

Amethyst



Metaphysical & Healing Properties

For those who follow Wicca, or believe in the Spirit World; Crystals, Minerals, Rocks, Semi-Precious Stones and Metals can have powers for Astral Travel, Aura Cleansing, Channeling, Cosmic Awareness, Crystal Healing, ESP, Meditation, Psychic Communication, Psychic Energy and Transcendental Meditation. They also believe a crystal can have crystal magic that gives it the ability to connect to spirits, spirit guides, spiritual energy and help with channeling spirits and increase cosmic awareness.

Amethyst and Transition

Amethyst has come to be known by many as a healing stone that helps to ease any difficulties in transition in any circumstance. Great healers have found that Amethyst works to not only aid a journeying soul but also helps those whose soul yearns to achieve higher levels of spirituality. The crystal is said to transform energies from a lower vibration to a higher vibrational energy. It also transforms energy from an ordinary to a deeper level of consciousness. It has the capacity to awaken spirituality on all levels of social, emotional, intellectual and physical consciousness. Amethyst aids its carrier (stone, crystal, power jewellery) find more easily a common ground in unsure decisions. The violet color is reminiscent of that of the sky at dusk and the passage of one reality to another. It aids those who have lost a loved one in accepting the passage and healing that death and rebirth bring.

Amethyst and Spiritual Healing

The importance of spiritual awareness is a characteristic known to be brought out and enhanced by Amethyst. The acknowledgement of this type of realisation is crucial to spiritual healing and meditation. Amethyst also acts as a protector in its reversion of negative energy. It has been said to protect against manipulative situations by helping to provide a more in depth perspective and opening the spirit's eye to higher connectivity with that outside of concrete reason. Not only is Amethyst a crucial resource for meditation, it is also a calming and enabling agent in sleep and rest in times of physical and spiritual exhaustion. As a healing crystal and in [elixir](#) and healing jewellery form, it acts as a balancing and aligning agent for disrupted spiritual energies.

Amethyst and Peace

Amethyst has been revered as a stone for peace. It has long been a symbol of many religions for peace, purity and unification. It has been used often in meditation because of its ability to help its carrier maintain a peaceful serenity. Those who suffer from insomnia, addiction and low self esteem have often been recommended this stone for its tranquility and protective characteristics. It calms the mind and spiritually awakens those who seek enlightenment.

Amethyst is the most highly valued stone in the quartz group. The name means “not drunken” (Greek), as it was worn as an talisman against drunkenness.

Sources: The Crystal Bible by Judy Hall; Gemstones of the World by Walter Schumann

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