How do I use Apple Mail search in Lion and Mountain Lion?

Q: How do I use Apple Mail search in Lion and Mountain Lion?

Context

- The search works very differently from the previous version of Mail.
- Need more explanation of how search is working.

Answer

 Found a good article that explains the new search functionality in more detail: http://www.maclife.com/article/howtos/how_use_search_tokens_lion_mail