



# The Intuitive Connection

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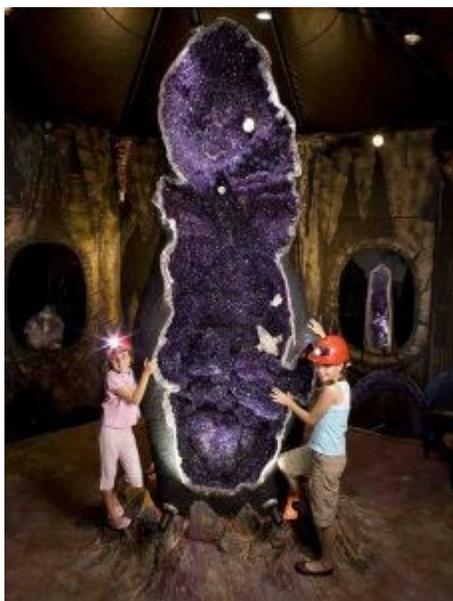
## Featured Crystal: Amethyst



One of my all time favorite crystals is Amethyst. I have a special pendant that I wear frequently, not only for it's beautiful purple color, but because the energy calls to me. Keep reading to find out why amethyst is so special, and it might just become one of your favorite crystals too.

Amethyst is a member of the quartz family. The name is derived from the Greek word "amethystos," meaning "not" and "intoxicate" because it was believed that the crystal could protect one from drunkenness. The ancient Greek's would wear this stone or carve it into a goblet because they believed it would keep them from becoming intoxicated.

This crystal is considered to be semi-precious in the jewelry industry and is actually the birthstone for those born in February. It comes in many shades, from light pink, to deep purple. Irradiated iron is the primary ingredient that gives amethyst its beautiful purple color. When heated the minerals burns up, changing the color from purple to yellow-orange or yellow-brown, hence changing the stone from an amethyst to a citrine. If the heating is only partial, you end up with an ametrine (part amethyst and part citrine). The color can fade if exposed to the sun, so make sure to protect your amethyst crystals from prolonged sun exposure.



Amethyst is found in many locations all over the world, including Africa, Austria, Brazil, Britain, Canada, India, Mexico, Nova Scotia, Siberia, South Korea, Russia, Sri Lanka, United States, and Uruguay. It can be found in many geological settings, but is most commonly found as crystals lining cavities or voids in volcanic rock, forming a geode (a hollow rock with crystals inside, see picture on the right). It all starts with a lava flow. Gas bubbles within the lava begin rising to the top, but get trapped when the lava cools quickly, forming hollow cavities. Silica rich water (and other minerals) fill the porous rocks, get trapped, and after many years of pressure, heat and cooling, amethyst crystals are formed. The world's largest cathedral amethyst (a large elongated geode) is known as the Empress of Uruguay. It is almost 8 feet tall, and weighs over 5,000 pounds (see picture on the left). OMG!!!



What makes this crystal even more special is the vibration that it produces, and the many healing properties it has: Here is a list of the many attributes of amethyst according to “The Crystal Bible,” by Judy Hall.

“Amethyst is an extremely powerful and protective stone with a high spiritual vibration. It guards against psychic attack, transmuting the energy into love. A natural tranquilizer, Amethyst blocks geopathic stress and negative environment energies. Its serenity enhances higher states of consciousness and meditation. Amethyst has strong healing and cleansing powers, and enhances spiritual awareness. Traditionally, it was worn to prevent drunkenness and has a sobering effect on overindulgence and physical passions, supporting sobriety. It overcomes addictions and blockages of all kinds. Used at a higher level, Amethyst opens to another reality.

Amethyst is extremely beneficial to the mind, calming or stimulating as appropriate. When you meditate, it turns thoughts away from the mundane into tranquility and deeper understanding. Mentally, it helps you feel less scattered, more focused and in control of your faculties. It enhances the assimilation of new ideas and connects cause with effect.

This stone facilitates the decision-making process, bringing in common sense and spiritual insights, and putting decisions and insights into practice. Mentally, it calms and synthesizes, and aids the transmission of neural signals through the brain. It is helpful where insomnia is caused by an overactive mind and protects against recurrent nightmares. Amethyst enhances memory and improves motivation, making you more able to set realistic goals. It can help you to remember and understand dreams and facilitates the visualization process.

Amethyst balances out highs and lows, promoting emotional centering. It dispels anger, rage, fear, and anxiety. Alleviating sadness and grief, it supports coming to terms with loss.

Amethyst is one of the most spiritual stones, promoting love of the divine, giving insights into its true nature, and encouraging selflessness and spiritual wisdom. It opens intuition and enhances psychic gifts. This is an excellent stone for meditation and scrying and can be placed on the third eye to stimulate it. Sleeping with Amethyst facilitates out-of-body experiences and brings intuitive dreams. It transmutes “lower” energies to the higher frequencies of the spiritual and etheric realms.

Amethyst boosts production of hormones, and tunes the endocrine system and metabolism. It strengthens the cleansing and eliminating organs and the immune system. An excellent cleanser for the blood, Amethyst relieves physical, emotional, and psychological pain or stress, and blocks geopathic stress. It eases headaches and releases tension. This stone reduces bruising, injuries, and swellings, and treats hearing disorders. It heals dis-eases of the lungs and respiratory tract, skin conditions, cellular disorders, and dis-eases of the digestive tract. It is beneficial for the intestines, regulating flora, removing parasites, and encouraging reabsorption of water. Amethyst treats insomnia and brings restful sleep.

At a subtle level, Amethyst balances and connects the physical, mental, and emotional bodies, linking them to the spiritual. It cleanses the aura and transmutes negative energy, and stimulates the throat and crown chakras. It is helpful for people about to make the transition through death. Amethyst can stabilize psychiatric conditions but should not be used in cases of paranoia or schizophrenia.

Wear or place as appropriate, especially as jewelry. Clusters and geodes can be placed in the environment and single points are used in healing. Place the point in toward you to draw in energy, and away from you to drawn off energy. Amethyst is especially beneficial worn over the throat or heart. For insomnia or nightmares, place under the pillow. Amethyst fades in sunlight.”

If you’d like to add a beautiful amethyst to your collection, the following crystals are available on the [Trinity Healing Connection store](#), or simply click on the picture to be taken directly into the item’s page in the store.

Pendants



Earrings



Bracelets

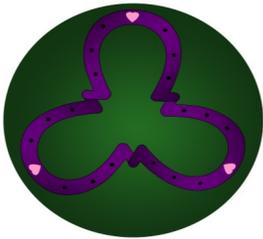


Pet Pendants

## Upcoming Events

### **Mile High Mystics Spiritual & Healing Arts Event**

Hassayampa Inn  
122 E Gurley St  
Prescott, AZ  
July 11th  
9:30-4:30



*Trinity Healing*

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## Services offered:

Animal Communication

Energy Healing

Sacred Healing Crystal Jewelry

Essential Oils

Educational Workshops

*For your convenience, services can be scheduled  
in person or remotely*

### Referrals

Needing a service I don't provide? I recommend the following:

**Anne Angelheart**

Transformational Coach, Channeler, Author & Speaker

Website: [www.anneangelheart.com](http://www.anneangelheart.com)

Email: [info@anneangelheart.com](mailto:info@anneangelheart.com)

530-755-4767

**Kris Tondee**

Psychic Reader

Website: [readingsbykristondee.com](http://readingsbykristondee.com)

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