

Session Two

Amethyst and Sodalite

So we move on to Amethyst. There are many stories about amethyst and it may well be a crystal you have encountered before. However, each time we connect with a crystal and work more deeply with it, the more we further our familiarity with its energy and its wisdom.

Amethyst is again a quartz crystal and is made of silicon dioxide plus iron and magnesium which gives it the purple colour. Amethyst does form individual crystals and it is often found in clusters. Amethyst is widely available. It has an interesting myth attached to it. The story goes that Dionysus, the Greek God of wine and plenty, was one day completely outraged and angry about an insult he had received from a mere mortal being and he planned to reke revenge and unleash his tigers upon the next unsuspecting mortal who was passing by. A young maiden named Amethyst happened to pass by on her way to pay tribute to Goddess Diana. Diana saw what was about to happen and saved the girl by turning her into a beautiful clear quartz statue. When Dionysus saw the beauty of the stone he began to cry tears of wine which stained the quartz purple, and that is the crystal we know today. !! Incidentally, some people believe that the properties of amethyst can help with the over-indulgence in wine and other substances! See what you find out for yourself.

Listen to the Mp3 recording of the attunement to amethyst a couple of times and then begin carrying it around with you during the day and put it under your pillow at night. Please feed back to me your impressions.

Sodalite

Sodalite is not a quartz crystal. Sometimes people find it harder to connect to this crystal as it may seem quite elusive. I am sure though you will not have any problems. Just bear in mind that it is not quartz, and therefore its action and 'movement' will be very different to feel.

Not surprisingly, from the name, the main constituent of sodalite is sodium (salt). It forms in beautiful 'massive' chunks and if you find a rough piece you may be lucky enough to be able to detect the odd small 'cubic' shaped crystal. 'Cubic' is the type of crystalline shape that sodalite forms.

I will not talk too much here about sodalite, it is one of my favourite crystals to work with. All I will say is that you may find both an inner and outer journey with it.!

Now listen to the mp3 recording of the attunement to sodalite. Do this sensing as many times as you wish, make some notes, then spend a few days experiencing it – and see where it takes you. . .

When you are ready, please listen to the Crystal Journey mp3 of the layout with sodalite and amethyst. Place the sodalite on your third eye or if you wish – on your solar plexus. . .