



# RAINBOW CRYSTAL BEADS

## *Amethyst*

- ♥ Inner peace and healing ♥ Positive transformation
- ♥ Meditation ♥ Balance ♥ Relieves stress

Amethyst has been loved throughout the ages for its stunning beauty and legendary powers to stimulate, instill calm, balance, patience, happiness, and contentment. For most of history, Amethyst was considered a Precious Stone worth, as much as a Diamond or Emerald. Know to be a stone that may initiate wisdom, imagination, new ideas, greater understanding and focus. It is a stone of comfort to many.

It may help you to control negative thoughts, try to put your amethyst under your pillow to bring about pleasant dreams. It is also supposed to increase intelligence, focus the mind and help with meditation. Try holding it and breathing before doing any work that needs to get done or rub it across your forehead to offer relief from a headache.

### **Other Crystals::**

Aquamarine, Lapis Lazuli, Diamond, Ruby, Angelite,  
Purple Fluorite and Iolite

Good to support your [Third Eye Chakra](#)