



# Amethyst

INFINITY CHIROPRACTIC & WELLNESS

*Amethyst is the birth stone for the month of February*

*If you were born in February you may feel an unexplained strong pull to this particular stone.*

*The colour purple is a soothing and powerful healing colour.*

*Angels and/or our guides like to send purple light to us to help with healing*

## The All Purpose Stone

Amethyst stone is a member of the quartz family, which comes as no surprise with how powerful its healing powers are. Considering it can help with so many aspects of life, it is known as the *all purpose stone*.



**Refined appearance of amethyst**



**Raw appearance of amethyst**

### Abilities of Amethyst:

- A meditating and calming stone.
- Helps bring calmness, balance, patience, and peace to your life.
- Relieves anxiety and calm anxiety attacks.
- Brings emotional stability and inner strength to your life.
- Helps with any kind of personal loss/grief.
- Helps with overcoming addiction and all kinds.
- Helps with withdrawal symptoms.
- Helps with clairaudience and clairvoyance.
- Helps with money issues.
- Helps with past life regression.

### How to work with Amethyst

Having a small amethyst stone (even as small as a dime) can enhance any healing energy sent to you from angels or through gentle energy work (i.e. Reiki).

You can simply keep an amethyst stone in your purse, backpack, pocket, bra, in a pendant, on your nightstand, or anywhere else within your *aura* or “bubble” and you will enjoy its benefits.

Be sure to leave it in the moon light during a full moon to cleanse and charge it. This can ensure the continued benefits from a stone throughout the month.