

# AMETHYST

## Summary

**Mineral Family:** Quartz

**Primary Elements:** Silicon, Oxygen, Iron

**Mohs Hardness:** 7

**Price Point:** \$\$-\$\$\$

**Tropism:**

Crown chakra, nervous system, the heart organ, and the cell nucleus.

**Primary Level of Manifestation:**

Amethyst energy can work equally well at any level of manifestation, which is a property unique to the 7 color-ray-bearing gemstones, and a few others, including Mother of Pearl.

**Properties:** Although generally slightly moistening and slightly cooling, Amethyst energy is temperature and moisture neutral, or adaptogenic.

**Action:** Lifting, Sinking.

**Five Element:** Water.

**Keyword for Learning:** Purple ray.

**Image for Learning:** Violet flame.

**Energetic Nature:**

Prioritizing, Deepening, Expanding, Transmuting, Spiritualizing.

**Therapeutic-Quality Parameters:**

Therapeutic-quality Amethyst is a consistent rich purple color throughout the stone. It is not light purple in color and certainly not lavender, nor grayish or brownish or muddy. The richer the color and the purer the color, the better. It should be very clear and translucent, with only very slight colorless inclusions if any. Avoid cloudiness.

**Unique Characteristics:**

Its service as a carrier of the purple color ray; and its ability to evoke the violet flame.

**Comparisons:**

Amethyst is rich with experience gained through eons of time as the carrier of the purple ray. Purple Tourmaline, in comparison, represents a new vibration of purple for a new generation, a new paradigm in the potential of the purple ray. Purple Tourmaline is like a “daring youth” compared to Amethyst, the “wise counsel.” Purple Tourmaline is still evolving away from the mother Pink Tourmaline, while Amethyst has matured, and its energy is stable, reliable, and consistent.



*Figure 1: Amethyst spheres.*



**Symbiotic / Partner Stone:**

White Beryl is symbiotic for Amethyst.

Amethyst is symbiotic for Light Green Aventurine and Lilac Quartz.



*Figure 2: Amethyst rondels with symbiotic White Beryl.*

**Top Three Benefits:**

- Calms, balances, and vitalizes the nervous system.
- Helps you prioritize your life and helps your body prioritize where to direct its healing energy.
- Helps you let go what holds you back from greater personal growth.

**Wear when you want to feel:** a greater connection to your inner wisdom.

**Ideal for people who:**

- Want to make wiser choices in business, career, and in life.
- Feel chronically anxious, irritable, nervous, jittery, or hypersensitive.
- Want to open, develop, or improve a free flow of creativity and ideas.
- Want to take the reins of responsibility and take charge of their life.

**Meaning when it comes up for you:**

- Indicates a deficiency in the purple ray, which may be associated with weakness in the nervous system.
- Suggests a disconnection from heaven energies, and the spiritual energies that inspire and uplift.
- Suggests a need for better prioritization in the client's health and life.

