



Crystal
JOURNEYS

An ebook in twelve parts by

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PART TWELVE

Pisces

AMETHYST

The journey into wholeness

<i>MONTH</i>	<i>STAR SIGN</i>	<i>CRYSTAL</i>	<i>ZODIAC SIGN</i>
March	Pisces Feb. 19 – March. 20	Amethyst	Pisces

Entering Pisces, the sun is reaching the end of its journey and you learn about moving back into unity and wholeness. This is a place of instinctive emotional reactions arising out of ideals and vague, nebulous longings. Impressionable Pisces finds the harsh reality of the everyday world difficult and longs to escape. An inability to say no and a lack of boundaries means that this sign promises everything, but often fails to deliver and is easily overwhelmed by the enormity of the task.

The shadow of the slippery fish is manipulative and takes liberties with the truth – although Pisces truly believes the veracity of what is being said at the time. This idealistic and compassionate sign wants to save the world, to rescue the beloved, but frequently ends up as victim or martyr instead.

During the sun's journey through Pisces you learn how your emotions affect your approach to the world – and where you sacrifice yourself for others. But you also recognise that you are part of the divine whole and become aware of your soul-plan.



Crystal: Amethyst

Delicate Amethyst has a high spiritual vibration that can facilitate psychic experiences and contact with your higher Self. Taking you into a state of expanded consciousness, it opens your inner-sight and your insight and can assist in putting these into practice. This crystal is particularly useful for screening sensitive souls against environmental pollution or other people's thoughts and feelings, acting as a natural tranquilliser for the stressed or distressed. Placed under or beside your pillow it can stimulate insightful dreaming or help you to unravel the meaning of divinatory dreams.

It is the perfect stone to balance the emotional highs and lows to which Pisces is prone, assisting you in detaching from no longer appropriate emotional stimuli, and teaching how to go with the flow rather than push against the river. Amethyst is an excellent stone to use when exploring cause and effect and trying to assimilate new ideas. Worn for thousands of years to combat drunkenness, Amethyst ameliorates a tendency towards escapism and over-indulgence and can assist you to feel more focused and motivated in daily life.

The Journey

This journey takes you deep into mystical Pisces where the desire is to merge back into oneness, to release the separateness of self and become part of the whole once more. But the shadow side of the fishes is an endless change of direction, never quite knowing what to commit to or where truth lies with a tendency to be easily overwhelmed, and so the journey also helps you to determine where your boundaries are and the path your soul wishes to take. The journey is complete. This journey is particularly effective when made during the dark-moon days when the old moon hangs invisible but pregnant with the new. Time it for the three days before the new moon emerges and then on the new moon itself to birth your divine wholeness.

Crystal Journey: Amethyst

Remember to prepare your crystal before commencing the journey.

WEEK 1: Sit comfortably and close your eyes. Without opening your eyes, look up to the point above and between your eyebrows: your 'third eye'. Feel this eye open. Breathe gently and withdraw your attention from the outside world, focusing it deep inside yourself. Hold your Amethyst in whichever hand feels comfortable and be aware of its vibrations radiating up your arm and into your third eye at the centre of your forehead, feel it opening and expanding your inner awareness.

Now picture yourself standing on the bank of a wide river that is flowing gently to the sea. Upstream in the far distance you can see high blue mountains and, at their foot, a shining lake. In front of you there is a small wooden jetty with a boat tied up beside it. A boatman is waiting to help you into the boat. When you have settled yourself comfortably, he casts the boat off and takes the boat upstream moving quickly against the current. You can see the banks passing by and soon the river opens out into a beautiful lake. As you cross the lake, you can see a narrow river is coming down from the

mountains and flowing into the lake. The boatman takes you as far up this river as it is possible to go. He ties the boat up and helps you out onto a rocky ledge. Follow this ledge up into the mountains, as it twists and turns you can see light shining in front of you until you enter crystal cave. The cave is a huge amethyst geode, light flickering from every point.

Find a comfortable place to settle yourself and allow yourself to merge with the energy of the amethyst, enfolded within the geode. Let your spirit become one with the infinity of being. Ask the Amethyst to show you your soul path.

When you are ready to leave the crystal cave, withdraw into yourself once more. Make your way back down the ledge to where the boatman waits for you. Settle yourself in the boat and allow him to quickly propel the boat back down the narrow river and the wide shining lake. In front of you, you will see the river you set out from and soon the boat will be tying up at the bank. Thank your boatman for the journey and make your way back onto the bank.

When you have finished the journey, the light crystallises at the outer edges of your aura, protecting you within a bubble of light.

Bring your hand down into your lap and thank the crystal for its light.

Take your attention down to your feet. Be very aware of the contact they make with the earth. Feel them holding you and grounding you on the earth and into your body. Then, when you are ready, open your eyes.

Questions to consider:

How easily did I surrender to the boatman guiding the journey?

Was the river straight or winding?

Was I content to go with the flow or did I push against the river?

What is my soul path?

How did it feel to be part of the infinity of being?

How did it feel to withdraw back into myself?

Are there parts of myself that are uncommitted to the journey?

WEEK 2: Sit comfortably and close your eyes. Without opening your eyes, look up to the point above and between your eyebrows: your 'third eye'. Feel this eye open. Breathe gently and withdraw your attention from the outside world, focusing it deep inside yourself. Hold your Amethyst in whichever hand feels comfortable and be aware of its vibrations radiating up your arm and into your third eye at the centre of your forehead, feel it opening and expanding your inner awareness.

Now picture yourself standing on the bank of a wide river that is flowing gently to the sea. Upstream in the far distance you can see high blue mountains and, at their foot, a shining lake. In front of you there is a small wooden jetty with a boat tied up beside it. A boatman is waiting to help you into the boat. When you have settled yourself comfortably, he casts the boat off and takes the boat upstream moving quickly against the current. You can see the banks passing by and soon the river opens out into a beautiful lake. As you cross the lake, you can see a narrow river is coming down from the mountains and flowing into the lake. The boatman takes you as far up this river as it is possible to go. He ties the boat up and helps you out onto a rocky ledge. Follow this ledge up into the mountains, as it twists and turns you can see light shining in front of you until you enter crystal cave. The cave is a huge amethyst geode, light flickering from every point.

Find a comfortable place to settle yourself and allow yourself to merge with the energy of the amethyst, enfolded within the geode. Let your spirit become one with the infinity of being.

When you are ready to leave the crystal cave, withdraw into yourself once more but retain your connection to the whole. Make your way back down the ledge to where the boatman waits for you. Settle yourself in the boat and allow him to quickly propel the boat back down the narrow river and the wide shining lake. In front of you, you will see the river you set out from and soon the boat will be tying up at the bank. Thank your boatman for the journey and make your way back onto the bank.

When you have finished the journey, be very aware of how the crystal in your

hand has a boundary, an outer edge. Be aware that you too have an outer edge, an interface with the rest of the world. Let the light from the crystal in your hand at the outer edges of your aura, protecting you within a bubble of light and strengthening your interface.

Bring your hand down into your lap and thank the crystal for its light.

Take your attention down to your feet. Be very aware of the contact they make with the earth. Feel them holding you and grounding you on the earth and into your body. Then, when you are ready, open your eyes.

Questions to consider:

What is my soul path?

How did it feel to be part of the infinity of being?

How did it feel to withdraw back into myself?

Was it possible to bring back my connection with the greater whole?

How can I maintain the interface between me and the rest of the world?

WEEK 3: Sit comfortably and close your eyes. Without opening your eyes, look up to the point above and between your eyebrows: your 'third eye'. Feel this eye open. Breathe gently and withdraw your attention from the outside world, focusing it deep inside yourself. Hold your Amethyst in whichever hand feels comfortable and be aware of its vibrations radiating up your arm and into your third eye at the centre of your forehead, feel it opening and expanding your inner awareness.

Now picture yourself standing on the bank of a wide river that is flowing gently to the sea. Upstream in the far distance you can see high blue mountains and, at their foot, a shining lake. In front of you there is a small wooden jetty with a boat tied up beside it. A boatman is waiting to help you into the boat. When you have settled yourself comfortably, he casts the boat off and takes the boat upstream moving quickly against the current. You can see the banks passing by and soon the river opens out into a beautiful lake. As you cross the lake, you can see a narrow river is coming down from the

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Find a comfortable place to settle yourself and allow yourself to merge with the energy of the amethyst, enfolded within the geode. Let your spirit become one with the infinity of being. Ask to be shown the guides and helpers who surround you in the unseen world. Ask them how they help you and set out any specific requests you have for assistance.

Then check out whether there are any areas of the cave you have not visited, especially at the higher levels. Look out for hidden doorways and narrow tunnels. Explore whatever you find there – asking for a light to show the way. In particular ask to be shown where you are trying to travel in two directions at once, what are the seductions and old soul imperatives that pull you off your path.

When you are ready to leave the crystal cave, withdraw into yourself once more. Thank your guides and helpers and ask that they be always with you. Make your way back down the ledge to where the boatman waits for you. Settle yourself in the boat and allow him to quickly propel the boat back down the narrow river and the wide shining lake. In front of you, you will see the river you set out from and soon the boat will be tying up at the bank. Thank your boatman for the journey and make your way back onto the bank.

When you have finished the journey, the light crystallises at the outer edges of your aura, protecting you within a bubble of light.

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Questions to consider:

Who are my guides and helpers?

What do they do for me?

Is this still appropriate?

Do I need to renegotiate any agreements I made with them?

How can they best assist me on my soul path?

What other dimensions did I discover to the cave?

Where am I trying to travel in two directions at once?

WEEK 4: Sit comfortably and close your eyes. Without opening your eyes, look up to the point above and between your eyebrows: your 'third eye'. Feel this eye open. Breathe gently and withdraw your attention from the outside world, focusing it deep inside yourself. Hold your Amethyst in whichever hand feels comfortable and be aware of its vibrations radiating up your arm and into your third eye at the centre of your forehead, feel it opening and expanding your inner awareness.

Now picture yourself standing on the bank of a wide river that is flowing gently to the sea. Upstream in the far distance you can see high blue mountains and, at their foot, a shining lake. In front of you there is a small wooden jetty with a boat tied up beside it. A boatman is waiting to help you into the boat. When you have settled yourself comfortably, he casts the boat off and takes the boat upstream moving quickly against the current. You can see the banks passing by and soon the river opens out into a beautiful lake. As you cross the lake, you can see a narrow river is coming down from the mountains and flowing into the lake. The boatman takes you as far up this river as it is possible to go. He ties the boat up and helps you out onto a rocky ledge. Follow this ledge up into the mountains, as it twists and turns you can see light shining in front of you until you enter crystal cave. The cave is a huge amethyst geode, light flickering from every point.

Find a comfortable place to settle yourself and allow yourself to merge with

the energy of the amethyst, enfolded within the geode. Be aware of how ancient the crystal is, how it is light personified and the divine taking on form. Let your spirit become one with the infinity of being. Let go. Simply merge and Be.

When you are ready to leave the crystal cave, withdraw into yourself once more. Make your way back down the ledge to where the boatman waits for you. Settle yourself in the boat and allow him to quickly propel the boat back down the narrow river and the wide shining lake. In front of you, you will see the river you set out from and soon the boat will be tying up at the bank. Thank your boatman for the journey and make your way back onto the bank.

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Questions to consider:

How did it feel to simply Be and go with the flow?

How can I incorporate that beingness into my everyday life?

Sun-sign insights: Pisces

What parts of myself simply go with the flow and what parts of myself want to push against the river?

What parts of myself want to merge back into mystical union and what parts fight to remain separate?

How much of a boundary do I create around myself?

Is my interface with the world appropriate and beneficial for me?

How can I make more space in my life simply to flow and be, and have I yet recognised that I am a divine being?

Crystal attunement: Amethyst

How does Amethyst help me to integrate the divine into my life?

How does it help me to go with the flow knowing that I am protected and a part of the whole?

Final reflection:

What qualities did I discover in this crystal and within myself?