**4 Spiritual and Practical Ways to Use Amethyst Daily**

Daily life can be mundane, from routine travel to and from work, day-to-day tasks, and going to and from other activities after work. The daily grind could use a little magic to spice things up from time to time. Amethyst is helpful in our daily lives to connect us to our spirituality. Amethyst also helps to ground our energy and provide a safe, nurturing space in our home.

**Mysticism with Amethyst**

The light or dark purple color of Amethyst connects with our 3rd eye chakra. This chakra is located in the middle of our forehead and, when pressed, enhances our intuitive ability. If you want to grow your intuition, having a piece of Amethyst nearby can naturally strengthen your inner vision. However, if you purposefully hold an amethyst crystal up to your forehead, you can use it to see with more clarity.

**Everyday Use with Amethyst**

Amethyst is a crystal that protects and grounds your energy. Set the intention to enhance protection in your home, encourage spirituality, and to provide a peaceful environment. Amethyst placed on your desk or nightstand will help you focus and also have a good night’s sleep. This crystal is one of the best to use while journaling. It helps to connect you to your inner voice and truth.

**Use Intention with Your Amethyst**

Amethyst comes in a variety of stone types from clusters to tumbled stones. You can also find Amethyst cut into fine-jewelry pieces. The stone does not require that you have clarity for it to work in your everyday life. Try using some of the intentions below to program your crystal:

* I focus my intention of peace and balance into my home through my Amethyst’s energy
* I protect and ground the energy in my home
* I increase my intuitive ability by having an amethyst present
* I get a good night’s sleep and remember my dreams

**Increase Your Intuition**

Using Amethyst on your 3rd eye is one way to open up your intuition. Another way you can use Amethyst to grow your intuitive abilities is through journaling and meditation. When you journal, try placing the Amethyst nearby and touch it for inspiration when needed.

You can also get guidance from your inner voice by using Amethyst. Touch the crystal to your 3rd eye and ask a question. Then journal the answer in your book. Try not to think too long and hard about the answer. Just go with the first thing that pops into your mind.

Another way you can increase your intuition with Amethyst is through meditation. Try holding the Amethyst in your hands while you meditate. Focus an intention into the crystal. You may have the goal to relieve stress, get a better night’s sleep, ground your energy, or open your 3rd eye. Whichever goal you have, set that intention for the meditation and keep the crystal in your hands. It is helpful to journal about what you experience after your meditation time.