

## Amethyst for Clearing and Opening

*(As Given from 'Intuition Immersion Course')*

I have a few clusters of **Amethyst** around my home for letting go of the past, dream time fun, spiritual wisdom and multidimensional welcoming. **Amethysts** are found worldwide and loved by many!

Characteristics of the **Amethyst**

- Derives from the Greek for “to be intoxicated”
- Chakra: Third Eye, Soma, Crown, Higher Crown
- Planet: Jupiter, Neptune
- Chemistry: Silicon Dioxide with Iron
- Crystal System: Trigonal

**Beneficial for:** Physical, emotional and psychological pain, decision making, recurrent nightmares, geopathic stress, protection against thieves, anger, rage, fear, anxiety, grief, neural transmission, dreams, alcoholism, hormone production, endocrine system, metabolism, cleansing and eliminating organs, immune system, blood, headache, bruises, injuries, swellings, burns, hearing disorders, lung, respiratory tract, skin complaints, cellular disorders, digestive tract, repopulating flora, removing parasites, reabsorption of water, insomnia, psychiatric conditions other than paranoia or schizophrenia.

**Amethyst** are for promoting the love of the divine and they encourage selflessness and spiritual wisdom. Opening multidimensional awareness, it enhances metaphysical abilities and is an excellent stone for mediation and scrying. Sleeping with **Amethyst** facilitates out of body (OBE) experiences, helps dream recall and assists visualization. It guards against psychic attack, transmuting it into love. A natural tranquilizer, **Amethyst** blocks geopathic stress and negative environmental energies. Harmonizing the physical, mental, and emotional bodies and linking them to the spiritual, it purifies the aura. **Amethyst** is helpful or people about to make the transition through death and supports coming to terms with loss.

**This stone** has a sobering effect on overindulgence and overcomes addictions. Beneficial to the mind, it calms or stimulates as appropriate, helping to feel more focused, assisting assimilation of new ideas and connecting cause with effect. Amethyst enhances memory and improves motivation. This stone balances emotional highs and lows.

**Trigonic markings**, descending upside down triangles, are appearing on Amethyst point, raising the vibration to an exceedingly high level. The Trigonic are a race of star beings who wish to assist the consciousness shift of planet Earth and to bring peace to all, ending war. Trigonic Amethyst has a very powerful vibration.

Source: My head, my experience and The Encyclopedia of Crystals ©

## ♥ Practices Using Amethyst ♥

If you don't already own an Amethyst, here are a few ways to incorporate it into your life.

- First, choose an Amethyst that speaks to you. It could be a chunk or it could be jewelry.
- Hold it in your hand, close your eyes.
- How do you feel?
  - Does it speak to you?
  - Do you feel warmth or a sensation?
  - Listen to your body and your where you hold the 'yes' in your body for confirmation that this is the one for you!

Once you determine your chosen high vibe crystal is for you, try these practices and see how you feel. First, do a simple clearing process so it's tuned to you.

### Quick Clearing:

- Sage your crystal, use your intentional words to clear and reset your crystal to your energy.
- Ask your crystal to merge with your highest and most unconditional outcome loving self for healing and innate wisdom activation and protection or whatever you'd like given the magical properties from the list above.
- Sit quietly with your crystal in your hand and feel the merge happen or carry it everywhere with you.

Next, experiment with these suggestions and see how you feel:

- Wear an Amethyst as a necklace
- Meditate (laying down) or rest with Amethyst at the Crown Chakra (top of your head)
- Take nature walks (depending upon the size – get one for pocket and one for home, large) with Amethyst in your hand, pocket or around your neck. Call upon your Amethyst for a supercharge of tranquilizing your auric field and to harmonize your bodies of mental, emotional, physical, spiritual, natural world. Call upon your heart to receive.

*Blessings! xx Jules*