

Dark Green Aventurine and Lavender Necklace Therapy

Directing Aventurine's Benefits

Lavender is used to focus Dark Green Aventurine's healing energy on an extremity or a non-vital part of the body. Placing Lavender on an ailing area opens the area to more life force and draws the Aventurine's healing energy there.

Therapy Tools

- One solid necklace of Dark Green Aventurine spheres (8mm, 10mm, or 12mm)
- One solid necklace of Lavender spheres (8mm, 10mm, or 12mm)

Indications

- When you wish to focus Dark Green Aventurine's healing energy on an area other than your most distressed organ—for example, your hip, leg, shoulder, or neck
- When you are experiencing tightness, pain, or disharmony in any localized area of the body

Effects

When left to its own devices, a Dark Green Aventurine necklace worn around your neck focuses its healing energies on the most distressed organ in your body. In this therapy, you can direct Aventurine's energy to any area of your choice other than a distressed organ by placing a Lavender necklace on the area. Placing Lavender on an ailing part of your body relaxes the area and draws Aventurine's healing benefits there. If, for example, you place the Lavender on a tight calf muscle, the Lavender acts like a magnet to draw Aventurine's healing and soothing energy to the muscle.

In this therapy, when you place Lavender on the ailing area, a connection is forged between the Lavender and Aventurine. Their two energies are woven together in a way that blends them, yet allows them to work as individuals. Thus, the Aventurine continues to work on your most distressed organ while also giving its attention and energy to the area highlighted by the Lavender.

Procedure

1. Wear a Dark Green Aventurine necklace around your neck for at least 45 minutes.
2. Keeping the Aventurine around your neck, place a Lavender necklace on the area you wish to treat. Hold the Lavender in place with your hand, first aid tape, or a natural-fiber bandage or wrap.
3. Breathe deeply for several minutes to accelerate and increase the flow of Aventurine energy into your body. Be careful not to hyperventilate.

Time Guidelines

Wear the Dark Green Aventurine and keep the Lavender in place until the tightness or pain disappears. For a deeper healing, leave the Lavender in place even after the area feels better. If the tightness is acute, relief may come within minutes after you've placed the Lavender on the area.

Let your intuition guide you in determining how long to practice this therapy.

Enhancing Your Intuition

Wearing a Lavender necklace between treatments can enhance your intuition about how long to practice this therapy.