



# Amethyst

Gemstone Family - Quartz

Chakras - Third Eye (6th), Crown (7th), Etheric (8th–14th)

Colour - Purple ranging from deep purple (higher grade) to light purple (lower grade)

Found in - Brazil, Uruguay, Sri Lanka, Siberia, Canada, India, Bolivia, Africa, Argentina and in the U.S

Element - Associated with the wind

Also known as - Amethystus (Latin), Amatist (Middle English), Amethystos (Greek)

Meaning - "Not Drunken"

Birthstone - Month February

Zodiac Sign - Pisces, Sagittarius, Aries, Aquarius

Chemical Composition - SiO<sub>2</sub>

Hardness on the Mohs scale - 7 (1 being softest, 10 being hardest)

Physical Healing Properties - Overcoming addictions, tinnitus, nerve disorders, increases oxygenation of the blood

Emotional Healing Properties - Helps to clear negative emotions, helps with addictions, Calmness, reduced anxiety & stress, anger & fear

Spiritual Properties - Aids connections with spirit guides

Legend has it that... Dionysius, the Greek god of wine and revelry was angered at a mortal woman, who failed to pay him the proper respect. The young maiden mortal Amethyst was on her way to the temple of Artemis to worship, and the angry wine god sent two tigers to devour her. Amethyst cried out to Artemis for protection and the goddess turned her into a sparkling white crystal to protect her. Dionysus, seeing the error of his ways, and feeling remorse, wept and spilled his wine onto the crystal, turning it purple for all eternity and creating the stone we know as amethyst today.