

Moon slave 222

Amethyst



What is Amethyst?

Amethyst is the world's most popular purple gemstone. It is the purple color variety of quartz and has been used in personal adornment for over 2000 years. It is the birth stone of February and an important New Age gem. Amethyst is used to produce faceted stones, cabochons, beads, tumbled stones, and many other items for jewelry and ornamental use.

Amethyst has a Mohs hardness of 7 and does not break by cleavage. It is a gem that is durable enough for use in rings, earrings, pendants, bracelets and other types of jewelry. Enormous deposits of amethyst in South America and Africa provide enough material to keep amethyst's price low enough that most people can easily afford it.



Do Amethysts Have Any Proven Healing Properties?

Complementary and alternative medicine practitioners frequently use crystals to aid in healing the mind and body.

One such crystal is the purple amethyst, which is thought to be powerful. While ayurvedic and natural health practitioners may recommend using amethysts for healing, not much scientific research supports their use.

Keep reading to find out about the potential healing properties of amethysts, plus more about other crystals used for mental and physical healing.

Purported amethyst powers for healing

Ayurvedic medicine practitioners, crystal healers, reiki practitioners, and other alternative and complementary medicine practitioners may use amethysts for the following purposes.

Physical health claims

According to online claims, amethysts are said to have several physical healing properties, including:

- enhancing the immune system
- improving endocrine function
- improving the skin's appearance
- promoting digestive health
- reducing headaches
- regulating hormones

These are all scientifically unproven claims, however. While some of these benefits may be real, the scientific community views research as proof of effectiveness — and in this case, there hasn't been much of it.

Emotional and mental health claims

Amethysts have been the subject of legend and myth, including one about mental health.

In Greek mythology, a titan named Rhea gave the god of wine, Dionysus, an amethyst to help preserve his sanity. In fact, this myth led the ancient Romans to believe that amethysts could keep them from getting drunk.

Today natural health practitioners don't use amethysts for the same purpose as the Romans, though some do use them in treating addiction.

Instead, amethysts are said to promote serenity and calm. Those who work with crystals may use the gemstones as a way to help reduce your anxiety and perceptions of pain.

Yet, scientists haven't proven any of these claims regarding amethyst's ability to enhance mental health.

Metaphysical properties claims

Amethysts are reported to open a person's third eye. The third eye is considered to be a source of power and wisdom.

Crystal practitioners believe a person can use amethysts to enhance or sharpen spiritual visions and enlightenment. Again, these are scientifically unproven claims.

Metaphysical crystal practitioners may also believe that amethyst geodes or crystals placed in your home will absorb negative energy and create an air of tranquility in the space.

Plus, they claim that amethysts help block electromagnetic frequencies and "geopathic stress" that can foster negativity. This is said to occur when human-made objects disrupt the earth's natural energy.

Amethyst uses

If you'd like to try out the reported healing benefits of amethysts for yourself, here are a few ways you can incorporate them into your life:

- Carry a small amethyst crystal in your pocket or purse.
- Wear jewelry made from amethysts, such as a necklace, bracelet, or ring.
- Place amethyst crystals or geodes in your home.

Alternative medicine practitioners may use amethysts and other crystals in healing by placing them around the body. Or, they might place them on the parts of the body associated with different chakras or energy paths.

Other ways to use crystals include:

- carrying them with you
- drinking from crystal-infused water bottles (best to purchase from a trusted manufacturer)
- manifesting, such as holding the crystal and speaking a wish or hope
- meditating
- placing them in a bath (just make sure the crystal can be in water)

Because crystals are said to absorb energy, it's recommended that you cleanse them after use.