

Crystal Quick Reference

Amethyst

Chemical Formula SiO_2

Iron and other minerals give this crystal the purple color.

Crystal of spirituality and contentment. Balances energies of intellectual, emotional and physical bodies. Stone of meditation. Imparts peaceful energies.

Assist with healing alcoholism, compulsive behaviors, and addictions of all kinds.

Amethyst brings energies in mystical realms of stability, peace, calm, balance, courage and inner strength. It is often used in metaphysics and crystal healing to protect against psychic attacks. On the spiritual level, amethyst is said to help open to communication with angels, telepathy and other psychic abilities.

It is thus an excellent stone for meditation or dream work, past life work, and to help you see your path. It has also been used to help ease the pain of grief, and promote happiness.

Amethyst is reputed to be beneficial when dealing with legal problems, and money issues, which can lead to prosperity and abundance.

Amethyst is also used as protection for travelers.

Physically amethyst is said by spiritual healers and mystical lore to heal the withdrawal symptoms of any sort of addiction, help with headaches, insomnia, arthritis, pain relief, circulatory system issues, endocrine system problems, diabetes, chronic fatigue, fibromyalgia, immune system deficiencies, asthma, phobias, pregnancy and preventing miscarriage, menopause, PMS, and general healing.

Astrological: Pisces, Virgo, Aquarius and Capricorn.

Chakras: Third Eye, Crown