

# Exploring with the Amethyst Net

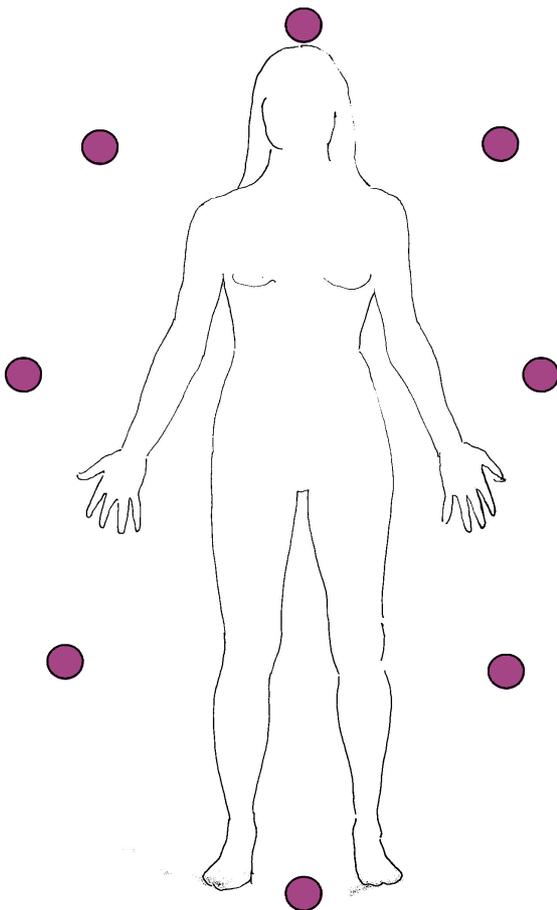
The Amethyst Net was the first net we discovered and explored in the mid 1980s.

We found that it was not only a brilliant healing net, regardless of what was going on for someone, but it also has interesting other uses—it enabled the exploration of the qualities of other crystals, but also opened the net-user to possibilities of other-life links to the crystals.

## Requirements for exploration:

- eight amethysts—preferably points, but tumbles would be OK.
- a small garnet
- a small black tourmaline
- a selection of other crystals for exploration

It works best whilst lying on a violet/purple or mauve cloth, but a white one would be OK



1. Begin by cleansing all the crystals.
2. Place the eight amethyst on the floor or surface where you are going to lie. If they differ in size, but the larger ones opposite each other, preferably above the head and below the feet. If you have points, they should be facing inwards.
3. Place the other crystals to one side of you, within easy reach.
4. Allow yourself time to settle. If you feel yourself tipping or turning, swap some of the amethysts over.
5. When you are settled, place the garnet on your forehead, on the brow chakra for a minute or so. This will speed things up.
6. Replace the garnet with one of the crystals you want to explore. Leave it there for a few minutes. If you get no response or effect, change the crystal.
7. When finished with the first explorer crystal, change over for another.
8. You can do this several times.
9. When complete, replace the last explorer crystal with the black tourmaline. This will shut the process down.
10. Take or move the amethysts away.
11. Give yourself plenty of time to recover. Ground yourself. Sip some water. Make notes.
12. Cleanse the crystals.