



# AMETHYST

*Protection, Cleansing, Intuition*

Amethyst is used for protection, intuition, spirituality, and helping to change bad habits or addictions.

Amethyst is a power house stone with many benefits. It vibrates at a high frequency creating a bubble of spiritual protection against negative energy. Amethyst awakens higher consciousness and facilitates meditation and intuition. It can help you make wiser decisions free of emotional confusion.

Amethyst stones help you be the best version of yourself. It can help you drop unhelpful habits and shift into higher states of consciousness. These habits might be physical or mental, including negative thoughts. Wearing an amethyst every day helps with mental balance and general health



## **Top Three Benefits of Amethyst:**

1. Protects you from negative energy
2. Enhances your intuition & psychic abilities
3. Helps you break bad habits

## **Helps With**

Clearing Negativity and Confusion

## **Affirmation**

I let go of attachments and rest in the truth.



April . September . October . November . December . January . March



### Love and Relationships

1. Find a sincere partner
2. Boost self-confidence
3. Dissolve an dependent relationship
4. Heal a wounded heart
5. Amulet for the prevention of cheating



### Money and Business

1. Accomplish the goal
2. Get the right judgement
3. Decrease mistakes
4. Remain calm
5. Follow through on your intention



### Other Energies

1. Heal your spirit deeply
2. Encourage self-growth
3. Strengthen inner strength
4. Increase intuition
5. Overcome temptation