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Connecting Threads Project

### Crystal Bracelet

I don't own many objects in my life that I would deem important to me. I do however have my crystals which are very special to me especially the closer I move into spirituality. I own a lot of crystals that do different things for me, but my favorite or most used crystal is my amethyst and rose quartz crystal bracelet. It was gifted to me by my closest friend that I've known for more than 10 years now. I've owned the actual bracelet for 4 years. I hold it close to my heart because it was given to me by her and just the thoughtfulness behind it. She made it herself for me at a crystal shop, so she hand-picked everything about it making it very special to me individually.

The bracelet doesn't only have amethyst crystal in it. It also has hints of rose quartz and a lotus pendant. The amethyst crystal is purple with tiny speckles of white in it, the rose quartz compliments it because it is pink with tiny speckles of white in it as well. The pendant on it is a lotus flower, the ones you would find in ponds or lakes. They all work together beautifully because of the powers they give you. The amethyst crystal gives you healing powers, the lotus flower pendant represents rebirth, and the rose quartz crystal gives you self-love powers. It makes me channel an energy in me where I'm being reborn into a better version of myself. Therefore, it is so special to me personally.

After doing more research on the bracelet, I've discovered some more history behind it and it makes me feel even more connected to it than before now the I fully understand it better.

For starts I'll explain the history of the amethyst stone, it was originally used by Ancient Greeks, they called it "Amethystos" which translates to "not drunken". They wore it because they would believe it helped them from not getting drunk. They also saw it to be associated with royalty because of the purple color the crystal had. Purple was closed associated with royalty because of its costly process and expensive nature of making purple dye. The amethyst crystal was also used by medieval European warriors to help them keep their minds clear and level-headed during battles and to offer their protection, they would wear amethyst trinkets for that reason. However, for Chinese Practitioners of Feng She, the Amethyst was used to convert lower vibrations into positive ones for Buddhists, they were also used for prayer beads and to be a scared stone to Buddha. You can see that throughout history the Amethyst crystal was used for a variety of reasons by many cultures.

As for the rose quartz it dates to the 7000 BC where they found in Mesopotamia which is now known as Iraq. Historians indicate that Assyrians and Romans were the first to use the Rose Quartz. They particularly were known for being crafted by the Assyrians in 800-600 BC. The Ancient Romans, Egyptians and Greek civilizations used the crystal for talismans. The Romans used the rose quartz crystal to signify their ownership. The Egyptians had believed the crystal could prevent aging so that's how they utilized it. Then later in the Middle Ages Medical Practitioners used the rose quartz in their healing potions. And now in Mordent times we use the rose quartz as a crystal to help balance our emotions and to heal anger and disappointment, we called it the "love stone".

The lotus flower has a rich history as well, it was very important in Egyptian religion. It signified creation and rebirth. The lotus flower took this meaning as well as "the sun" because it closes and goes under water when it was night and opens back up during daytime. "It was the

only plant to flower and fruit at the same time, as it would emerge as pure white from the depths of the muddy swamp and grow above the water. One myth that revolves around the lotus is during creation time a giant lotus flower grew out of a pond and from it the sun rose.” (Liz Larson in the article “Lotus Flower”). It is also the symbol of awakening to the spiritual reality of life in Hinduism and Buddhism. Most religions have the lotus flower with their own meaning each like each another where people who’ve had in tough times in their life are finally coming out of it and being reborn into a better life and place for them.

In conclusion, after doing the research about my bracelet and learning how powerful it has been used in religions and history it has greatly changed my perspective. I simply viewed it as a bracelet with crystals, I was aware of its powers and how they were beneficial to me but didn’t realize how far back they were used. That so many different cultures used the amethyst and rose quartz and many more crystals as well for healing powers and were seen as powerful objects. Even with the Lotus Flower they were used as your final step of healing from a dark place you were going through in life. It just helps me value it more and the story behind them as well.

## References

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