

The Aura-Soma® Pocket Rescue Set

The colour combination most applicable to the major energy centre or charkas.

Carry a Rescue in your pocket to re-balance whenever you need. Vicky Wall the founder of Aura-Soma called these the Re Q bottles or the re balance bottles.

The Pocket Rescues are 9 bottles selected from the Equilibrium Set of over 100 bottles.

These 9 Equilibrium bottles have been put into the 25 ml plastic bottles for ease of use and carrying. Been in plastic means you don't have to worry about them breaking.

They are also unique in the fact that you can use them with many, not just for your self like a glass Equilibrium, the Plastic Pocket Rescues can be used on multiple clients, friends and family as needed.

Each one is used for a particular purpose as described below.

How to Select a Rescue bottle (2 options)

1. Have a Aura-Soma consultation with a Practitioner who will guide you through the process of choosing a Rescue Bottle as indicated by the Equilibrium selection. Consult a Practitioner for more information.
2. We recommend you choose your favourite Rescue Bottle colour - Let your intuition draw you and/or read the colour/information notes about each Rescue Bottle.

Pocket Rescue Colours/Information Notes

Bottle #01 The Physical Rescue – Blue/Deep Magenta

This bottle is associated with the Third Eye Chakra. It relates to being able to listen and communicate clearly, to peace and trust, and a feeling of being nurtured. May help with the letting go of the difficulties from the past, the craving for a peace which you believe is not for you and that may be a reflection of guilt or unworthiness. Can apply around the throat, neck and ears.

Bottle #03 The Hearth Rescue – Blue/Green

This bottle relates to the Heart Chakra. To a love of nature. It may help with decision making and communicating feelings in a peaceful way. May help with the emotional side of life denying feeling or the communication of those feelings and not making space for one's own needs. Apply in a wide band around the chest from the collarbone down to the lowest rib, including the spine.

Bottle #04 The Sunlight Rescue

This bottle relates to the Solar Plexus Chakra, to knowledge in the conscious mind and wisdom within the unconscious mind. It can also be associated with someone who has a sense of humour and is able to deal with life in a sunny or happy manner. May help with the difficulties in finding the light within the self whilst being able to see it within others or being afraid of the smallest detail in life. Apply in a wide band around the waist including the spine.

Bottle #11 The Love Rescue – Clear/Pink

This bottle relates to love, warmth, caring and unconditional self acceptance. It can help to address the issues of learning to receive love as well as give love to others, to be humble in self-acceptance and to overcome self doubt. May help with issues of spiritual pride- holding oneself back through false humility when it is more appropriate to step forward. Apply in a wide band around hips, lower abdomen and lower back.

Bottle #20 The Star Child – Blue/Pink

This bottle is useful for work with 'the inner child'. It can promote feelings of the warmth and love of a child with a child's potential for forgiveness. Relating the communication of peace with love for the self and others and unconditional self acceptance. May help with the need to resolve difficulties from the childhood, assertiveness or forgiveness and self acceptance. Also relates to the Crown Chakra. Apply anywhere e.g. chest and neck in a wide band to include spine.

Bottle #26 The Etheric Rescue – Orange/Orange

The Etheric bottle relates to the second chakra but is applied to the body in a very specific way. Down the left side of the body from the left ear lone to the left ankle and around the hara/waist in a wide band. If there are particular areas of spiritual tension then you may also apply to that location. This bottle may help to address issues of letting go of the past so that plans for today may be made. May help with issues of unresolved spiritual shock, difficulty with relations and anger. May also help with all issues of dependency and co-dependency.

Bottle #87 The Love Wisdom Rescue – Pale Coral/Pale Coral

This bottle can relate to shock, abuse and unrequited love, it may help with the potential to give love and wisdom to the world. The

realization of self-acceptance and understanding of interdependence can bring deep joy. May help with dependency and unrequited love especially towards oneself. This bottle is applied to the body in a very specific way. Down the right side of the body from the right ear lone to the right ankle and around the hara/waist in a wide band. If there are particular areas of spiritual tension then you may also apply to that location.

Bottle #89 The Energy Rescue – Red/Deep Magenta

Helps to look at eh shadow within and awaken to the possibility of a change of energy. Marks a shift from focusing on the material things in life to focusing on the more creative aspects. Also helps with the intuition and the spiritual being. May help to overcome anger, frustration and resentment whilst utilizing energy and looking at opportunities in live. Apply a wide band around the lower abdomen, and the feet.

Bottle #100 The Metatron Rescue – Clear/Deep Magenta

Symbolizes the light coming into the shadow. The clear fraction acts as a mirror through which we can see ourselves. Being prepared to look at what lies within the depths of ourselves so that we do not deny any aspect of ourselves and come to a deeper acceptance. Apply anywhere on the body, can be helpful over the back of the head, the neck, and temples. Can also apply to the feet.

How to use Pocket Rescues

To release the energies of the Rescue Bottle, shake the bottle vigorously with your left hand until the two liquid fractions mix together. Pour some of the liquid into your right palm and apply it on your skin in a complete band around the body at the level of the Chakra(s) to which the colour(s) within the bottle relate or anywhere that you are drawn to.

These Rescue Bottles come in 25ml plastic. They are also available as Equilibrium Bottles in 25 ml glass and 50 ml glass.

Please Note: For external use only. Keep out of the reach of children. Avoid contact with the eyes. Do not apply to broken, irritated or sensitive skin. Do not use on polished/ painted surfaces.

Made with love and intention by Aura-Soma Products Ltd Lincolnshire England
Available in New Zealand from Aura-Soma New Zealand Ltd