

# Crystal of the month ~ February ~

## Amethyst

### Keywords:

Tranquility | Protection | Intuition | Spirituality  
Healing | Clarity | Wisdom



# History

Amethyst, often referred to as the “Stone of Sobriety,” has a storied past. Dating back to ancient times, it was prized by Greek and Roman societies for creating stunning jewellery and decorative objects.

The stone's name comes from the Greek word 'amethystos', meaning 'not intoxicated', which speaks to its deep violet hue and its association with clarity and level-headedness.

Amethyst was also esteemed in Asian cultures, notably for its use in spiritual and religious artefacts and as a stone of meditation, believed to calm the mind and spirit of its holder.





# Identification

Amethyst is a variety of quartz, renowned for its striking purple to lavender shades.

This alluring gemstone boasts a Mohs hardness of 7, indicative of its durability and suitability for various jewellery types.

Though occasionally mistaken for the pricier blue sapphire, amethyst stands out with its unique coloration and its more affordable accessibility.



# Properties

Amethyst, a gemstone celebrated for its serene and purifying qualities, offers a spectrum of beneficial attributes. This crystal serves as a tranquil companion in your journey toward inner peace and mental clarity.

Promotes:

- Peacefulness and calm
- Spiritual awareness
- Intuition and insight
- Emotional balance
- Mental clarity
- Sobriety and moderation

Facilitates:

- Stress reduction
- Dispelling of anxiety and fear
- Enhancement of meditation and contemplation
- Stabilisation of mood swings
- Clear judgement
- Release of negative thoughts and attachments



# Healing

Amethyst is a versatile healer, cherished for its ability to soothe the mind and emotions.

In physical healing, it's often turned to for its reputed benefits to the nervous system and its ability to relieve headaches and tension.

The stone is also believed to promote skin health, offering relief from inflammation and soothing conditions such as acne or eczema.



# Healing

## How to use Amethyst for healing

- **Stress relief:** Position an amethyst stone directly on the brow chakra, also known as the third eye, situated between the eyebrows, to aid in relieving stress and calming the mind.
- **Skin soothing:** For skin concerns, you can create an amethyst-infused water and gently apply it to the troubled areas. To make the water, place an amethyst stone in a glass of water for several hours or overnight. Always ensure the stone and the glass are cleansed before and afterwards.
- **Emotional support:** Keep a piece of amethyst with you or incorporate it into your accessories to help stabilise emotions throughout the day. Its presence can be particularly soothing and centring during times of emotional turmoil.
- **Purifying energy:** Set amethyst in different locations around your home, especially in areas where you relax or meditate, to clear negative energy and support a tranquil atmosphere.

Incorporating these methods into your daily practice can help you to access the wide-ranging healing qualities of this remarkable gemstone.



# Meditation

Begin by settling into a relaxed position. Cradle a piece of amethyst in your hands and softly close your eyes.

Draw in three deep breaths, feeling your thoughts become lighter with each exhale. Envision a soothing, purple light emanating from the amethyst, bathing your whole self in its glow.

With every inhalation and exhalation, see this gentle purple light intensifying, extending outwards to the cosmos, and beckoning peace and clarity back towards you.

Embracing this sense of growing serenity and insight, quietly affirm to yourself, "I am a vessel of calm and clarity."

Focus on the light nurturing every aspect of your being—mentally, emotionally, and spiritually. Breathe out gently, and when you feel ready, gradually open your eyes, returning to the moment with a refreshed sense of tranquility and wisdom.



# Crystal Grid

## Flower of Life

Focus Stone: **Amethyst**

Surrounding stones: **Moonstone** and **Clear Quartz**

Intention stones: **Lapis Lazuli**

1. Amethyst: Set this at the centre of the Flower of Life grid. It acts as your core of intuition and spiritual growth.
2. Clear Quartz: Recognised as the "Master Healer," it amplifies energy and thought, as well as the effect of other crystals. Arrange this stone in the surrounding circles of the Flower of Life, synergising with Amethyst to enhance your spiritual clarity and intuition.
3. Moonstone: This stone is your key to unlocking the subconscious and embracing change. Place it next to Clear Quartz to harmonise emotions with spirituality, adding a layer of emotional depth and empathy to your journey.
4. Lapis Lazuli: Lastly, position this stone around the outer circles of your grid as the intention stone. It promotes self-awareness, enlightenment, and a deeper understanding of truths, fine-tuning the grid's energy towards your specific goals of intuition and spirituality.





# Crystal Grid

Consider incorporating these stones into your grid for enhanced effects:

**Smoky Quartz:** This gem acts as a grounding force, helping to neutralise negative vibrations. It can deepen the grid's grounding effect and introduce a protective aura.

**Fluorite:** Known for its ability to clarify mental processes and amplify focus, Fluorite could augment the grid's intuitive and spiritual capacities.

**Selenite:** Celebrated for its high-frequency energy, Selenite can cleanse the grid and ensure a steady flow of positive energy, promoting a clear, calm mind.

**Rose Quartz:** This stone, with its gentle, loving energy, can add an element of emotional healing and unconditional love, enriching the spiritual journey initiated by your grid.

Position these stones at any vacant spots or crossing points within your Flower of Life grid, always considering the equilibrium and dynamics of energies.



# Crystal Grid



*Much love  
Jane x*