



Crystal Affirmations for Transformation

*Shift Your Outlook,
Creating Positive Change
in Your Life, & Boost Your
Energy (with Crystals!)*

A guide by Ashley Leavy



What is Crystal Therapy?

Crystal therapy is a form of energy healing in which the energy given off by a stone is used to treat the body, mind, and spirit. All matter has energy. Each unit of matter vibrates with its own unique energetic blueprint. This energetic blueprint determines the way that the energy is directed through our dimensional universe, physically and spiritually.

A blueprint of a crystal is a regularly-repeating atomic structure that is formed from building-block-like units of matter. Because crystals exhibit this type of orderly perfection, they are able to bring healing light and loving encouragement to all beings.

Crystals have the capability to absorb and transmit light (the utmost universal energy known to be in existence). Because of this property, crystals are able to draw in Universal light energy, refract it among their internal crystalline structures, and

then transmit it to a receiving source (i.e. any being that will accept the crystal's generous gift of healing energy). Therefore, crystals have the natural ability to conduct energy; they act as conduits for the universal healing energy of light. They are tools which one may use for healing the body, mind, and spirit.

Their perfect forms are a metaphor for the balance and perfection that humans search for in their own lives. By bringing a crystal into your energetic field (by carrying it with you, wearing it as jewelry, etc.), your energy body will start to mimic the perfect harmony and balance found within the crystal.

The stable energetic vibration from the crystal will realign and redirect the flow of energy within your physical, emotional, mental, and spiritual bodies, returning them to a state of balance and wholeness.



How Can Crystals Help Me in My Life?

Crystals act as a center of focus, to help you get to the place in which you can create positive change in your life.

Think of all the stresses you go through in your day, or of all of the things that happen where you feel a little bit unbalanced. It is these things that interfere with your ability to feel like your perfect, balanced self, keeping you from connecting with

your inner-self and shifting your outlook. Crystals act as a center of focus, to help you get to the place in which you can create positive change in your life.

How Can You Create Real Change with Crystals?

When you combine the power of your affirmations with the amplifying energy of crystals, you have a recipe for positive transformation.

Crystals are also beneficial for releasing and removing unhealthy patterns in your life. Bringing crystals into your energy field gives you an energetic blueprint for new, healthy thought patterns and re-directs the way you think and feel about yourself and your life.

One of the easiest ways to start shifting your belief patterns and energy frequency is to combine crystals with the power of affirmations. Affirmations are intention statements. They are like messages that you send out to the universe to communicate your goals, dreams, wishes, and desires.

Words can be powerful. When you put your full attention and intention into your affirmation statements, you can create major shifts in the energy of your life.

When you combine the power of your affirmations with the amplifying energy of crystals, you have a recipe for positive transformation.





Creating & Using a Crystal Affirmation Journal

The best way to incorporate crystal affirmations into your life is to use an Affirmation Journal. This is a special book where you track your personal success stories.

To create your Affirmation Journal, start by choosing a blank journal just for this purpose. It may be gorgeously glam or plain jane in appearance, but it should be something that you like and enjoy (because if it speaks to you and makes your heart sing, you're much more likely to use it often). You may even want to decorate the cover of your Affirmation Journal yourself by adding things that resonate with your vision.

After you've chosen your journal, you should divide it into seven equal sections. You don't have to count the number of pages and be super precise here; dividing the journal into seven equal-looking chunks is just fine.

Now you can customize your Affirmation Journal a bit more. You can create seven tabs for the top of your journal that divide the sections (these can be made out of heavy paper or thin plastic...just be sure to use something sturdy).

Attach these tabs to the first page in each section of your journal so that it's easy for you to find each specific section when you need it. Another fun way to separate these sections is to use ribbon instead of tags. Cut seven strands of thin, pretty ribbon and tie them together in a knot at one end. Be sure that the strands are long enough to use like a bookmark.

They should now sit on the top of your journal and the seven strands should each peek out of the bottom of the pages just a bit. When it's time to use your journal, these dividers will make it easy to find the section you need.

Writing Your First Affirmations

Affirmation Journal to keep track of your personal growth.

Now it's time to add your very first affirmations! For the following sections of this guide, each corresponding to an area of your personal development, you will be given a crystal affirmation. On the first page of each of the seven sections, you should add one of the crystal affirmations from this guide. You may want to write the affirmation in the journal yourself, or you may choose to cut and paste the affirmation images included with each section below. You now have some solid intentions created for your personal transformation.

To use your Affirmation Journal, hold the corresponding healing stone (listed in each section) in your hands and say the affirmation aloud. The crystal energy will amplify the power of your intention statement, creating a positive shift in your body, mind, & spirit while you work on that specific aspect of your personal life. You can perform this exercise for just one affirmation that needs your attention, or you can create a mini-ceremony by going through all seven affirmations with the seven corresponding stones. You can do this as often as you like, but I would recommend doing this exercise for at least one affirmation per week. Use the blank pages that follow that section in your journal to record any thoughts, feelings, ideas, brainstorm, etc. that you have about that area of your life.

You can also use the blank space in each section to keep track of any situations that indicate your affirmations are creating a positive shift in your life. For example, if you've been working with your Abundance Affirmation and suddenly get a raise at work, write it in your journal! Sometimes it's easy to overlook your successes in life, but by keeping track of them in your Affirmation Journal, you'll begin to see how powerful this work can be. It's also a good reminder that personal transforma-

tion can occur in many forms and can help you to recognize and be grateful for baby steps in your personal growth.

The final way to use the blank pages in your Affirmation Journal is to rewrite your affirmations. You might be wondering WHY you'd want to do this... Well, over time, your personal goals and intentions may change. It's a good idea to check your affirmations every few months to see if they're still truly aligned with what you hope to change about your life.

If you find that it's time for a new "Confidence" affirmation, then write yourself an intention statement that's more aligned with where you'd like to be in your life. Then, just move your divider tab to this new page so that you can start fresh with this affirmation. It will still be in the same section as your previous "Confidence" work, but you get the opportunity to start fresh with a new intention.

It can be helpful to date the entries in your Affirmation Journal to keep track of your personal growth (especially to make note of when you've changed or updated an affirmation statement), but it also shows you how often you're using your journal. It can be a great motivator to see that using your Affirmation Journal more often is directly corresponding to big life changes and an overall feeling of happiness and joy within yourself.



Amping Things Up with a Crystal Vision Board

To create even more opportunities for positive change from using your crystal affirmations, you may try creating a matching vision board.

A vision board is a visual representation of your affirmation. It may include pictures or words that show what you're trying to create in your life.

Using your Affirmation Journal is wonderful on its own, but adding a vision board into the mix can be a great reminder of that intention throughout the day.

It's best to hang your vision board in a place of prominence, or somewhere where you will see it often throughout your day.

To create your vision board, you'll need to start by gathering some supplies. Some helpful items include a stack of old magazines, a pair of good scissors, a large cork-board, and tons of push-pins.

Using a cork board and push pins is helpful because you can change and update your vision board as needed (like when your goals, hopes, and dreams change and grow), but if you'd like, you could just use a glue stick to attach your images or works to a piece of cardboard instead.

Next, you should browse your magazine stack, cutting out images or words that relate to your specific affirmation and capture the feeling of what you want your life to be.





Creating Your Own Crystal Vision Board

You're constantly changing and growing as a person (getting better all the time).

These images or words should mostly be very specific, but sometimes they may be more generalized (i.e. like if you're representing a concept like "Serenity").

The next step is to arrange and organize the cut-outs in a way that appeals to you. You may even want to group things together (this is especially helpful if you're creating a board for more than one affirmation).

Keep adding images and words until my board is full of positive, life-changing scraps of paper! Once you've finished your layout, you can use the

push-pins to hold the paper scraps in place (or you can glue them down using your glue stick).

Finally, take a step back and look at how amazing this project turned out. You're sure to feel motivated by all of the positive energy that has been put into it.

Again, it's important to remember that it's ok if your vision board changes as the year progresses, but that's really the true beauty of creating positive changes in your life – you're constantly changing and growing as a person (getting better all the time).



Crystal Affirmations

Crystals are also beneficial for releasing and removing unhealthy patterns in your life. Bringing crystals into your energy field gives you an energetic blueprint for new, healthy thought patterns and re-directs the way you think and feel about your business and your life.

One of the easiest ways to start shifting your belief patterns and energy frequency is to combine crystals with the power of affirmations.

For the following sections of this guide, each corresponding to an area of your life, you will be given a crystal affirmation.

Hold the corresponding healing stone in your hands (if one is available) and say the affirmation. The crystal energy will amplify the power of your intention/affirmation, creating a positive energy shift in your body, mind, & spirit while you work on each aspect of your life.





Crystal Energy for Living Your Purpose: Amethyst

Amethyst can help you to see your own inner gifts and it allows you to appreciate the things that are uniquely you! Let Amethyst be your crystal companion for learning about your innate talents and abilities. It will help guide you in uncovering your passion & purpose in life

I am amazing in my own unique way!

Take Action

Feel free to cut out the crystal image to the right to use in your Affirmation Journal or on your vision board.





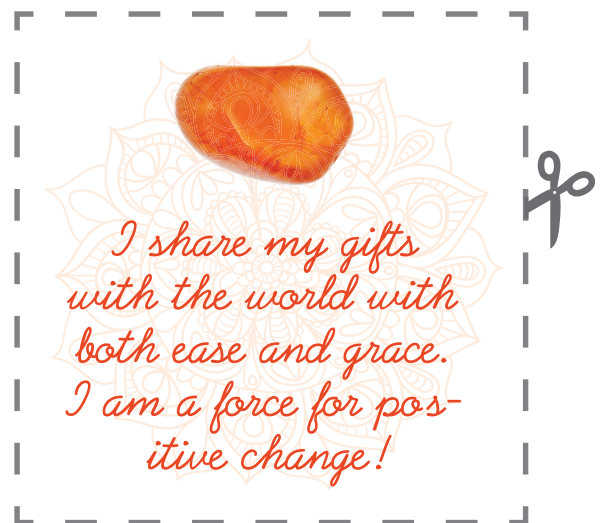
Crystal Energy for Sharing Your Inner-Gifts: Carnelian

Carnelian can help you to create massive positive change in the world by motivating you to share your gifts with others. Let Carnelian be your crystal companion for sharing your inner gifts and talents with both ease and grace.

I share my gifts with the world with both ease and grace. I am a force for positive change!

Take Action

Feel free to cut out the crystal image to the right to use in your Affirmation Journal or on your vision board.





Crystal Energy for Confidence & Success: Citrine

Citrine is the perfect crystal companion to help you work through fears, hesitations, or blocks around sharing your gifts. This stone will help you embrace your strengths in order to help you create the success you deserve.

I fully embrace my courage, confidence, success, and self-worth

Take Action

Feel free to cut out the crystal image to the right to use in your Affirmation Journal or on your vision board.





Crystal Energy for Abundance: Green Aventurine

Green Aventurine is a powerful crystal companion for manifesting wealth & abundance. This stone helps you to shift your thinking about prosperity and about your relationship with money. Let Green Aventurine gently shift your thinking so that you are better able to welcome abundance into your life.

I welcome wealth and abundance into my life by consciously creating space for thoughts of prosperity.

Take Action

Feel free to cut out the crystal image to the right to use in your Affirmation Journal or on your vision board.



I welcome wealth and abundance into my life by consciously creating space for thoughts of prosperity.



Crystal Energy for Happiness: Blue Lace Agate

Blue Lace Agate is the perfect stone to surround you with the happiness and positivity that you need to succeed. It draws in supportive people like a magnet, bringing in just the right network to help you maintain balance in all aspects of your life. Blue Lace Agate creates happiness on the inside while surrounding you with that same positive vibe from external sources.

I am surrounded by people that support my happiness and personal growth.

Take Action

Feel free to cut out the crystal image to the right to use in your Affirmation Journal or on your vision board.





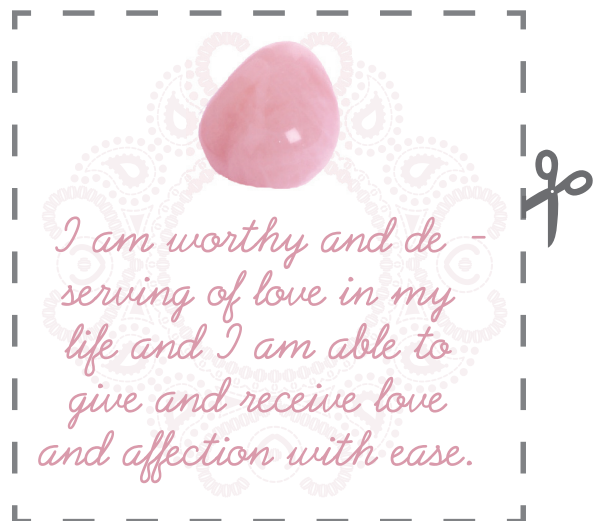
Crystal Energy for Love: Rose Quartz

Rose Quartz, with its soft, gentle energy, radiates love energy in all its forms. This crystal can help you open your heart so that you can freely give and receive the highest vibrations of love in your life. Rose Quartz also helps to filter this energy so that only healthy forms of love are accepted by your being. This stone gently opens you up to be a more compassionate and loving person.

*I love and value my unique, authentic self
and I am excited to share my brand
with the world.*

Take Action

Feel free to cut out the crystal image to the right to use in your Affirmation Journal or on your vision board.



*I am worthy and de-
serving of love in my
life and I am able to
give and receive love
and affection with ease.*



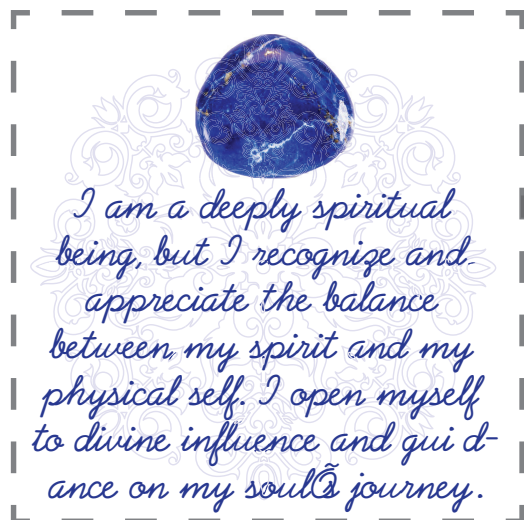
Crystal Energy for Spirituality: Lapis Lazuli

Lapis Lazuli is known as the “Stone of Heaven.” It connects your physical being to the realm of spirit and allows you to receive divine guidance about your path in life. This crystal allows you to embrace the spiritual aspects of yourself while gently reminding you to stay grounded in the physical realm.

I am a deeply spiritual being, but I recognize and appreciate the balance between my spirit and my physical self. I open myself to divine influence and guidance on my soul’s journey.

Take Action

Feel free to cut out the crystal image to the right to use in your Affirmation Journal or on your vision board.



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About Ashley Leavy



Ashley Leavy provides online crystal healing classes for heart-centered healers and spiritual entrepreneurs who want to create a life and sacred business aligned with their heart and soul.

She is a crystal healing instructor for the Love & Light School of Energy Medicine, as well as the Founder & Educational Director.

To learn more about how Ashley can help you begin your life-changing journey with crystals, please visit her online at www.LoveAndLightHealingSchool.com

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