field shuffles. Those energies that pertain to the intention come forward and those that are not related settle to the background. When this happens it is easier to select the gemstones we need to help us fulfill our intention. In this case, you have already chosen a necklace-- Search and Rescue. Still, you want the necklace's energies to connect with those of your intention, and vice versa.

To do this, you hold the necklace in front of you, by its ends. As the gemstones connect with your energy field, they will likely start to sway back and forth, or wriggle in some way. While this does not happen with everyone, when it does, it assures you that the connection has been made.

PROCEDURE

1. Create an intention you would like to work on. Focus on that intention; perhaps write the intention down.
2. Hold the necklace in front of you, with one end in each hand. The necklace may be anywhere in front of your torso.
 - a. Think about your intention.
 - b. Wait about a minute for the relationship between the gemstones and your intention to form. Wait to see if the gemstones start to sway back and forth.
3. Think about your intention once more when you put on the necklace and especially when you clasp it. Fastening the clasp in a way "locks" your intention.
4. Position the necklace (see photo) so that the symbiotic sections fall along the midline of your body. The clasp will be off to one side or the other.
5. As the day progresses, the movements you naturally make may re-position the symbiotic sections. Pay attention to the one in front, because you'll be able to see it easily. It may shift either left or right, or stay in the center. In any case, the location suggests the general direction in which energies are moving, either left or right; and may also suggest the general location of areas associated with your intention.



TIME GUIDELINES

For best results, you'll want to wear this necklace continuously. When you shower, remove it without opening the clasp, and set it nearby. By not opening the clasp, the necklace retains information about your body and energy field, and in particular about the intention for which you are using it.

In other words, for as long as you keep the necklace clasped and wear it daily, it will continue to work on the intention you set when you put it on in the first place.

ADDITIONAL INFORMATION

Because of the way these gemstones work, it is better they stay on your body, day and night, except when you shower or bathe. Then keep the necklace nearby. At night, rather than wearing them around your neck, drape the necklace over your torso.

Instead of taking the necklace to bed (which we don't recommend for safety's sake), keep it clasped at your bedside, and wear it again in the morning.

When you put the necklace back on after showering or sleep, return the symbiotic section to their midline orientation.

Cleanse the necklace only every three to five days. Then, when you cleanse the gemstones with the GEMFormulas' sprays, maintain contact with them by holding one end of the necklace throughout the process.

If you want the necklace to work on a different intention, or if you want to modify your intention slightly, remove the necklace, unclasp it and give it a thorough cleanse with the GEMFormulas' cleansing sprays.

Search and Rescue To Support Natural Self-Healing

OVERVIEW

You apply the necklace on a therapy wand in the aura, per the instructions in *The Movements of Gemstone Therapy in the Aura Manual*, in order to help the intelligence centers in the body figure out how to address certain conditions.

WHEN TO APPLY

- Your body's intelligence centers have been unable to engage your inherent healing mechanisms significantly.
- Your body has been unable to figure out how to overcome certain undiagnosable conditions.
- Your pain seems to wander from one point to another, without rhyme or reason.
- You have been unable to identify the underlying cause of a chronic condition.

THERAPY TOOLS

- Search and Rescue Necklace.
- Gemstone Therapy wand.

EFFECTS

This procedure actively engages your intelligence centers and prompts them to take a look at what is going on inside your body. It is the duty of the intelligence centers to guide your body's healing energies where they need to go. If your intelligence centers don't understand what's going on, or cannot locate causative factors, they are unable to fulfill that duty.

The Search and Rescue gemstone combination can help. The Light Green Aventurine locates areas of lowest vibratory rate, while the Amethyst prioritizes the areas that are asking for attention and Aquamarine energy lights up the situation so your intelligence centers can see better what is really going on.

Then, by performing the movements of Gemstone Therapy in the aura with the necklace wrapped on a therapy wand, you support the body to direct healing energies where they need to go. If energies are stuck or sluggish, the movements unblock them and get them moving. The movements also distribute your body's life-giving energies more evenly around the body, and can collect them at key areas of greatest need.

KNOWLEDGE AND SKILLS REQUIRED

To learn how to apply gemstones in the aura, you'll need to study *The Movements of Gemstone Therapy in the Aura* Manual and watch the DVD of the same name, or take a Gemstone Therapy 101 workshop.

PROCEDURE

1. Form an intention for what you'd like to work on.
2. Wrap the Search and Rescue necklace on a therapy wand.
3. Hold the wand parallel to your body, off to the side. Wait for your body's energies to engage the gemstones and start moving them around your body. Or, start circling the wand over your torso, and allow your body's energy field to engage them and start moving them.
4. After the time for treatment is nearly over, inwardly ask your body to let go of the gemstones. When it does, you'll feel your body push the gemstones away or the connection you feel between them and your body will disappear.
5. Cleanse the Search and Rescue necklace and then wear it per the instructions in the previous technique.

TIME GUIDELINES

Give yourself at least 20 minutes to do this procedure. It can also be incorporated in to a formal Gemstone Therapy session, as taught in Gemstone Therapy 101 training.