

# Crystal Quick Reference

## Stromatolite

Stromatolites are fossilized clumps of cyanobacteria. This type of bacteria was one of the first forms of life on the planet and was the predominate form of life for over two billion years. Cyanobacteria is primarily responsible for creating the original oxygen in the atmosphere.

The crystals are a combination of Ferrous Quartz (Silicon Dioxide) and Calcium Carbonate  $\text{SiO}_2\text{Fe}_2 + \text{CaCO}_3$

Stromatolite is a crystal of transformation. Excellent for use in emotional healing.

It helps to remove blockages in the meridians and chakras.

This crystal helps with meditation and is very helpful with past life recall.

Stromatolite quartz is a seeker transformer crystal. This type of crystal is used when there is a desire to transform part of your life, finding a new path, new approach to an issue, etc.