

AMETHYST

Amethyst is a “stone of spirituality and contentment.” It helps you attain wisdom by reminding every aspect of your being of its inherent spiritual nature.

It can help you let go of all that is old and all that holds you back – on every level and in every aspect of life –so that you may fully embrace your spiritual destiny. Amethyst stirs the intuition.

Amethyst facilitates meditation, helping one to still one’s thoughts and move into higher states of consciousness.

On an emotional level, Amethyst can help one identify the root causes behind behaviors, habits and emotional patterns that create imbalance and disease.

On a physical level, Amethyst helps balance the nervous system and the brain. It can be used in the treatment of hearing disorders, to both strengthen the skeletal system and reinforce ones posture. It stimulates both the sympathetic nervous system and the endocrine glands to proper and precise performance.

Its gentle energies dispel tension and stress, as well as dissolve boredom. Amethysts energy also supports oxygenation and purification in the blood and can strengthen the immune system. Amethyst has been used in the treatment of insomnia and to ameliorate pain from headaches and other disorders. It is also useful in stabilizing mental disorders.

