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The following information is for your inspiration and personal self development only. We live in a world full of energy. Energy is constantly moving and changing. Crystal energies work with us on the basis of *attraction*, no two experiences are ever exactly the same. Our experience is unique because we are unique.!

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## Wealth And Abundance

We live in an abundant Universe! Everything we need is right here, right now - or at least, that's what we are told. There are so many books on attracting abundance and wealth into our lives, The Secret - not to mention, spell books and rituals! So why does it often seem so difficult to create the wealth we want and need? - Can it really be that hard? Read on to discover a few simple rules about attracting wealth using crystal energies - and some helpful tips that are simple and easy to use.

Everything is made up of energy. We are manifest beings of light, residing in an earthly body. Energy resonates to its own frequency or vibration and we all have our own particular resonance which fluctuates and changes according to our physical, emotional, mental and spiritual state.

The Universe we live in is still expanding and growing. The Universe is still under creation. The laws of creation are that matter will attract what it needs in order to grow, to function in a positive sense. Therefore, we have the ability to attract whatever it is we need or feel really strongly for into our lives.

I use the word 'feel' because this is really important. We feel from our heart centre. Our heart is where our feeling intelligence lies. We have thousands of neurons at our heart centre. Have you ever experienced that tingling sensation at your heart when you just knew something was right, or when you made a really close connection to someone or something.? This is where you have made a heartfelt connection through the laws of attraction. You have attracted a 'missing link' in your energy make up and through your heart you can 'feel' the vibration of wholeness.

OK, So how can we use this principle with crystals to attract the wealth and abundance we want?

Working on the principles of energy - we need to be aware of our own personal energy. - are you grounded?

- are you connected?
- are you able to flow with abundance?

So close your eyes, and take your attention into your body, into your heart and ask yourself if you are happy being in your body? Are you walking your journey path with full acceptance of yourself and with confidence? Do you feel you can create your own abundance? Be completely honest with yourself and note down your reactions to these questions. Be aware of any sensations and reactions to these questions in your physical Body. Read on about the crystals and 'feel' which ones might be for you.

# **The Crystals**

So lets take a look at five crystals that can help us be more grounded, more connected and more able to go with the creative flow of abundance.

## The Golden Ones



Citrine is a golden yellow to brown quartz. Citrine has a big

powerful energy which is great for removing energy blocks on all levels of our being. Carrying a piece of citrine with you may help you to be more confident in yourself, to feel a bigger sense of self-esteem and self-belief. In this way, you are more likely to follow through with your creative ideas which bring through wealth and abundance. In fact, carrying a piece of citrine in your wallet or purse will ensure a constant 'flow' of cash for you. It will activate your finances and get things moving. A healthy financial situation has an abundance of money flowing in and out with the emphasis on 'in'. To hoard and hold on to money is NOT flowing with the creative abundance of the Universe.

Much of the citrine we find in crystal shops is actually heat-treated amethyst. It is heated to create the golden yellow colour. The energy from it is completely different to amethyst and it will work very well for you. However, if you can find a natural piece which will usually be a darker colour - you will find a magnificent 'natural raw' energy!

Place in your wealth/abundance corner of your home, which is the South East corner from your front door (being north).



Beautiful tigers eye. This layered crystal is like having a gentle encouraging friend to hold your hand and say 'You can do it'.

**Tigers eye** has a gentle but strong energy that helps us have the confidence to move out of our 'comfort zone', to push ourselves forward and take new creative steps. It helps us to see and believe in the abundance around us, but more importantly it can help us to feel more present and more grounded in our everyday life and to have the courage to bring our dreams into manifestation.



#### Malachite is a beautiful 'Venusian' crystal

made from copper. It helps us to see the truth in ourselves and the beauty of creation around us. It can help us to see what we need to get rid of, whether it is bad relationships, bad diet (very good for a detox!) or negative emotional patterns. In this way, it helps us to be in our truth with an open heart - grounded and centred and open to the flow of creative abundance. It can enhance our creativity helping us to create and work from our heart with passion and love. Malachite has a strong, all encompassing,

flowing energy that seeps into all areas of our life and will bring to the surface anything that no longer serves our greater good.! Its good to meditate with this crystal, to place it in your working environment, or put a small piece in your purse/wallet.

# **The Grounding Ones**



**Red garnet** is full of optimism! This crystal not only grounds us to the Earth, allowing us to feel safe and connected, but it uplifts us and helps us to feel Joy. What a gift!

I feel that garnet evens out the whole of our body energy, physically, mentally, emotionally, spiritually and promotes stability and balance. It offers us a sense of honesty about ourselves whilst helping to break down any personal resistances we may have about being in the world and living with joy! Garnet offers us the gift of truly Living with Joy and breaking out of our shell - and from that point of view how can we not attract the wealth we truly deserve. If you feel out of sorts, dis-connected then garnet is your stone! Carry it around with you, meditate with it, love it and it will love you back!

NOTE: due to the fiery energy of garnet and ruby, they are not suitable for people who have high blood pressure.



Little red/pink crystals of pure passion and big hearted full on LOVE! Ruby really opens up the heart to feel deep passion and compassion for others,

for ourselves, for LIFE. When we are filled with a passion for living we cannot help but be connected to our truth, our body, the Earth and really just allow the fullness of LOVE and abundance to flow. Ruby has a big energy that is both grounding and heart opening. Try meditating with it whilst contemplating your creativity and wealth. Ruby helps us to follow our heart-felt desires and to live from the heart. It is no coincidence that rubies have been considered as a sign of wealth and beauty for many years.

Ruby is one of the crystals that we work with in Crystalheart Journeys and you can experience its beautiful energy by signing up for the full course.



This report has hopefully given you a little more insight into the essence of how crystals can work with us to create wealth and abundance. Attuning to and sensing the energies of crystals deeply is an intuitive skill and with practice is a gift that will help you feel more connected in all areas of your life. Crystalheart Journeys gives you the chance to practice connecting to crystal energies and to learn through personal feedback of your own thoughts, feelings and intuition.

I hope that you are feeling inspired and curious to find out more about crystal energies and how they can improve your life right now.

With Crystal Blisses! Gwyneth Robbins-Cox The Crystal Guru