

Amethyst & the Chakras



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Amethyst has been identified as a crystal that functions favourably in clearing certain types of blockage and in aligning the Chakras. By transforming energies on all levels amethyst also has the ability to balance and stabilise energies located within certain Chakra areas. Amethyst is related to and found to heal and align ailments of the 6th and 7th Chakras, which are the Third Eye or Brow (6th) and the Crown (7th).

Amethyst aids the 6th Chakra, Third Eye, by opening and heightening awareness, both spiritual and psychic. Its calming qualities help to awaken and ease stress in this area. It helps to also heighten perspective and allows development of strong introspection (inner-self view). Amethyst is used to also increase intuition and psychic development. The Third Eye is the energy centre for all levels of consciousness for which amethyst aids the in the transition from a normal state of consciousness to a deeper awareness.

The 7th Chakra, or the Crown controls the energies used in any mental activity. Amethyst helps to relieve strain or tension in this area. It is considered a helpful aid in meditation and in the facilitation of psychic visual enhancement. It is used on the Crown to allow past life recall to emerge. It's tranquil sobering effect allows those who are energetic to relax. It also is a cure for insomnia and nightmares and makes the intuition sensitive to understanding that outside of scientific reasoning.