

Crystal Prosperity

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True prosperity comes from an inner contentment and generosity of spirit that naturally attracts wealth of all kinds. It comes from the richness of friends, a good work-leisure balance and a healthy attitude to money. And it most certainly comes from trusting that we live in an abundant universe. This doesn't mean pretending that everything's ok, or denying that there are problems. We need to be honest with ourselves. Negative feelings can be useful warnings to us – but you don't have to stay entrenched in them or feel them every day. Nor do you have to go into denial of how you are feeling and pretend to be positive. There is a huge difference between being realistically positive when assessing possibilities and adopting an unrealistic Pollyanna approach that takes no account of actualities such as bills piling up. If you continually assert that things *will* go wrong, they inevitably do. But if you look at what could feasibly go wrong and plan a way through to the other side, setting realistic goals and trusting the process, good things manifest.

Looking within your own self is the secret of finding true abundance: cashing in on your own resources. You have all the riches and resources you need within yourself to create an abundant world. You just need to believe it. And to tap into your inner world you need the power of intention and sufficient impetus to take those first small steps. Harnessing the power of crystals makes this so much easier.

Putting intention into a crystal

Crystals need to be asked to work with you for the highest good of everyone concerned. When you know exactly what your intent is, hold the thought in your mind and feel all the positive emotions associated with manifesting it: joy, fulfilment, excitement, purpose and so on. Then hold the crystal in your hands, speak your intent out loud and pour your intention and all those good feelings into the crystal as you do so. Ask the crystal that it takes this intention out to the world and manifests it. This magnetises the crystal. Then withdraw your attention. Place the crystal as appropriate and simply trust that your intention comes into being in the right way and with right timing. *Always remember to magnetise your crystals before using them for rituals or layouts.*

Prosperity stones:

Citrine:

Known as 'the Merchant Stone' and associated with the sun, abundance and success, Citrine is prized for its prosperity-enhancing properties. Keep a Citrine in your purse, cash box, or wealth corner of your home (far back left from front door) to attract prosperity. Keep in your pocket for success. It encourages generosity and accumulation of wealth. Helping to feely share joy and abundance and expand your heart, it teaches that what you give away returns fourfold and that generosity of spirit is a precious gift and a powerful generator of wealth on all levels. If you suffer from lack in any part of your life, gazing into the joyful, bright energy of Citrine assists in counting your blessings and raises self-confidence. Use if you lack motivation as it overcomes apathy and hopelessness and raises self-esteem, promoting optimism and a positive attitude. Citrine is a stone of creativity that helps capitalise on your skills and talents, it stimulates your mind to see new possibilities and manifest them.

Natural Citrine is darker than the bright yellow heat-amended amethyst and it grounds the energy more strongly.

Other useful prosperity stones: Jade, Grossular Garnet, Carnelian (place at front door to draw prosperity), Ammolite, Moss Agate (See ***Crystal Prosperity*** for further details of these stones).

Prosperity

Think about your attitude to prosperity:

- Do you believe that prosperity is all about having money and financial success.
- Will your world fall apart if you lose a job or don't achieve your monetary ambitions?
- Do you want more, and more, and yet are never satisfied.
- Do you judge your worth – and that of others – by the job done, by status or wealth.
- Do you feel like a victim of circumstances?
- What does prosperity mean to you?
- Define prosperity

The steps to abundance

- Changing your mental program: what your mind conceives, it achieves.
- Measuring your self-worth by who you are not what you do or what you have.
- Following your bliss: do what you love and abundance follows.
- Obeying the fundamental law of attraction: like follows like.
- Believing you can fulfil your dreams.
- Noticing and appreciating all the small joys of everyday life.
- Recognising that the universe wants you to succeed.
- Focusing on exactly what you want to attract right now.
- Giving yourself time, kindness and compassion.
- Avoiding doubt and guilt and no longer procrastinating.
- Letting go fear or self-pity.
- Sharing what you have and taking pleasure in giving

Take a small step: ask yourself what is your most enriching quality. Share it with someone right now.

The power of attraction

- Are you an attractor or a repeller?
- Do you attract good fortune or push it away?
- Do you let in the good stuff or shut off the flow?

How do you feel about money?

Beliefs surrounding prosperity have an enormous bearing on the amount of money you attract into your life. How you feel about money determines what you do with it, with how and what you spend it on, the pleasure you get out of it, how long it stays with you – or even whether it comes to you in the first place. So often what underpin your feelings are cultural and family mindsets.

Notice how you feel about that statement: what do you really believe about money?

- Does money excite and inspire you, or does it feel uncomfortable even thinking about it?
- Does it immediately depress you because you lack money and can't see that you'll ever have any?
- Do you spend hours in fruitless imaginings based around 'when I win the lottery', and so on?

- Do you hoard money 'just in case' and live a fundamentally impoverished life in the meantime?

Were you told/do you believe that:

- it's selfish to want things for yourself and that money is the root of all evil?
- There'll never be enough
- People like us don't do things like that
- Money is the root of all evil
- The world owes me a living
- 'I'll never get out of debt'
- 'I don't deserve that'
- I'm not good/clever enough
- There's virtue in poverty
- That's a dream but it won't generate money so I can't do it
- You can't turn your passion into a career
- Be realistic
- 'I don't have the right accent and clothes to do that kind of a job'
- 'I didn't go to the right kind of school so I'll never have/get a good job'
- 'I can only be happy if I have money'

Changing the blueprint

To release toxic thoughts and poverty consciousness, hold a prosperity stone in your hand, read your list and think about each negative belief. Then deliberately choose the opposite belief. Write the positive belief alongside the negative. Affirm to yourself that the positive belief that replaces the negative. Repeat for each negative belief so that you build up a new mental blueprint for yourself, one that is abundant and prosperous and which leaves room for all the other things that enrich your life.

Now look at how many positive beliefs enrich your life.

Ask yourself:

If someone gave you a million pounds right now, what you would do with it? Write down everything that comes to mind. It could tell you a great deal about what you really feel and believe about money.

What do I value?

You are your greatest asset.

- Do you value yourself?
- Do you give yourself the love, respect, validation and compassion that you deserve?
- Do you feel enriched by knowing yourself in all your complexity and beauty?
- Do you like being you?
- Do you value other things that lack monetary worth but which enrich your life?
- Do you value friendship and the company of like-minded people, the joy of sharing time with those you love?
- Ask yourself what you really value and how much time you give to the things that truly matter in your life:
 - Write down ten people you admire and why you admire them, the qualities that give them value in your eyes. Try to recognise that quality in yourself.
 - Make a list of the twenty things you value most in life. How many of these are free? Did your list include yourself?
 - How much of my time is filled with things I value and how much with things that have to be done to make money?
 - What, in how I spend my time, do I value most of all?

What makes you wealthy?

Abundance is all about appreciating and valuing yourself *exactly as you are right now*. Having an unshakeable sense of your own inner worth is one of the richest resources you have. So how do you get it?

Start being you.

The you who is here right now.

Manifest who you truly are.

Build up your sense of worth a step at a time. Each time you waver, tell yourself you have equal value to everyone else. It's not about what you do but rather about who you are.

Write down all your qualities, everything you have to offer, everything on which your true worth is based. Start each sentence with: 'I am valuable because.....' and remember to add to the list each time you notice something else for which you have value.

This list will no doubt change and develop over time and tracking what you feel is important enough to list teaches you a great deal about yourself and what you value in yourself.

The prosperity ritual

Preparation: Read through your answers to the questions posed today. From these responses and any additional insights, consider exactly what prosperity means to you. Initially, write your thoughts as a 'stream of consciousness' in which everything you personally believe and think about prosperity pours onto the page. Don't censor and don't judge what you write, simply allow it to be. When you're sure you've emptied all your thoughts and beliefs about prosperity onto paper, read through what you've written from a standpoint of compassionate witnessing. That is, don't judge yourself for having these thoughts and beliefs. Recognise that they are simply that- thoughts and beliefs. You are more than these programmes your mind is running. Be gentle with yourself. Distil the major points and write them in the form of statements such as:

'I believe that prosperity is

'To me, prosperity means

'To be prosperous I have to:

'I do not feel prosperous because

'I am already prosperous because

'I feel that other people are prosperous because

And any more headings that are appropriate.

Now breathe into your heart, focus all your attention there and allow your heart to expand. Feel yourself connecting to your deep inner self that is beyond your ego or your personality. From a place of the love within your heart and your true self for the you that is having all these struggles and beliefs, go through the list and ask yourself how much you truly believe in these things or have you merely been told them. If you no longer accept them as true, ask yourself what is true for you now in this present moment and write those answers. Ask yourself once more: 'is this really true for me now?' If it is, write it down. If it's not, write in what is true for you at this moment in time. Distil the essence of these statements into a sentence that begins:

'For me true prosperity is.....'

How does that compare to your first definition of prosperity?

This ritual is particularly potent at new moon phase.

- Dedicate your crystals and charge them with the intention that you attract to yourself and discover within you true prosperity.
- As the candle is lit say aloud: I ignite the flame of true prosperity within myself and invite it to manifest in the world'.
- Take the piece of paper on which you have written what true prosperity means to you and read it out loud. Then place it in front of you with your prosperity crystal on top.
- As we blow out the candles, state out loud that you invite prosperity into your life right now.
- Allow your prosperity to grow without investing emotional energy into the outcome.

The inner-wealth ritual

True wealth has nothing to do with how much money we have in the bank. It is the qualities within us and those we share with the world around us, our hidden resources that make us truly wealthy.

What do I see in you?

- Turn back to the list you made of ten people you admire and write these down again, spacing the names out well.
- What were the particular qualities that made these people special to you? Note them against each name.
- What do these people specifically contribute to your life? Make a note.

We frequently admire in other people qualities that we seek, but do not recognise, in ourselves. So:

- Is there a specific quality or qualities that come up time and again? If so, note it below the list under a heading 'qualities I would like to own in myself'.

We often contribute more than we realise to the lives of other people. So:

- If the people on your list are personally known to you, remember to ask them to list what you contribute to their lives.
- Do you recognise these qualities in yourself?

And finally:

- Write down your twenty best qualities
- Ask a friend to write down your twenty best qualities?
- How do they compare?
- Ask yourself: 'Do I believe them?'

Questions to ponder

- Have I tapped into my inner worth?
- Do I truly value me?
- Do I have good friends?
- Is there a way to increase my friendship quotient?
- How mutual are my friendships?
- Does everything go one way in my friendships?
- Is this flow to me or away from me? (If it's to you, you may need to change your friendship habits)
- Do I need to shed some of my old needy friends and find new ones?
- Do I make time in my life for enriching activities?
- If not, can I program some time in?
- Do I meditate or have another spiritual practice?
- How do I serve others?
- Could I volunteer in any capacity?
- What activities could I engage in that would enrich my life?
- Do I engage in creative activities?
- Did I engage in creative activities as a child or young adult?
- If there are things I'd like to do but don't, what's stopping me?

The ritual:

- Read through your list and, on a separate piece of paper, make a list of all the qualities that you admire or that you see within yourself and others.
- Pick up your Citrine, breathe gently and relax. Spend a few moments looking at the stone. Feel its confidence, its strength and its abundance. Let these qualities travel through your hands, up your arms and into your heart.
- When you are ready, pick up your list of qualities in your other hand and look at the first one. Can you own it within yourself? If yes, touch the stone to your heart, say out loud 'I own and honour my []'. Tick off the quality on your list, and move onto the next one.
- If no, then quietly affirm to yourself: 'I am/have [...], I own my [...], my [...] is part of my inner wealth, I honour my [...], I am grateful for my [...] and I am ready to show my [...] to the world'. When you believe it, touch your Citrine to your heart, tick off the quality on your list and move on.

So, for example: I have integrity, I own my integrity, my integrity is part of my inner wealth, I honour my integrity, I am grateful for my integrity, and I am ready to show my integrity to the world.

- Repeat this affirmation for every quality on your list. If you find it difficult to own qualities, simply sit quietly repeating to yourself 'I am []' until you believe it.

So, for example, 'I am integrity, I am integrity, I am integrity, I am integrity'.

- Then repeat the whole affirmation out loud, touch the Citrine to your heart and put a big tick by the quality on your list.
- When you have completed the whole list spend a few moments contemplating this reservoir of inner wealth. All these enriching qualities within you. This heartfelt store of riches.
- When you get home, place the list where you see it often and place the Citrine under your pillow.
- Enjoy your inner wealth and let it shine out to the world.

Extracted from **Crystal Prosperity** which contains many more rituals and layouts for generating abundance by Judy Hall, Published by Leaping Hare Press ISBN 978-1-907332-36-1 Price £9.99 and Barnes and Noble in the States.