

# Ametrine

## *Insight, Protection, Tolerance and Harmony*



- ☒ This crystal is a combination of Citrine and Amethyst.
- ☒ It calms an overactive mental body, releasing negative thoughts causing tension in the head.
- ☒ Helps meditation, insightful contemplation, lateral thinking, concentration and clarity of thought.
- ☒ It brings our actions into alignment with our beliefs.
- ☒ It can bring awareness to the factors involved in chronic conditions.
- ☒ It creates a bridge from spiritual dimensions to the physical world, helping us see heaven on earth.
- ☒ This essence clears negativity from the aura and the mental body.
- ☒ It shields our astral body and protects us from negative energies.
- ☒ It opens the brow chakra allowing us access to our intuition and healing gifts.
- ☒ It brings our feminine and masculine aspects into harmony.
- ☒ It encourages tolerance and harmony in relationships.
- ☒ It helps us see the interconnectedness of all life so that we can understand rather than judge.
- ☒ It promotes creativity and self-empowerment.
- ☒ It can help unite apparently opposing aspects.
- ☒ It clears patterns of pessimism and unhelpful emotional reactions, raising awareness and allowing for a more positive outlook, regardless of challenging circumstances.
- ☒ It gives us insight into current causes of distress.
- ☒ Useful Affirmation: *'I am now completely open to the abundant flow of all good into my life'*

**Please Note:** Individual essences are not available from Spirit of Transformation, as a bespoke blend is much more powerful. If this essence resonates for you, then order a spiritually guided attunement to receive your personal essence blend, mentioning in your email that you'd like this particular essence as part of your blend.

**Click here for attunements:** <http://www.spiritoftransformation.com/Attunements.htm>

**Acknowledgement and Thanks** With acknowledgement and thanks for this information to:

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*The Crystal Bible* by Judy Hall <http://www.spiritoftransformation.com/essencedirectory.htm#recommendedreading>

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**N.B:** Using essences is not a substitute for medical attention - if you're ill consult a medical practitioner.