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## **Physical Healing Properties**

On a physical level, Amethyst also associated with healthy cell regeneration, encouraging soothing sleep and rest, and promoting hormonal balance. As Amethyst helps balance metabolism and positively serves the endocrine system, the body finds its inner harmony and doesn't go too crazy on the cortisol production – which dramatically cuts down on stress and tension. Along with all of this, the purplish hue of Amethyst also ensures that the body, mind and soul remain cleansed and detoxified. For those who struggle with a foggy head or migraines, then Amethyst can also help clear those clouds away.

For those who struggle to cut down on their drinking, Amethyst encourages the wearer to keep a sober mind. It's a stone that serves as a reminder that luminous thoughts and a level head are needed for making the right choices in life and that by muddying the mind, it can be tricky to see the path that makes the most sense.

A beautiful purple boost to the immune system; the Amethyst gemstone is also known for its staggering ability to help the body become fighting fit and to fend off ailments and diseases that wreak havoc on a person's health and wellbeing. By lending a purifying nature to the blood and effectively reducing stress and anxiety levels, the immune system takes a boost meaning everything from the respiratory system to the skin can find higher levels of power to heal.

Finally, for those who suffer the physical challenge of falling into a delicious dark and restful slumber, having Amethyst close by during the wind-down hours of sleep can also ensure that the wearer doesn't stay up all night. A stone known for aiding the struggle of insomnia, Amethyst amazes with its ability to bring plentiful rest and power.

## **Emotional Healing Properties**



At a base level, Amethyst is renowned for bringing a sense of calm and clarity to our chaotic world. Those who keep Amethyst close will find that they feel comforted, grounded and soothed in a truly uplifting way. Because Amethyst centers the emotions, it can be a beautiful aide in recovery for those suffering from the overwhelming emotions that come with grief, loss and all shades of sadness. Thanks to its divine spirituality, it's a great stone for reminding people not to fear the unknown.

Death could be considered a transition, a change, and a leap to a higher realm and while of course there is grief in letting go of someone who is loved, there is also life to be celebrated and memories to be most cherished. Amethyst reminds us that in spirituality, there is also balance – it isn't all about bypassing the negative and thinking that spiritual awakening leads to only positive thinking, but also recognizing the darkness and honoring it without holding it forever in the heart.

It also works wonderfully for those who tend to be quick to anger as it effectively dissipates the growth of rage and replaces it with a halo of serenity that can be hard to cut through.

While Amethyst works to sweep negativity away from clouding the mind, it also seems to trigger a spark that unveils our deepest wells of inspiration. When our mind is calm and focused we are able to tap into our creative mind and unveil all those ideas and interests that were stashed behind the wall of inner chaos.

Nurturing meditation, encouraging restful sleep, clearing away the cobwebs, and helping us to divine our deeper paths through life, Amethyst promotes deep transformation in our lives. When we make space within for peaceful courage, we are able to follow the map of our own making and to pursue the things that will serve us.

For those who struggle with the art of decision making, Amethyst can also help to harness the inner power needed to make choices that work for the individual. Life throws up all kinds of challenges and this can sometimes leave people in a state of freeze, unsure of which way to turn. Amethyst gently reminds the wearer that all is not

lost and they have the inner sight, knowledge and wisdom they need to pick a path to walk down.

For those who tend to be a little hot-headed in arguments, Amethyst can also help to bring the wearer back down to a calm and collected state of mind. It's a great stone for aiding in family and relationship dynamics as it supports a level head and comes from a place of love.

## **Metaphysical Properties**

For those who are looking to leap higher into their spiritual awakening, Amethyst is one of the most important stones in the healing pack. It is strongly associated with the crown chakra and is even said to bridge the gap between the physical and the spiritual realms.

The third eye chakra is known for being one of the most powerful intuitive tools to have in the pack. Everyone has the gift of intuition, it's all about how they harness it. As Amethyst kindles the third eye to awaken, it grants the sixth sense to bloom into being. In eastern philosophy, it is said that the third eye is the spiritual center of a person's existence. It's also responsible for how people perceive reality and how open they are to opening the door and stepping out into spiritual enlightenment. The color associated with the third eye chakra is indigo which also links to the color of Amethyst. When the third eye chakra is blocked, people may struggle with feelings of depression and anxiety, and maybe feel the weight of cynicism heavy on their soul. By awakening the third eye, one can awaken intuition, let their inner wisdom flow, and invite the sparkle back to their imagination.

The crown chakra is the sacred energy center and also intricately connected with the Amethyst stone. It's where the cosmic consciousness sits and is where people receive those much-needed messages from the universe and the connection to the cosmos. When the crown chakra's power is untapped or there is a block, people may feel alienated or disconnected from the world around them. They may feel their ego gets in the way too much. When the crown chakra is open and ready to receive, there is balance, wellbeing, deeper connection and a working confidence in one's own wisdom.

With a long history as an amulet for protection it's no surprise that Amethyst works to counteract the negative energies of external environments. Amethyst can ward off physical attacks; lending protection against misfortune. On a spiritual level it also helps protect the mind against black magic and emotional manipulation.



## Zodiac Birthstone



The purple Amethyst makes its connection with the zodiac sign for pieces. Associated with the month of February; a calendar turn brimming with love and the chill winds of the end of winter, Amethyst brings love, light and its crowning calm to see the wearer through until the first rites of spring.

The violet mellow energy is a dreamy match for the nature of the Pieces. Those with creative spirits, deep empathy, and a penchant for spiritual sojourns. The healing powers of Amethyst tap into all of that and so much more. Yet, sometimes the greatest strength of the self is also the greatest weakness. With high levels of empathy, Pieces can sometimes bite off more than they should chew and can make themselves sad and burnt out in the process. Having this precious stone at their side ensures that while lending a sympathetic ear is fine, they don't lose themselves in the pitfalls of the problems of others but stay spiritually grounded to their own journey.

Pieces are born under the planet of Uranus, a planet that is known for being progressive and forward-thinking. The god of the sky and heavens, Uranus is all about embracing the spark of intuition, saying yes to enlightenment, and stepping forward in individual freedom. Having the Amethyst on side for this serves to protect and encourage the spirit and serves as a reminder that while change should always be embraced, it should be done with clear-seeing eyes and the gift of illumination.

Amethyst is the birthstone for Aquarians, those cool and collected water-bearers of the world. Another visionary star-sign, those born under the sign of Aquarius are known for seeing deeply, high levels of intellect, and for not being afraid of using their assertive nature. While they have a reputation for being a little bit too analytical and perhaps slightly chilly, the Amethyst makes a great companion when it comes to balancing out

the water bearers by bringing its calm communication skills to the table and inviting Aquarians to keep the best of their nature

## How to Use The Stones



Nature's tranquilizer instantly soothes whatever space it is placed in. For those who want to know how to use Amethyst to reach their fullest potential, these tips will ensure that everyone gets the best from this beautiful stone...

Amethyst is one of the best crystals to use as a meditation aid. The stone hums with an energy that encourages the monkey mind to surrender and be still. With Amethyst close by during meditation the third eye and crown chakra are sure to open, clearing the way for the powers of the universe to seep straight through and give guidance. For those who aren't wearing an Amethyst amulet, hold a piece or cluster of Amethyst in the left-hand during meditation.

Other stones that marry well with Amethyst are Tourmaline for amplifying that protective energy. Rose Quartz can also be a great companion to Amethyst as it's able to truly add to those loving vibes. Amethyst and Aquamarine also bring truth, tranquility and balancing flow and make a beautiful partnership for those who want to truly tap into their

creative side. For those seeking a bright burst of energy at all times, Citrine and Amethyst create an eternal summer of the heart.

## **How to Cleanse Stones and Jewelry**

Part of knowing how to use Amethyst means knowing how to care for this crystal so that it continues to bring health, wonder and complete wellness. From clearing to daily care tips, these are the small ways to keep the crown stone shimmering with strength and light...

As crystals collect energies it's important to keep them cleared and clean so that they don't become off-kilter. As beautiful absorbing sponges, healing crystals can change their tune to vibrate with the frequency it has picked up in the healing session. When knocked off its own frequency, this means that it doesn't oscillate properly and will, therefore, be less effective.

Clearing this crystal after a healing session or after someone else has handled it is important to keep it healthy and fresh. One way to clear crystals is with vocal toning. While it's not important to hit an exact note, it's important to hold the Amethyst, take a deep breath and envision something that fills the soul with clear pure energy. With the exhale, make a tonal sound that communicates this. It is also common to use a singing bowl, gong or drum instead of the voice.

The jury is out whether Amethyst needs to be charged or not, especially if kept cleared as much as possible. But charging the crystal will do no harm as Amethyst is beautifully aligned with the universe. Placing it outside at night once in a while, in the light of the moon will gift the Amethyst stone the lunar energy it needs. The cold can also work wonders for charging the stone so a simple method is to place it in the refrigerator or chilled space overnight.