



QUARTZ w/AMETHYST PHANTOM

*A phantom is a crystal or mineral deposit within a crystal. Phantoms look like the "ghost" of a crystal within another crystal. Phantoms are formed when the growth of a crystal has been interrupted and then begins to grow again. Often, the original mineral gets washed away leaving only the quartz to grow afterwards. These formations are incredibly powerful when used to help with healing emotional issues. Amethyst is a stone of spirituality and contentment. It is also a "stone of meditation" as an excellent conductor of the calming energy needed to not only enter meditation but to maintain the state.*



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