

Manifesting with Crystals In Your Home

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Contents

Section One

What is Manifestation?
The Keys to Manifesting
Manifestation Goals Worksheet

Section Two

Crystals ~ Intentions & Crystal Care
Crystals For Manifestation
Crystals ~ How to Use Them At Home

Section Three

The Bagua Map
Setting Up Your Home Energetically
Energy Tips

Section Four

Manifestation Techniques
Further Resources

IN ORDER TO
MANIFEST IT,
YOU MUST BELIEVE IN ITS
ig | blossom_
INEVITABILITY

Manifestation

What is Manifestation?

Manifestation is the ability to bring into our lives something that we do not have, but would like to have.

How do we Manifest?

The most important factors of manifestation are simple:

1. Think
2. Feel
3. Visualise
4. Take Action
5. Remove Obstacles

It sounds easy, right?

Well, it is, as long as we create a loose, safe structure. We must then *visualise & use manifestation techniques on a day to day basis* with consistency, emotion and small or big steps of action ~ whilst simultaneously working through any obstacles that may get in the way.

The Keys to Manifestation

Think ~ Using the Mind to Ascertain Our Desires & Make a Decision

What do you really want? If you struggle with this & can't make up your mind, a good question to ask yourself is:

If you only had a year to live, what is it that you would really like to own or experience in your life?

Feel ~ Using Our Emotions to Select Our Highest Desire

When you think about all the different things you would like to manifest in your life, which one elicits the strongest emotion within you?

Visualise ~ Using the Power of our Imagination

Combining your thoughts & feelings, visualise & imagine what it would be like to already have that money, health, experience or object in your life. **Really** go to town on visualising.

Action ~ What Are You Willing to Work For?

What actions are you willing to take to bring that manifestation goal into your reality? How hard are you willing to work for it? ~ as things don't magically appear out of thin air just because you want them to ~ although sometimes they can ;-)

The Keys to Manifestation

Stumbling Blocks

What do you think could get in the way of you manifesting what you want?

What might you need to remove in order that you can achieve your goals?

This is a time to get brutally honest with yourself and one of the primary reasons manifestation and the Law of Attraction fails for many, before they even get started.

You must be willing to **do whatever it takes** to work on those blocks and resolve them so the path is clear for your dreams to materialise in reality.

Examples:

There is no point trying to manifest good health if you know your diet is unhealthy & you eat sweets and junk food every day

There is no point trying to manifest wealth if you come from a place of lack or have a poverty mindset

There is no point trying to manifest the love of your life if you secretly fear love & deep intimacy

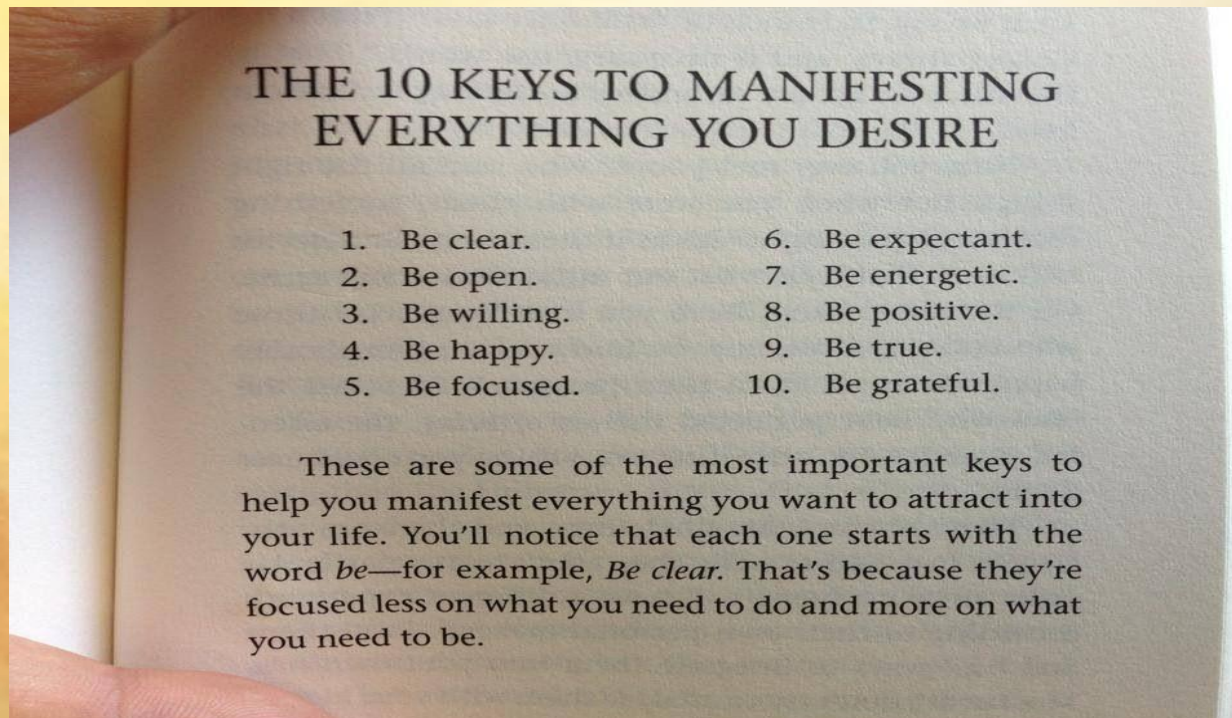


The Keys to Manifestation

Helpful Tips

Keep your manifestation goals realistic to begin with. There is no point trying to manifest a Ferrari straight off the bat if you have nowhere to keep it, or the funds to maintain or run it. Instead, focus on manifesting a new car that is more realistic for your current lifestyle.

Start small until you become comfortable and disciplined/consistent. Once you've mastered the small stuff, aim HIGH, as BIG as you dare to dream. We wouldn't start out driving a Ferrari just after passing our driving test. We'd get more comfortable driving first and master the technique before aiming for something bigger, faster and flashier.



The Keys to Manifestation

Helpful Tips

Be patient ~ Rome wasn't built in a day. If you're trying to manifest £500, that is fairly achievable in a short space of time. If you're trying to manifest £500,000, that may take more time and you may have to take a variety of different actions to make that happen.

The point is, if you *consistently* focus on manifesting that larger sum, the Universe will work in ways to provide flow towards that goal ~ so you may have to follow that flow, take appropriate action and trust for a little while in order to bring that BIG dream into reality.

Be willing to work on whatever gets in the way of those goals.

Be willing to take action towards those goals.

Be as specific and detailed as possible. The more you do this, the clearer the Universe can hear you and provide what you need to make the magic happen.

Celebrate every little win along the way. Celebrate any wins you see in others around you too. The more you are in the energy of celebration, the more the Universe will send you reasons to celebrate!

Manifestation Goals

AREA OF LIFE	WANTS	ACTIONS	BLOCKS
Relationships			
Work/Career			
Health/Fitness			
Financial/Material			
Spiritual			
Home/Family			

Crystals

Vibration, Care & Intention

Crystals work on the law of frequency/vibration and intention.

Make sure you cleanse and charge crystals before using them. Do this by placing them in natural sunlight for 30 minutes. This will break down any negative energies within them. The heat/light then causes the atoms within the crystal to move at speed, creating 'friction' or vibration ~ so just like a battery, this charges the crystal for use.

Crystals can be programmed to work in very specific ways. Before setting an intention, very clearly state 'All previous programming and uses are now cleared and deleted'. Simply hold the crystal in your hand and in your mind, focus on exactly what you want that crystal to do. A single word such as 'Amplify' or 'Abundance' would suffice. You could also sit with it during visualisation, really imprinting the crystal with *what you already have*.

For simple programming/intention setting, I imagine a wave of energy, flowing down from my mind, into my heart space, then back up and along my arm and down into the crystal. Use the words 'I set you with the intention to.....'. Keep things simple.

Different crystals vibrate at different frequencies and have different properties. The following tables list which crystals are good for which sections of manifestation.

Crystals for Manifestation

Crystals for Physical Health	Crystals For Wealth
Agates ~ Any Apatite Apophyllite Aventurine Bloodstone Calcite ~ Blue, Green, Orange Chrysocolla Garnet Hematite Malachite Malacholla Quartz (simply program to amplify) Shungite Stilbite Sugilite	Ametrine Blue Beryl Chrysanthemum Stone Garnet Golden Healer Quartz Golden Sapphire Golden Topaz Herkimer Diamonds Iron Pyrite Jade ~ Green Marcasite Moss Agate Natural Citrine Quartz (simply program to amplify) Sunshine Aura Quartz



Crystals

Crystals for Love & Relationships	Crystals For Work/Career
Blue Kyanite Carnelian Lapis Lazuli Mangano Calcite Moonstone Pink Kunzite Pink Opal Pink Tourmaline Quartz (simply program to amplify) Rhodocrosite Rose Quartz Ruby Watermelon Tourmaline	Amazonite Ametrine Apophyllite Black Tourmaline Fluorite Lapis Lazuli Malachite Natural Citrine Quartz (simply program to amplify) Selenite Shungite Tiger's Eye Zincite



Crystals ~ How to Use Them

When using crystals to enhance and amplify the energy of manifestation, you can use them in several different ways.

You could create a Crystal Grid and set it in a particular area of the home (see website for an Easy Guide on how to do this).

You could place several small crystals in a little bag and tuck it somewhere it wouldn't be seen. This is a good idea if you have pets or small children that might want to play with them.

You could place one, large crystal showpiece in the appropriate area of the home.

Or you could place just one or two small crystals in the area.

It doesn't matter what size or shape they are, as long as they are meaningful/special to you & bring a positive feeling when using them.



The Bagua Map

A Bagua Map is used to break up each home, room or building into 9 sections, each representing an area of our lives. The entrance door to the room is either to the left, centre or right.

<p>Wealth Rear Left Purple or Red Wood Element Wealth, Abundance, Gratitude, Luxury, Allowing, Manifestation, Enjoyment</p>	<p>Fame & Reputation Rear Middle Red Fire Element Confidence, Shining Your Light, Expansiveness, Public Profile</p>	<p>Love & Relationships Rear Right Pink, White or Red Earth Element Sensuality, Pleasure, Giving & Receiving Love, Sexuality, Relaxation</p>
<p>Family Middle Left Green Wood Element Connection, Ancestral Healing, Releasing Guilt & Shame, Healing the Past</p>	<p>Health & Security Middle Yellow, Orange or Earthy Tones Earth Element Harmony, Balance, Feeling Safe, Wholeness, Empowerment</p>	<p>Children & Creativity Middle Right White Metal Element Inner Child, Playfulness, Fun, Imagination, New Ideas, Animals/Pets, Art</p>
<p>Knowledge & Development Front Left Turquoise, Teal or Blue Earth Element Stillness, Self Love, Self Care, Education, Meditation, Self Reflection, Solitude</p>	<p>Career & Life Path Front Middle Black Water Element Authenticity, honouring yourself, Joy, pursuing your passions in life</p>	<p>Travel & Helpful People Front Right White or Grey Metal Element Guidance, technology, transport, giving & receiving help, connection to others</p>

Entrance Door to Room

Entrance Door to Room

Entrance Door to Room

Setting Up Your Home

Working with Feng Shui and energy in the home can appear very complicated. There are lots of different compass directions, places where things can and can't go, areas where some elements contradict others and a whole lot of other factors that can make things feel very overwhelming. However, I'm here to teach you how to hack that and do things in a very simple, uncomplicated manner ;-) I've done this myself for years. It is powerful and it works!

This was confirmed when a client arrived for an appointment one day who was a Feng Shui expert. They asked who had 'set' my house for me, to which I replied with a grin and mild feeling of ignorance.... 'No one, I don't even know what you're talking about'. They told me I must be a natural with energy, as everything in the home was in the right place for the utmost health, abundance and happiness. It was a valuable lesson in trusting my intuition and I've followed it in every home since then.



Setting Up Your Home

Intention is a very powerful thing. Energy flows in whatever direction we focus it, so the easiest way to set the energy to flow in a nourishing, positive way within the home is to simply set the intention for it to work room by room.

This removes all need for using a compass and trying to figure out how to work with an entire building or worry about which direction is facing where.

The Bagua Map in this booklet is all you need to set the energy in each and every room in the house.

The key to all energetic work is intention, clarity, simplicity and flow!

Now.....this is the bit that most people don't like..... particularly if they have a messy house or like to hoard things. For manifestation to work well in the home, it is necessary to cleanse and clear the home as much as you possibly can. The more energy can flow freely around each room, the better.

Start with just one room. If that feels too overwhelming, start with just one cupboard or drawer. I cannot emphasise how much of a difference this makes ~ not only to the energy in the home, but to the energy of your mind and body. What is experienced externally is a reflection of what you are carrying internally! If your home is a mess, you're likely to feel the same either mentally, emotionally, physically or spiritually.

Setting Up Your Home

OR start with the area that you are focusing your manifestation goal on eg. if you're focusing on wealth, clear the top left hand corner of each room. This doesn't mean you have to clear that area of furniture. It simply means that the area must be clean and tidy. You may want to consider moving furniture around if, for example, you have a huge metal stand or filing cupboard in the wealth area, which works better if wood is present. Opposing elements can block energy. The Bagua Map sets out clearly what colours, elements and words/intentions are best for each manifestation area.

If you have piles of 'stuff' languishing or cumulating in areas of the house, those areas in life are likely to struggle.

I appreciate that it can be a big task to clear your house out, but it's one of the essential ingredients of manifestation work. If you haven't used or worn something for more than a few years, consider whether you can sell it, give it to a charity shop, pass it on to someone who would be grateful and get much use out of it or throw it away.

**Having a clear mind
and a clear space
allows you to think
and act with
purpose.**

Setting Up Your Home

Although you will be working room by room, I would say that the centre of the house is of the utmost importance energetically. This is because it represents our physical Health and Safety alongside balance, harmony and personal empowerment. It's also an area that is often clogged up energetically ~ many people have boilers or airing cupboards in the middle of their home etc.

Under the stairs is also a big culprit in houses for blocking energy! It's wise to keep this area as tidy and clean as possible ~ particularly if you struggle with lots of health issues.

It's quite difficult to have things in the centre of a room that represent health, although if there is a coffee table or dining table, ensure it is kept clean and clear. If there is space for a rug, you could ensure it incorporates the colours yellow, orange or earthy tones. If a bed protrudes into the centre of a room, consider making the bedding earthy colours. You can also place swathes of coloured material or words/colours printed out on pieces of paper and stick them under the bed, under existing rugs or carpets and under tables or pieces of furniture central to any room. Lights in the centre of a room should be clean, simple and you can even hang things from them if you wish.

The top/rear corners of each room are important as they represent our Wealth & Prosperity and Love & Relationships. So if you can only focus on the corners and get those fairly clear and tidy, it would go a long way to ensuring the energy flowing into and around your home can freely move in and out of those areas.

Setting Up Your Home

When considering each Bagua area, think of the colours you can use in that area to represent it. Just a small token of the colour will do if you don't want to ruin the current style of the room.

Also consider symbols and words that represent the area and are meaningful to you. You can use rugs, pieces of material, things that hang from the ceiling, little ornaments, pieces of artwork, flowers (replace as soon as they start to wilt) or plants (lush or succulent rather than spikey).

Crystals are perfect because they compliment ALL elements and are amplifiers of both energy and intent. Consider using the Chinese symbol for happiness below, in every area you'd like good energy. (Stickers are inexpensive and can be obtained from Redbubble online).

You can even slip crystals under floorboards or tape them to the bottom of tables and chairs. As long as you can reach them every few weeks to cleanse and charge them up again.

Nothing has to ruin a colour scheme of the room nor does everything have to be out in the open where it can be seen. It simply needs to be placed in the right area and you can get very creative with how you wish to do this.



Energy Tips

The Bedroom

The feminine should lie on the left hand side of the bed, the masculine on the right.

For healthiest energy flow and relationship connection, the headboard should be in the North with feet facing the South, or in the East, with feet facing towards the West.

Do not place the headboard under a window as this invites negative energy into the bed.

No reflective surfaces such as mirrors or televisions opposite the bed. This invites in negative energy as positive energy enters at the head of the bed and flows outwards from our feet. A reflective surface means the negative energy bounces straight back to us instead of being released. Drape reflective surfaces with cloths when sleeping or mount the TV on a wall where you can fold it back against the wall when sleeping.

Pairs ~ place crystals in pairs or use ornaments of pairs of animals (swans are symbolic of everlasting love), a couple in a passionate embrace or a pair of angels ~ whatever is meaningful to you.

Use the double happiness symbol in the Wealth and Love corners. I simply have the double happiness stickers cut out and placed in those corners.

Place a mystic knot, the symbol of eternal love, somewhere in the bedroom.

Use artwork that represents love or partnership to you.

Energy Tips

For Health & Knowledge/Study

Earthen pots, non prickly plants, items made of natural elements from the Earth such as Jute, grass etc. If you have a meditation area, use teals, blues & turquoises and set it up in the bottom left hand corner of a room. Place bookshelves in this same area.

For Wealth & Family

Feng Shui money toad (three legged toad with coins in it's mouth), wooden items, laughing Buddha, money plant, purple items such as a tall vase, light or candle holder for Wealth and the same in green for Family.

For Career

Water feature, black candles, items that represent joy to you.

For Children, Creativity, Helpful People & Travel

Metal items, things that make your inner child happy, artwork, pictures of pets or their bed

For Fame, Reputation & Public Profile

Red candles (light for 9 nights consecutively), anything that represents the element of fire, anything that makes you feel expansive, connected to the Universe or confident in yourself.

Manifestation Techniques

Gratitude

Gratitude is the single, most powerful energy we can place ourselves in for manifestation. When we focus on manifestation, it's always best to be resonating at the energy we wish to draw into our lives ~ because like attracts like! If you want more wealth, you have to feel grateful for what you already have. If you want more love, you have to resonate at the energy of love.

“Acknowledging the
good that you already
have in your life is the
foundation for all
abundance.”

—ECKHART TOLLE



The exercise on the following page is taught by Bob Proctor, a leader in the self-help industry. I have used his methods for months now and can testify to it changing my mindset, energy & life ~ PERMANENTLY! It is something I now do almost every day 😊

Manifestation Techniques

Gratitude Exercise

Do this exercise at the beginning or end of your day, whichever suits you best:

Write down ten things you feel *truly* grateful for. This isn't a mere mental exercise of writing out a list as quickly as you can to get the job done. You actually have to *feel* the gratitude. Stop for a moment at each one, really allowing the emotion of gratitude to wash through your entire body and bring a smile to your face.

Then, send out love to three people you're struggling with or who's behaviour is causing you to feel challenged or negative in some way ~ people you know or don't know, it doesn't matter which.

Then ask for guidance for the day ahead (or to sleep on) and sit quietly for just five minutes. Focus on your heart and see if anything comes through from your Higher Self. Be patient with yourself if you're not sure what's Ego Mind & what's intuitive. You'll come to know the difference eventually. Write that guidance down and trust it.

If you're not convinced something as simple as this will work, just do it for 30 days. When manifesting or working to change our lives, we *have to* be disciplined and conduct daily practices for a short period of time. This alters our brain neurology and imprints every cell in our body with gratitude, love and trust. Without the discipline and consistency, you'll end up back in the same old energy you were in previously.

Manifestation Techniques

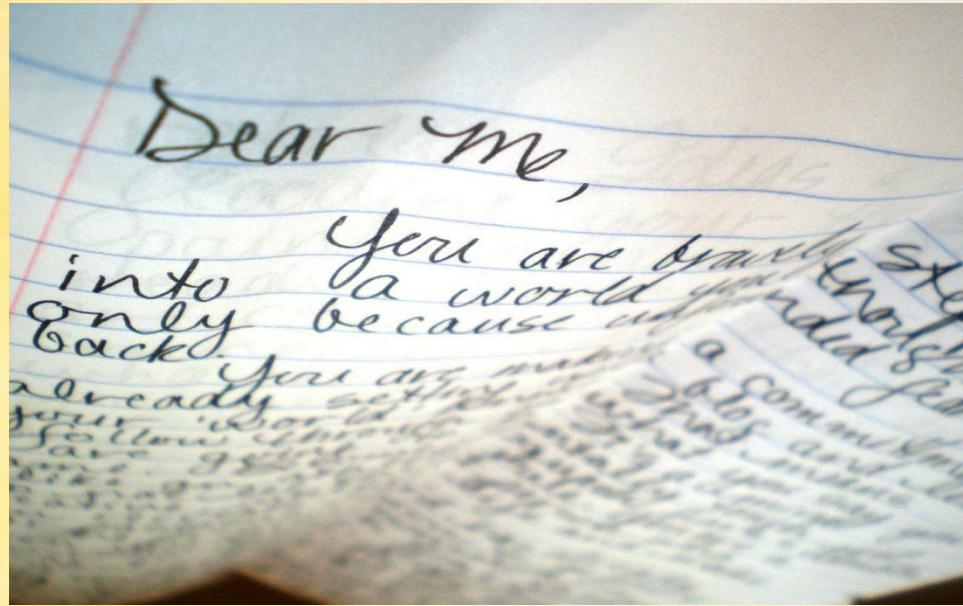
Create a Vision Board

If you're creative/artistic or a visual person, making a vision board as a visual reminder of your manifestation goal is a great focal point. Place it somewhere you will see every day. It doesn't need to make sense to anyone else, as long as it resonates for you. Keep it simple and have one board for each separate Bagua area, rather than trying to put everything all on one board. It's easier and clearer to focus on one goal at a time.



Make this an intuitive exercise and go with whatever pictures or words feel right in that moment, even if you don't fully understand them at the time. Your Soul will already be attracting certain things to you, so it's wise to relax, go with the flow and just listen to your intuition.

Manifestation Techniques



Write a Letter From Your Future Self

Write a letter to yourself, from your future self. Take yourself three months into the future and write as if your manifestation goal has already happened. Describe in detail, all of the things that future self is experiencing, feeling and enjoying having manifested what you want. Our brain cannot tell the difference between reality and imagination, so when we conduct exercises such as this, it believes that the future is in the now ~ and therefore real. Read this letter several times a week (set an alarm to remind you) and visualise life as that future self. Take a bit of time with this exercise and when you read the letter as it's really powerful.

Manifestation Techniques

Positive Affirmations

Positive affirmations aren't some silly little thing that we do for positive thinking. When done properly, they are a powerful way to reprogram our neural pathways.

A positive affirmation has to be something that you really resonate with and feel. They don't tend to work if we only recite them from the mind ~ there has to be genuine emotion behind them.

Pick two or three affirmations at most and repeat them for 30 days. You can then keep the same ones or change them. In general, it's best to do any of these techniques for 30 days as it really ingrains the energy into our body, mind, spirit and daily life.

Repeat an affirmation three times in a row, out loud if you can. Place post it/sticky notes around the house in various places and each time you see one, stop and repeat your affirmation three times, *with meaning and feeling*. You can also do them in your head, but the exercise is far more powerful when we can say them out loud with gusto!

The first three affirmations on the following page are ones I have used for many years. The ones underneath are suggestions or you could make up ones of your own. The magic is in choosing the ones that light up your heart and Soul.

Manifestation Techniques

Affirmation Suggestions

- ❖ Thank you for all the good things happening in my life now
- ❖ I am successful and prosper where ever I turn
- ❖ I am open to receiving love and money from all sources in the Universe
- ❖ All the money and/or love I have brings me so much joy and happiness
- ❖ I love my positive, abundant life and feel so grateful for all the blessings
- ❖ I am joyful and at peace at having so much money/love in my life
- ❖ I am blessed that my house sold quickly to the perfect buyers
- ❖ Thank you for a job that brings me so much wealth/happiness/personal growth
- ❖ It is safe for me to be wealthy, worthy and loved
- ❖ Thank you for the untold creative ideas that flow freely to me
- ❖ I am happy and grateful that I'm a Queen/King of manifestation
- ❖ I am healthy, happy, whole and vibrant
- ❖ Every cell in my body sings with health and radiance

Further Resources

There are more, in depth blogs and resources on my website at:

www.serendipitycrystals.co.uk

Use the drop down menu at the top of the website labelled Crystals and refer to the A-Z of Ailments & Issues to locate which crystals are best for what you are looking for. Every single crystal on the website is tagged. For example, if you click on 'Abundance', a menu will appear of all the crystals that can be used for Abundance. The same if you wanted to identify specific crystals for Arthritis, kidneys, respiratory system, manifestation etc. This menu is extensive & extremely helpful to find out what your crystals can best be used for.

Also use the general Search Engine on the top, right hand side of the website to search specific blogs on:

Crystal for Love, Romance & Relationships

Crystal Gridding

How to Grid a Room or Building

How to Create a Vision Board

Manifestation Stories

Crystals and the Elements