



SUE WEAVER

WEAVING A HEALING HEARTH

AMETHYST

“I remember that I am Divine”

Amethyst is a member of the quartz family. It forms single crystals and clusters and is also found in massive form. The very large “crystal caves” are sometimes referred to as “cathedrals”. The purple colour, which varies from pale lavender or lilac to deepest purple, is said to be a result of small quantities of iron within the structure.

Amethyst teaches of the Great Mystery that is the Divine. We are shown an awareness of how we are both part of the infinite vastness of Creation, and at the same time, very small and insignificant. This knowing helps us to move away from ego to align more fully with who we truly are.

The Spirit of Amethyst reveals itself to me as a huge woman/goddess, filling the universe. Within her womb is the earth, and all planets.

Others have experienced Amethyst as the King, to Rose Quartz’s Queen, but to me, she is the Goddess in all her Creative Power.

She is regal, majestic, with an awesome power. Amethyst knows herself, and so has no need to proclaim herself. She is a subtle power, which comes in gently. Because of this gentle approach, the power of Amethyst may sometimes be underestimated, but when a true connection is made, there is no doubting the quiet strength of this crystal.

Amethyst holds both the red and blue rays, and so carries the calming, soothing qualities of blue, with the vibrant qualities of red. Because of this, it is an excellent all round healer, which aids in a movement away from any extreme, and helps to bring balance in all things.

For any condition which has manifested on the physical level, in the absence of more information, you could start by introducing the frequency of Amethyst with no ill effects. Amethyst has been found to alleviate pain; has calmed and soothed overactive conditions; has brought energy to underactive conditions.

I experience Amethyst as an ally in calming a busy mind. Thoughts which prevent us from being truly in the present moment are stilled. This not only gives relief from the ceaseless chattering of the mind, but also enables us to connect with the Spiritual Reality of which we are a part.

Working in this way, we have found that Amethyst has cleared headaches, released pain and tension in the body and assisted with insomnia.

As an aid in calming the mind and helping us to become more aware of our place in the Beauty of Creation, Amethyst can be an invaluable aid in meditation.

It is my experience that Amethyst does not work with the emotional level directly. Often when we experience traumatic emotion, we then become over involved in thinking about the emotional situation. Soon we can find ourselves in an ever increasing cycle of emotional and mental turmoil. Because of Amethyst’s ability to help us to release over attachment to thoughts, we can begin to break this cycle, and look at the situation from a more

balanced perspective. I have found Amethyst to be particularly helpful in reducing anger and anxiety, in processing grief, and in reducing depression and worry.

Many have found that Amethyst has given support in recovering from addictions of all kinds, including compulsive behaviour patterns. It is interesting to find that, historically, Amethyst was considered a remedy for "drunkenness".

Amethyst also teaches us about the Law of Cycles. Everything has its time. All time moves in cycles, and all other beings on this planet flow naturally with the cycles of time. As humans, we need to find a way to step away from fighting and trying to control nature, and move back into harmony with the cycles of increase and decrease, of waxing and waning, of growing and dying.

Amethyst has been found to be very supportive in times of great change and transformation. It has been used to help the great transformation from the physical into spirit, for humans and animals. It has also been found to give comfort to the bereaved, as they find their way to come to terms with loss.

Many people have found that Amethyst helps in dreamwork. This may seem to conflict Amethyst as an aid to peaceful sleep, but this is not the case. Nightmares have been alleviated, and inspirational dreams and dream recall have increased, alongside peaceful and rejuvenating sleep.

Amethyst is very abundant and is found in a variety of forms. The main source is Brazil, but there are many deposits worldwide, including beautiful deep purple crystals from Uruguay.

Large clusters are a beautiful presence in most environments, including the home, workplace, healing rooms, meditation spaces, etc. They act as transformers, clearing any negativity. Such clusters also provide nurturing beds upon which smaller crystals and stones, including those set in jewellery, are able to rejuvenate.

Single Amethyst points, polished pieces or tumbled stones can be held during meditation, or placed on or around the body for healing. To use Amethyst for pain relief, hold or lay a small crystal or tumbled stone near to the location of pain.

Tumbled or shaped pieces are useful for carrying in purses, pouches or pockets, and amethyst is made into many forms of jewellery.

Crystal Name:	Amethyst	Family Name:	Quartz
Meaning of name:	From Greek, <i>a-</i> ("not") and <i>methustos</i> ("intoxicated")		
Composition:	Silicon dioxide (SiO ₂), with traces of iron impurities		
Colour(s):	Light pinkish-lilac to deep purple		
System:	Trigonal	Hardness/Mohs:	7
How it is found:	Amethyst crystals are six-sided prisms with pyramidal terminations. Amethyst is also found in clusters.		
Transparency:	Transparent to translucent	Cleavage:	None. Conchoidal fracture
Environment:	Amethyst forms in gas cavities in volcanic rock		
Found in:	Brazil, Uruguay, Mexico, USA, South Africa, Russia		