

# Sacred Stones ©

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## Crystal of the Month: Ametrine

By

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**Background:** **Ametrine** is a naturally occurring form of quartz that is a mixture of amethyst and citrine in one crystal. It is one of the rarest forms of quartz. The name **ametrine** is a phonetically pleasing joining of the names **amethyst** and **citrine**. A few jokingly refer to it as citrithyst. In all combinations of different crystals, the unique and powerful healing properties of each crystal is present. **Ametrine** has the very



powerful properties of amethyst and citrine. The real beauty of **ametrine** is when amethyst and citrine mix together they create a synergy with different and even more powerful healing properties. **Ametrine** is an incredibly beautiful crystal. The colors found in **ametrine** are like amethyst, from violet to blue and purple, and like citrine, from a pale yellow to yellowish-orange. Good **ametrine** is expensive and hard to find. The price at the 2011 Tucson Gem and Mineral show from one vendor for good **ametrine** (deep blue amethyst and beautiful yellow citrine) was \$100 per stone, and each stone was about an inch in diameter. Ten years ago the price for same sized stone was \$5 to \$10. The price goes up as supply diminishes and demand increases. Today, many of the widely sought stones are expensive because their metaphysical and healing abilities are amazing. The Anahi mine in the jungles of Bolivia was the only major source of **ametrine** for centuries. **Ametrine** was known to the locals long before the Spanish arrived. The story goes that the mine was named and became famous in the 1600s because a Spanish conquistador, Don Felipe, received the **ametrine** mine as a present when he married the princess Anakha of the Ayoreos people. When Don Felipe's time in Bolivia came to an end, Anakha was determined to go with her husband back to Spain, unfortunately members of the tribe murdered Anakha to prevent her from leaving and the mine was named Anahi in her honor. **Ametrine** was later given to the Spanish queen and later introduced to Europe. **Ametrine** is also called golden amethyst, trystine, amethyst citrine quartz, amentrine, and it is more widely known by its trade name as bolivianite. I have seen **ametrine** mined in Nevada and California. It is also found in Canada and India. Major

quantities are found in the states of Bahia and Rio Grande do Sul, Brazil. **Ametrine** became widely available in the early 1980s. The highest quality **ametrine** still comes from Bolivia. There is a lot of synthetic **ametrine** on the market. If you can distinguish differences in energy, you will be able to distinguish the natural from the synthetic. If you are unable to feel the energy ask if it is untreated, and where it was mined. Always buy your stones in person and from a reputable dealer. Most of the natural **ametrine** ends up in jewelry. Natural **ametrine** is a beautiful, rare and expensive form of quartz.

**Why I Love This Stone:** I love **ametrine** because there is an amazing synergy of the powerful amethyst and citrine energies. **Ametrine** creates a state of equilibrium between you and the world. It is said that **ametrine** leads one to the ultimate state of perfection. It is known to balance the male and female energies in the body. Spiritual masters say a 50/50 balance of the male and female energies is vital because it removes the issue of duality without affecting sexuality. This balance facilitates the ultimate goal of total spiritual mastery. **Ametrine** stimulates the intellect and helps one awaken to their life's purpose and mastery. **Ametrine** helps one enter into a state of peace, tranquility, and perfection. It dispels negativity and dark energy from the aura and fills the body and aura with light. These are the unique synergistic properties of **ametrine**. **Ametrine** is a powerful and an amazing stone of transformation. **Ametrine** is one of the most impressive forms of quartz. To read about the equally amazing properties of amethyst and citrine follow this link or paste it into your browser: <http://www.kalagems.com/sacredstones.html>

**Composition:** **Ametrine** is quartz (one silicon and two oxygen atoms) with iron, iron oxides, colloidal iron hydrates, iron hydroxides, possibly other iron varieties and it also contains sulfur. The theory is the heat of the earth changes the iron compounds into a yellow color. This is what happens when man heats amethyst and turns it into a dark citrine. However, this theory makes one wonder when you see layers of citrine interweaved with the amethyst in **ametrine**. How can it be hotter in the center when the citrine is completely surrounded by amethyst? This is very true when you see **ametrine** with distinct layers of citrine and amethyst. Perhaps the yellow sulfur is the natural color of citrine in **ametrine**. There are many theories and much controversy about what causes the color or crystals. I see the world differently. Crystals are conscious living beings that communicate directly with you or allow other higher energy unseen souls to do this. Perhaps crystals are powerful enough to create their shape, properties and color. Nature and crystals are beyond amazing in my experience.

**Physical Properties:** **Ametrine** is rated with a hardness of 7 on the Mohs scale. As a variety of quartz **ametrine** has the piezoelectric and pyroelectric properties where the energy and polarity of the crystal changes due to heat, electric current or pressure. These properties provide the amplification and the transformation of energy. **Ametrine** and every form of quartz is programmable.

**Experiences:** I have always gravitated to **ametrine**. I prefer the natural rough pieces as they are found in the ground from the Anahi mine. Whenever you tumble or shape a stone the energy changes in subtle ways. Everyone can discern this change if they have access to the same batch of crystals where some are natural and others are shaped. I find the difference is sometimes dramatic rather than subtle. I carry **ametrine**, citrine and lithium, along with the crystals I always wear (black tourmaline, fluorite, mookaite and jade) whenever I face a real challenging day. I spend time every week with a family member who has alcohol dementia. I find the crystals make the day so much easier for the family member. The few days I forgot my crystals were extremely challenging. Nothing I said or did had any positive impact. When my brother and I were to move her from an apartment into an assisted living home, it went smoother than I ever expected. It was easy and without the resistance we normally see with any change. My past experience in being with people with dementia, the unexpected is common and every day is a challenge. I rely upon the crystals to facilitate my visit and our excursions out of the home. The days I remember my **ametrine**, lithium and citrine are amazing, they make the visit enjoyable and pleasant. We have also seen in past crystal classes how **ametrine** causes a dramatic shift in the energy in some students that is profound.

**Recommended Uses:** **Ametrine** is ideal for use in bodywork sessions because it facilitates the healing of many aspects of the body, mind, and spirit. It clears the aura as it relieves stress. It aligns the body into a state of balance. **Ametrine** is beneficial anywhere it is placed. It is very effective on the lumbar and solar plexus areas as well as the crown chakra. It calms the mind, soothes the emotions, and relieves depression. It fills the body and aura with light. It is the perfect stone for physical and mental exhaustion. In a bodywork session, people relax into a state of peace and tranquility with **ametrine**. **Ametrine** allows the body to begin the healing process.

**Essential Oils:** Essential oils are powerful, many require dilution, some are photosensitive, and there are possible serious contraindications. A listing of these issues can be found at [www.kalasangems.com/safety.html](http://www.kalasangems.com/safety.html) Essential oils that work well with **ametrine** include the oils recommended for

amethyst and citrine: Angelica, anise, balsam fir, basil, bergamot, black pepper, blue tansy, cajeput, cardamon, carrot, cedar (all), cedarwood, celery seed, chamomile (all), cinnamon bark, cistus, clary sage, clove, coriander, cumin, cypress, eucalyptus (all), fennel, fir (all), fleabane, frankincense, galbanum, geranium, ginger, goldenrod, grapefruit, helichrysum, juniper, lavender, lavandin, ledum, lemon, lemongrass, lime, mandarin, marjoram, melaleuca (all), melissa, mountain savory, mugwort, myrrh, myrtle (all), neroli, nutmeg, onycha, orange, patchouli, palmarosa, peppermint, pine (all), ravensara, rose, rosemary (all), rosewood, sage (all), sandalwood, spearmint, spikenard, spruce (all), tangerine, tarragon, rosehip, tarragon, thyme (all), tsuga, valerian, vetiver, white lotus, yarrow, and Ylang ylang

**Meditations:** We recently spent three days in the desert to rest and renew. I first meditated with two natural pieces of **ametrine**. I sat in a recliner waiting for the sun to set. My hands were vibrating with the energy of **ametrine** and my focus was my love and gratitude for being in this beautiful remote area. We were completely isolated and the only sounds were the occasional gentle wind. I relaxed and soon felt the energy of the **ametrine** intensify as it filled my body with its gentle nurturing energy. I suddenly felt an intense rush of energy in my heart. The only way to describe what happened next was a magnification of my love for mother earth. It was like the energy in my heart exploded to fill the earth and surround the earth with my energy and consciousness. I was radiating a deep love for the earth and all of her creations. My next remembrance was Kathy sitting next to me as she began her meditation with two tumbled pieces of **ametrine**. I was enjoying this state of expanded consciousness and intense love in the stillness and profound silence of nature. It was soon dark and we got up to dress warmer and move our recliners to a better spot to enjoy the night sky. I related what I experienced and Kathy told me how she kept hearing the number 18. She also felt the intense energy begin with her hands and soon fill her body. She felt the **ametrine** working on various aspects of her body. Then she felt an immense amount of energy pouring through her crown chakra into her head and body. Some might call this a download of information, yet we know we come into this life with all the knowledge we need in our quantum akashic record. These skills and information activate when we need to begin using them. This energy was activating areas and she felt it in her brain and body. Kathy felt an intense love and a deep gratitude for everything in the world, her life, and everything throughout creation. After an hour of watching the night sky and an occasional meteor, we went to sleep. The next afternoon we traded **ametrine** and began again. Kathy again heard the number 18 and saw various visions, some of which made little sense. Before I began the meditation I continued to feel my energy and consciousness through and around the earth. As I slipped into a deep meditation, I saw that filling and

surrounding the earth with your consciousness and energy is an important task for everyone to do. I also saw that this was the real beginning of my work, to infuse and embrace the energy of the earth. For you to do the same for the earth is important for you and our Mother Earth. It moves your focus from you and you develop a deep love and gratitude for the earth. These days in the desert provided powerful meditative experiences. I gained an understanding of humanity and life on earth. I saw that if anyone uses fear to foretell the events of 2012 and the ascension process, that these themes of fear are only valid for the speaker. The ascension of the earth and humanity will be an amazingly beautiful experience if you have no fear of any changes that may occur. Those with fears will attract what they energetically radiate. Fear is a form of separation and we have to honor the choice others make in their life. Your love and gratitude from your open heart is your greatest asset and greatest protection. The lesson is to trust your Higher Self and have no fear of anything or anyone. I know this is true because my heart agrees and after many weeks I still feel my conscious energy in and around earth. As you love the earth, what you give is magnified and returned. It is a wonderfully beautiful state of being.

**Miscellaneous:** **Ametrine** is a talisman to dispel negativity and assist one to change themselves and thus change their world. If they are currently unable to change their world, **ametrine** helps them to accept what they have with an optimism their current state will change. It also instills a state of gratitude for the blessings in their life.

**Ametrine** is said to vibrate to the number 4. An elestial **ametrine** is said to vibrate to the number 6 and to open the third eye. An elestial is believed to have special gifts from the angels that work through the crystal. If you can feel energy, you will know an elestial when you hold one.

**Ametrine** is the most effective on the crown chakra because it facilitates an infusion of light and love to calm the mind. The infusion of light and love when placed on the lumbar and solar plexus areas calms the body.

**Ametrine** is for the astrological sign of Libra.

**Ametrine** is said to protect one during astral travel.

**Ametrine** was first artificially created in 1981 by the use of irradiation and heat treatments of amethyst. Gemologically it is easy to distinguish natural **ametrine** from the synthetic. Avoid any crystal that has been irradiated.

**Ametrine** is said to protect one from psychic attacks.

**Ametrine** has no commercial uses and most **ametrine** becomes jewelry.

**Ametrine** was used to improve balance issues with vertigo. Some people use it with cases of cancer and leukemia. It is said to stimulate the brain to enhance learning and problem solving. It is said to be effective for dementia and Alzheimer's disease. It is used to improve digestion and it improves one's metabolism as it removes energetic blockages. It is used as a blood cleanser. It is said to stimulate oxygenation in the body. Some believe it

will stabilize the RNA and DNA. It is useful for endocrine support and balancing hormones. It is used to alleviate depression and chronic fatigue. Some people use it for gastric issues.

**Disclaimer:** The information in this paper regarding the physical and metaphysical properties of crystals is intuitively derived. It is in no way intended to diagnose or treat any form of medical, physical, emotional, mental, psychological, spiritual or other issues. Readers are advised to view this material as speculative in nature. We recommend you determine through personal experience the power of crystals.