

CREATE *the* DREAM

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Your guide to manifestation using the power
of crystals and gratitude.

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1. Manifestation.

Manifesting is a way of materialising your desires using the law of attraction and metaphysical principles. It is something that

everyone can do to change any areas of their life. In this guide we will look at developing the following areas; money, career, health, relationship, happiness, spirituality and lifestyle. My life is evidence that manifestation works and I will be giving you examples along the way as well as practical things to do to get you started on the journey to creating your dream life. The law of attraction means that what we put in to our lives, we get out, if your thoughts are filled with negativity and lack then negativity and lack is what you will receive more of unintentionally. If your thoughts are filled with positivity, gratitude and abundance then this is what you will receive more of. I am a trained crystal and reiki healer and so I will guide you with which crystals to use to enhance your manifestation desires in each category and how to use them in altars for this purpose. Gratitude is the main law of attraction principle that we will be using, giving thanks for what we have and what we want is, in my experience, an extremely powerful way to manifest more of what you want. So lets begin!

2. Crystals and Crystal Grids

I have been working with crystals for 4 years now and have trained in crystal healing and am extremely connected to them. Crystals are great for enhancing our manifestation power and to do this I use them in crystal grids, carry them with me and I create altars dedicated to whatever it is I am trying to manifest. Crystals are connected to each of our chakras. For a more detailed explanation of chakras and crystal healing download my ebook 'Working with Crystals' from my website www.crystalsloveandlight.etsy.com. For now, without going into too much detail of the whys and wherefores of each chakra, I will be recommending which crystals to use for each area of your life to enhance your manifestations.

3. Creating an Altar

As a pagan, altars are a big part of my spiritual practice, but you don't need to be a pagan to use an altar for manifestation. Creating an altar will enhance your manifestation power and create a focal point to keep you focused on whatever you are trying to manifest. An altar doesn't have to be a large area, it can be a small corner of a room, desk, windowsill, anywhere with a flat surface where you can place items, pictures, crystals and candles that are related to your desire. For each category I will suggest items for your altar.

4. Using Gratitude

Gratitude is the key ingredient in our manifestation practice. Without it, manifestation will not work. For each category we will list what we are already grateful for in the area and give thanks for what it is we are going to receive, knowing that whatever it is, it is for our highest good. I have been keeping a gratitude journal for 5 years now after reading Sarah Ban Breathnatch's

Simple Abundance, which I highly recommend that you read and it has become a beautiful ritual that I hold dear. But, since using gratitude as part of my manifestation practice it has completely transformed my life and I'm going to show you how to do it as well. Not only will we be giving thanks, writing thanks, using gratitude as much as possible every single day, we will also be concentrating on feeling grateful, that warm feel in your heart that you get when you are really grateful for something that you have received, but we will also be doing it *before* we receive. Don't forget to actually say the words 'thank you for.....' Every day as much as possible. Repeat it, make it a habit. Say it for anything you receive, to anyone who helps you, to yourself for being you, to your family for their love and support, to the universe for the beautiful world that we live it, for health, for anything and everything.

5. Money

Money is an area in which most of us like to receive more, if you have struggled with money at any stage of your life (as have I) then you know how terrifying it can be, the thought of not being able to feed your family, having nowhere to live or being in serious debt and if you haven't, then give thanks! If you have been in that situation then give thanks that you made it through, it might still be hard right now but the worst is over and you made it through. And if you are still deep in the struggle give thanks for whatever it is you do have, it might be just to be able to buy food for your family that day, to be able to pay just one bill, but whatever it is, don't focus on the struggle, focus on abundance, not lack.

So now we get to the part where we express gratitude for increase. Write down what you need and what it is for and give thanks, say thank you out loud, feel the way you would feel when you do get the money that you want or need. Feel the gratitude swell in your heart, feel the relief, feel the tension melt away and know without a doubt that you are looked after.

I am going to share with you my personal ritual for money manifestation. When I first did this ritual I'll admit I was sceptical I desperately needed money to pay bills that month and was terrified that I couldn't support my family and so I did the ritual out of desperation. First, I created an altar, I made a crystal grid with citrine, green aventurine and clear quartz, I put a box on the altar and filled it with the coins I had around the house, I put symbols of abundance on the altar, then I placed a candle on my altar with the amount of money I needed carved into it and lit it reciting the magic words 'thank you, thank you, thank you' and finally I wrote down the amount of money I needed and the words thank you on a piece 'Thank you for £X so I can pay my bills this month' with the date I needed the money and I put the piece of paper on top of the coins I did have, some people write the amount on a cheque, this works too. Then I sat down and made a big list of all the money I have received, the small amount I had at the time, all the things that I am grateful for and said thanks and really felt the gratitude for all. Every day I went to my altar and lit a candle and focused on the feeling I would

have when I received that money and it didn't take long at all, on the second day I received a gift of the *exact* amount of money that I needed! I was relieved, giddy, amazed, shocked! Nothing could have prepared me for the fact that it actually worked. I laughed and danced around the room feeling like I had unlocked the key to life itself. So I tried it again, and again, each time I increased the amount of money slightly, not wanting to push it too far and it worked. Every. single. time.

Here are some ideas for your financial abundance altar;

Crystals - Citrine, Jade, Green aventurine, clear quartz, carnelian, diamond, emerald, ruby, garnet, tigers eye, pyrite.
Deities - Lakshmi, Mercury, Hermes, Abundantia, Quan yin.
Animal Guides - Bull, earth dragon, hare, crow, buffalo, bee.
Colours - Green, yellow, gold, silver.
Symbols - Coins, plants, pictures of what abundance means to you or what you want to achieve (a holiday, car, house etc)

6. Career.

If you would like to improve your career, get a job, start a new one, get a promotion or start your own business then manifestation can help you. I have my own business and it has been a struggle in the past. There's no way that you can manifest improvements in your career without putting in the hard work but sometimes, when you feel like your hard work isn't paying off (I've been there!) then manifestation is a way of making sure that you get the recognition you deserve or that you can take your job to the next level. It may be that you are currently unemployed and struggling to find the job that you need to keep yourself afloat.

Do not focus on the lack, focus on how good you would be at the position you want, express gratitude for your skills, for your computer to write your CV on, for any help or advice you receive, for any recognition you receive, any opportunities that arise, for the hours you do have at your place of work, for past experiences at work and learning from them and gaining experience. Even when I struggled to make my own business work, when I thought I would have to give it all up, I gave thanks for every second that I was working, for every order, my website, to etsy, to Facebook and Instagram for making marketing accessible to all, for the amazing opportunity that I have to create my life the way I want to around this business. So, make your altar, this time with the focus on work, on what you want to achieve and where you want to be, use the altar ideas below and write down what you want to achieve and add it to your altar. Make a list of 10 things that you are grateful for with regards to your job/work/career and *feel* the gratitude in your heart, read through the list and say thank you, out loud, for each opportunity that you have or have had in the past. Let that feeling start in your heart chakra and expand like a glowing light throughout your whole being and into the space around you and out into the universe. Meditate on that feeling for as long as you

can.

Here are some ideas for your career focused altar;

Crystals - Malachite, impression jasper, emerald, citrine, ruby, pyrite, green aventurine, green calcite, jade, tigers eye, garnet.

Deities - Lakshmi, Athena, Ceres, Demeter, Freya.

Animal Guides - Scorpion, spider, cheetah, bee, ladybird, shark, snake, tiger.

Colours - Yellow, green, gold, silver.

Symbols - Images of what you want to achieve and what you want your life to look like, what success means to you, a contract, flowers, coins.

7. Health

Health is something that is often taken for granted until it starts to fail and that's when we notice it. It doesn't have to be serious, but we worry, why am I so tired all the time? Why do I cry so much? Why does my body ache? But then we carry on and forget about it and work through it because it's probably not going to kill us. Whatever it is that's bothering you, you should get it checked out by a qualified medical professional, I am a big advocate of this. Manifesting better health isn't about curing deadly diseases it's about improving our general health to make us happier and more energised. I also believe whole heartedly that when we love ourselves, we take care of ourselves and therefore our health improves. Gratitude for our current health and current body is part of that self-love practice.

So your health gratitude might look like this 'I am grateful for my legs to walk to the places I want to go, I am grateful to my heart for pumping blood through my veins, I am grateful for my kidneys for filtering out the toxins, I am grateful to my lungs for getting oxygen into my body.' All of these things are not things we think about often, we don't give thanks for every breath, we couldn't, but this acknowledgement of how wonderful your body is is your gratitude practice to manifest better health. I have had health scares through my adult life, serious ones and small ones but my health is generally good. One thing I did suffer with for a long time was chronic fatigue, no matter what I did I had zero energy and all I wanted to do was sleep, I was miserable with it, the doctors results came back clear, there was nothing they could find that was wrong and so I carried on. Through gratitude and manifestation I found that the answers came to me. It wasn't a case of giving thanks and I got miraculously better but the answers that I needed came to me without effort and now I have a normal amount of energy, more than I have had since I can remember and I can get through the day! It feels like a miracle to me after suffering for such a long time.

So write down your list and create your altar, this is a great thing to manifest because often is the key to being able to manifest in other areas. We don't concern ourselves with our health enough and when it's bad it is the only thing we can think about.

Here's some ideas for your health manifestation altar.

Crystals - Clear quartz, amethyst, apatite, kyanite, muscovite, iolite, tourmaline, magnesite, serpentine, lapis lazuli, amber.

Deities - Rhiannon, Ceridwen, Diancecht, Brighid, Eir, Airmid, Horus, Ixchel, Mother Mary

Animal Guides - Eagle, dolphin, snake, frog, raven, adder, sow, salmon, cow, air dragon, fire dragon

Colours - green, red, orange, yellow

Symbols - whatever health means to you; what you want to achieve, fire (candle) for energy, images of inspirational people, healthy foods.

8. Relationship

Whatever improvements you are trying to create or build on in your life, the basis for all our relationships should be love. Love is our true essence and knowing this and remembering this is how we will improve our relationships or create new ones. The first place to start is love for yourself, for who you are, what you look like, what you do and everything you have achieved. When we can love ourselves truly then we bring more love into our lives. So for this manifestation practice I am going to focus on all kinds of love, if you want to specify self-love, relationship love, family love or any other kind then you can do that too.

Manifesting love, for me, always begins with a focus on what great relationships I have already, the more difficult ones come and go, but the big important ones, although they can have more difficult moments, are always based around real, genuine and everlasting love. I write my list of the people I have this with and meditate on how that makes me feel, to know that I have this kind of love in my life at all, with my parents, partner and my children. If you don't have this situation you may have it with a friend or a partner, and if not this then yourself. I know it is hard to love yourself but don't forget that you are the only person that you are guaranteed to spend the rest of your life with, we cannot guarantee this with any other person in the world, this is why it is SO important that we start here. In the words of Rupaul 'If you can't love yourself, how int he hell are you gonna love anybody else?'. So make a list of the things you love about yourself and tell yourself you love yourself, even if you don't feel it at first you start small and grow on it, it is important to make it a daily practice.

Here are some ideas for your love & relationships manifestation altar.

Crystals - Rose quartz, Malachite, Green aventurine, rhodonite, morganite, rhodochrosite, tourmaline, garnet, moonstone, selenite

Deities - Aphrodite, Venus, Freja, Radha, Eros, Cupid, Aine, Bes, Hathor, Bastet, Ishtar, Frigg.

Animal guides - Dog, cat, swan, goose, cow, seal, fox, seahorse, lion.

Colours - pink, red, green.

Symbols - Flowers, hearts, roses, pictures of loved ones, images of what an ideal relationship looks like to you.

9. Happiness.

Happiness means different things to do different people. To a lot of people, if you get the other things on the list then happiness follows. But, this isn't always the case. Especially to someone who has suffered with stress, depression or anxiety, then everything else could be perfect and you still won't feel 'happy'. If this is how you feel it is very important that you go to a doctor and seek professional, medical help. Energy healing and meditation, focusing on feeling positive can help along side this. I was in this situation myself when I discovered crystal healing, having been diagnosed with stress, anxiety and post natal depression I searched for more, while following up with my prescribed treatment. So for things like de-stressing, peace & calm, and general happiness, crystals and manifestation can work wonderfully, especially as you'll be working with gratitude for what you have as well. Gratitude is the key to unlocking happiness. No, you won't ever be happy all day every day, you still need to feel all emotions, but when we express gratitude for the simple, every day things that we love, the focus on the negative things that happen has less impact. So write, every single day, things that make us feel happy, the general consensus is that it should be at least 5 things a day, even on bad days, there are at least 5 things to express gratitude for. And create an altar with all the beautiful things that make you happy! Make it a focal point in your home and whenever you walk past it, add to it or simply light candles on it, remember that it is there for you to remember to express gratitude.

Crystals - Amethyst, rose quartz, smithsonite, blue lace agate, citrine, clear quartz, sunstone, lemon quartz, tourmaline.

Deities - Eirene, Freya, Mother Mary, Apollo, Bastet, Belun, Cocamama, Koros, Lalita, Pax, Quan-Yin.

Animal Guides - Otter, butterfly, horse, dog, peacock, seahorse.

Colours - Yellow, orange, green, blue.

Symbols - Whatever happiness means to you, family photos, flowers, sea shells, gifts, candles, petals.

10. Spirituality.

Sometimes our spiritual side takes a side step, usually because life gets in the way, but, when we are really put to the test, when something really terrible happens, it's our spirituality that keeps us afloat. Our belief in something bigger than us, our belief that there is a reason to what we go through and the 'dark night of the soul' is a well known way to a spiritual awakening. But this isn't the only way, if we want to bring spiritual connection into our life then we can use manifestation for the opportunity to grow, to help find our path or to give our spirituality a focal point and a place to pray or meditate. My first spiritual awakening came after a personal tragedy and before this I had been a

devoted atheist. It came as a huge shock to me that I found, several times, what I considered true evidence that there is more than what we see and what we know. It is hard to keep up with spiritual practice but it is so important as the other things will fall into place after we get this one right. However, we are human beings having a human experience. Every day life for me is busy and distracting. What I want to manifest is more time and more motivation to seek spiritual fulfilment. In my gratitude list for this section I will focus on my pagan ancestors, who are from all over Europe, for their warrior spirits and pantheistic, pagan religions because when I research and discover more about them, I know more about myself. I am also grateful for crystals, reiki, manifestation in itself, all the wonderful people in my life who have opened my beliefs, messages from spirit, oracle cards, meditation, understanding chakras. Because all of these things are part of my spiritual practice and even without thinking about them or recognising the part they play, they are there in my every day life.

Here are some ideas for an altar for spiritual guidance.

Crystals - Amethyst, Clear quartz, selenite, sodalite, howlite, white jade, moonstone, charoite

Deities - Mother goddess/Gaia, triple goddess, Rhiannon, Ceridwen, Isis, Odin, Zeus, Durga

Animal Guides - Blackbird, raven, wolf, adder, hare, salmon, cow, horse.

Colours - White, purple, indigo, violet.

Symbols - Feathers, nature, religious figures & images, crystals, ancient symbols.

11. Lifestyle

What is the lifestyle that you desire? This is the part where we manifest all the small stuff that we want to improve our lives; a new car, a cleaner, a holiday, a new home (working on this one myself at the moment!). So start by getting specific, about one thing that you want to manifest. Then start with your gratitude list, if it's a new car be grateful for however you get around at the moment, a holiday; be grateful for all the wonderful places that you have visited before, if it's a new home; be grateful for the things you love about your current home and that you have a place to live. Then get to creating your altar and focus on how you will feel when you receive what you want.

Here are some ideas for an altar to manifest improvements in your lifestyle.

Crystals - Peridot, kyanite, garnet, malachite, green aventurine, clear quartz, citrine.

Deities - Apollo, Hecate, Hermes, Meili (for travel), Hestia, Brigid, Vesta (for home), Lakshmi, Abundantia, Mother Goddess

Animal Guides - Bull, earth dragon, bee, snake, frog.

Colours - Green, blue, yellow, red, gold, silver.

Symbols - Images of lifestyle changes you want to make, coins, flowers.

CONCLUSION

Remember to feel the gratitude, don't just say it, emulate how you feel when you receive what it is that you are asking for. Express gratitude for as much as you can, as often as you can, every single day and for what you want to receive BEFORE you receive it. Use your altar as a focus point, meditate on the feeling of gratitude and ASK for what you want. Whatever you ask for remember that what you will receive is for the highest good and do your part too, sometimes things will land in your lap with seemingly no effort, other times you will need to play a more active role.