

Stone of the Month
Amethyst
By: Sonia
Pisces: February 20th—March 20th

Birthstones: February-Amethyst, March-Aquamarine Pisces-Amethyst and Socialite **Star stones:** Aquamarine, Amethyst and Moon stone

Chosen color/stone for the Pisces: Purple, violet, and blue green stones

Planetary rulers: Neptune and Jupiter

The Astral or Zodiac colors are: Aquamarine, royal blue, white and green

Elemental ruler: Water

The crystal I have chosen for the month of March is

Amethyst “Elevator”

Greek name: Amethysto “sober” The Greeks believed that Amethysto was able to prevent intoxication from alcohol.

Color: purple to lavender

Appearance: Transparent, pointed crystals may be: geode, in clusters or single points, “found in all sizes.”

The Amethyst is known for “Mastery of Thought” The Amethyst is a good crystal for addictions of many kinds. It helps overcome blockages. It is also used in many types of healing rituals.

Rarity: one of the most common crystals.

Source: United States, Britain, Canada, Brazil, Mexico, Russia, East Africa, and India.

Cleansing/Purifying: The Amethyst is a self cleansing crystal. It is used to help purify other crystals, stones and gems. NOTE: If you have bounded a crystal, stone or gem and you put it with the Amethyst it will purify it again. “The Amethyst will fade in the sun’s light.”

Rituals: The Amethyst is suitable in rituals involving: Dreams, Healing, Happiness, Peace and Psychism.

Chakra: The Amethyst cleanses the Aura. It stimulates the Crown and the Throat Chakra. It is best used for the Crown Chakra, because it balances and connects the physical, mental and emotional bodies linking them to the spiritual. The amethyst is a natural tranquilizer. It is a good crystal to use when first learning to meditate.

Position: Most beneficial when worn over the throat or the heart. The amethyst is an extremely powerful and protective crystal with a high spiritual vibration. It guards against psychic attacks transmuting the energy into love. It is also beneficial to the mind, calming or stimulating mundane into tranquility and deeper understanding. Mentally it helps you feel less scattered, more focused and in control of your faculties. It calms, synthesizes and aids the transmission of the neural signals through your brain.

Enhancers: Higher states of consciousness, and meditation, Spiritual awareness, memory and improves motivation
It is also believed that the amethyst to be helpful for clairvoyance.

Pillow talk: The amethyst balances out highs and lows, promoting emotional centering. It also aids in facilitates.
The amethyst can help you remember and understand dreams and facilitates.

Position: For bad dreams or insomnia, place the amethyst under your pillow as you sleep. The amethyst transmutes lower energies to the higher frequencies of the spiritual and etheric realms. It alleviates sadness and grief, it supports coming to terms with one’s own death or the passing of a loved one.

Healing: The amethyst boosts production of hormones and tunes the endocrine system and metabolism. It strengthens the cleansing and eliminating organs in the immune system. Excellent cleanser for the blood relieves physical, emotional and psychological pain or stress. Eases headaches and releases tension. NOTE: The amethyst is not to be used in cases of paranoia or schizophrenia.