

Dark Green Aventurine Necklace Therapy

Footbath for Whole-Body Healing

Dark Green Aventurine necklaces are placed on the soles of the feet to awaken the entire body to the presence of disharmony and to provide distressed areas with a steady supply of healing energies. This therapy stimulates the healing of an acute illness, a chronic condition, or any condition that has stalled in its healing.

Therapy Tools

- Two solid necklaces of Dark Green Aventurine spheres; these necklaces must be of approximately equal length and sphere size (8 mm, 10 mm, or 12 mm)
- Thick, natural-fiber socks
- (Optional) One solid Emerald necklace or a Summer combination necklace

Indications

- When you wish to enlist the aid of your entire body to resolve one of the following—
 - An acute condition, such as a cold, flu, or headache
 - A long-standing chronic condition
 - Any condition that has stalled in its healing
- When you wish to enlist the aid of your entire body to energetically cleanse and heal the weakest organ in your body
- When you desire an overall upliftment of health

Effects

The application of Dark Green Aventurine necklaces to the soles of your feet awakens your entire body to its weakest area and encourages the body to provide the area with a steady supply of healing energies.

Placing Aventurine on the soles of your feet introduces your body to Aventurine energy in a special way. When you wear Aventurine around your neck, its energy immediately fills your body and then highlights the organ of lowest energy.

In contrast, when you place Aventurine on the soles of your feet, the Aventurine energy first collects at your feet and then begins moving up your body in rhythmic waves, with each wave reaching closer to your head. Then, when your entire body has become filled with Aventurine energy, the Aventurine highlights your weakest organ, just as it does when you wear Aventurine around your neck.

The Aventurine then performs a function unique to Aventurine footbath therapy: as the Aventurine energy moves up your body, it awakens all the atoms it touches. When your entire

body has been awakened, the attention of every one of its components is directed to the most ailing area of your body. Your entire body becomes aware that a part of it is distressed.

Often, one part of your body will be unaware of the fact that another part is ailing - whether it's with a tumor or a simple bruise. This often occurs because the body doesn't realize that if it fails to marshal enough resources to heal the distressed area, the body itself might fail. When your body is awakened to itself and begins to focus its resources on diseased or otherwise disharmonious areas, powerful healing can occur. Your atoms, molecules, and cells contribute their energies to the distressed areas with awareness, willingness, and joy.

If you perform lengthy treatments every day, expect to see some kind of short-term cleansing reaction, such as common cold symptoms.

Procedure

1. Wash your feet thoroughly with soap and warm water.
2. Briskly rub them with a rough towel to dry them and to increase circulation. Rub each foot for at least 30 to 60 seconds.
3. Put on thick, natural-fiber socks. These socks should be snug enough to keep the Aventurine necklaces in contact with the soles of your feet throughout the treatment.
4. Place one Aventurine necklace inside each sock. Arrange the Aventurine in a flattened clump over the center of the sole of each foot, making sure that the Aventurine stays in contact with your skin for the duration of the treatment.
5. Remove and cleanse both necklaces with running water, and then place one necklace around your neck. Each time you cleanse the necklaces, alternate the necklace you place outdoors.

Time Guidelines

Perform this treatment for at least one hour. After several treatments, you may keep the necklaces on your feet for up to 8 hours, such as during a night's sleep.

Perform the treatment a maximum of once daily. For acute conditions, perform it until symptoms disappear. For chronic conditions, perform it every two or three days until symptoms improve or disappear.

Support from Emerald

While following an Aventurine footbath regimen, wearing either a solid Emerald necklace or the Summer combination necklace during and between treatments is highly recommended.