

CONCLUSION

Our Grids are a complete package and all instructions for their set up and daily use are included, including this instructional guide. You may place your grid wherever you choose. Don't feel limited, as Grids work indoors and outdoors. You can actually go camping and create a grid around your campsite or even create your fire-pit as a grid. Grids are portable and can also be made into a permanent structure such as a framed piece of artwork and hung on the wall.

If you purchase a grid-building session, one of the benefits, is that we can permanently secure the stones after the completion of your grid. It is recommended however to use it on a daily basis for best results. Just as in anything else, the more you use it, the more effective it will become for you. You can also talk to your grid as you see the energy flowing in and around it, it's work for you. Treat it as a good friend, one who's working for you 24/7. After all, you did create it and your energy is part of it's energy now, so it is a conscious being. Who knows, you may even find other uses for grids and help your friends and family with them.

GRID POWER ROCKS!!

This is the beginning of a great new adventure and relationship for you and your Grid. Take it slow and enjoy it. Relish the time you spend creating this new life form. As you work with your intentions and use your Grid, get ready for big changes to happen, for you and around you. Thank you for being you, and changing your life with Grids.

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THE GRID MAKERS GUIDE To The Universe



Light Touch Coaching

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INTRODUCTION

Hello, my name is Rich and this little booklet is going to introduce you to the wonderful world of Grid making. Along with that, it will enlighten you on setting some awesome Intentions that will help your Grid become all that it can be for you! My Business, Light Touch Coaching, has several products designed to assist others in their spiritual growth such as oil lamps, prayer altars and of course Sacred Geometric Grids! We also conduct Hypnosis, Massage and Emotional Freedom Techniques (EFT) sessions for our clients.

I became interested in Grids when I took a grid workshop awhile back and started becoming interested in crystals and stones. The variety, shapes, sizes and properties of crystals and stones was just amazing. When you combine crystals and various stones with designs of grid work along with powerful intentions, you really have a winning combination. We haven't even mentioned the millions of variations and combinations from the simplest line drawings to the most intricate Mandalas for your grid design.

WHAT'S A GRID

What is a Crystal Grid? And how do I set Intentions for it's use?

A Crystal Grid is a geometric pattern of energetically aligned crystals and stones set upon grid lines. Crystal energies within specific grids, forms, and structures, greatly expand the power and energy of crystals in wonderful and highly effective ways. When set with a focused intention, and purpose, the grid can greatly expand and assist with achieving one's desires. The crystal grid focuses the Universal Life Force Energy in a particular way for a particular purpose. You have an amazing ability to consciously & purposefully create exactly what you choose in your life and...crystal grids can give you an added advantage. An "Added Advantage" on top of this "Added Advantage" is the power of focused Intentions. Setting intentions or goals in life is definitely a plus, but when attached to the amplifying power of a Crystal or stone Grid, especially one that you created yourself, you've got Power with a capitol "P". We're talking "Creation" here grasshopper! A new life form waiting to be Created by you!!

Are Crystal Grids easy to make and use?

Yes, they are extremely easy to make and use! There are very basic guidelines included here to get your grid setup and activated. The patterns are already printed for you and the only thing limiting you is your imagination. If you are blessed to be working one on one with me (Rich), or another of my associates, it will be even easier and more fun for you!! :)

COMPONENTS

Grid Components, Resources

Parts, Tools, Processes

The following ingredients are necessary to create your grid which are all included here if you purchased your package from Light Touch Coaching.

1. A printed and laminated grid.
2. 16 Quartz crystals or other mineral type stones. If you'd like to use more, say (24) you may pay extra for the extra stones.
3. A Center or Focus stone or crystal.
4. A combination of, or one of the following: An Intention / Affirmation / Mantra / Focus Goal.

This little booklet will explain and illustrate everything you need to know for the set up your grid. It will also explain the order in which the grid is constructed, and how to use and maintain it for the best results.

All grids have several parts to them:

1. The Grid Lines
2. The Point Crystals,
3. Focus Stone and,
4. The Energetic Intention of why you are utilizing your Grid.

The Point Crystals are placed one at a time around the points within the Grid. The Focus Stone is the central piece of the Grid and is the last stone or crystal to be placed. Its purpose is primarily to gather, focus and amplify the Universal Life Force Energy, and hold the Intention set forth by it's creator, YOU. You can think of your Grid as a radio receiver/amplifier. As each stone and crystal is connected together, they amplify a frequency and vibration aligned with an intention or idea you have set in place. You may see your Grid as a large magnet attracting vibrations that are aligned with a specific thing you desire to bring forth into your life. I'm sure you've heard of the term, "The Law of Attraction". Well, this operates on the same idea as that, being, "what you think about, you bring about", only much more amplified and concentrated because of the crystals.

Tip: Did you know crystals and stones can talk? Everything has consciousness!!

Did you also know that every cell phone has a tiny crystal within it?

You may have heard or read somewhere that if you keep a certain type crystal on your person, it will help you attract whatever it is you're trying to receive, as in Money, (a green stone like Jade) Love, (Rose Quartz) etc... The Grid does the same thing, however, using multiple stones and having them fed with focused and amplified thought energy gives them much more energy and power to accomplish their purpose.

There are many designs for Crystal Grids. Each has specific uses and meanings. There are, Triangles, Circles, Squares, Seeds of Life grids, Flower of Life grids, Hexagons, Spirals, Mandalas and many others which are very interesting and useful for certain purposes. If you are interested in exploring more of the subject, you'll want to delve into Sacred Geometry, which can teach you much more about the uses of each design. Also, there are many resources on the web, and if you search with the words, "Crystal Grids", or mandalas, you'll receive more than enough help.

My friend Patti Kessler has created a grid channeled from Archangel Metatron. Her email is: Patti@pattikessler.com if you'd like to ask her about the Metatron Grid. She also does private sessions with clients for Metatron's Grid.

SACRED SPACES

A Sacred Space

Before you begin to set up your grid you'll want to decide where you'd like to place it and how you'll be using it. I highly recommend that you use a "Sacred Space" where you can go without distractions. Preferably a quiet room where you won't be interrupted by pets, electronics, or other distractions. Personally, I have a room I use as an office and meditation room for myself. When I'm in there, the door is closed and all know not to disturb me when I'm there. I have an office table and chair against one wall and an altar table and chair against another wall of the room so each are kept apart and only used for their own purposes.

My altar area has a totally different feel and aura around it than my office table. It's where I meditate each morning and keep my grid, spiritual pictures, candles and incense in one place. Once I sit at my altar, I'm already in the mindset of peace and tranquility. It's much easier when you have a designated space, a regular practice and routine to follow. Also, make sure there will be no distractions or interruptions while you work on your grid. The last thing you want to do is get interrupted in the middle of it. Then what state of mind are you in? When I forget to lock him out, my cat is right there meowing at me.

(A side note here) Do not be misled by any idea of Dogma or religious belief here. There are no religious beliefs, rules, or dogmas required in building a grid. There can be a spiritual aspect and/or ritual within the creation of them, however, this is strictly a personal choice. We are dealing with energy here, and you will have your own terms you use for your personal way of describing that. You may use the term "Universal Life Force", or "Creator", the point is, is that there is no "wrong way" or even "right way" to do a grid. It's all personal choice. If you'd like to include your personal prayers into it, that is fine. My choice is to center myself in my body and get quiet in my mind to a degree before I start. You can do a very short meditation or just center your thoughts on an idea, affirmation, or prayer of your choice.

INTENTIONS

The Power of Intentions

Now we come to intentions and the role they play within our Grids. I lead an Intender's Group circle twice monthly, and can say without a doubt, that setting intentions works in amazing ways. Our circle has had some phenomenal successes with our intentions. The key is to phrase your intentions in a positive way, and keep them in the present moment.

The subconscious mind does not work in linear time, so always keep your intentions in the now as if they are already a reality. You want to avoid words such as try, hope, want and need. Especially need. If you "want" or "need" something, you will always be in a state of wanting or needing. Some of you will have to actually change some of your language to reflect the results you desire.

Also, you cannot state wonderful, uplifting intentions for 5 minutes per day and bitch about your life the other twelve hours. You must be congruent in your words, actions and feelings. Nothing compares for results as much as strong, clearly focused intentions. I've listed some good intention statements and affirmations below, that you may use for various outcomes, but work on creating your own as well. Practice, practice, practice. Make it your new art form.

This is your life we are talking about. Every thought you think, (especially an emotionally charged one) has a creative effect. You may not see it but it's creating something for you. Look up Dr. Masaru Emoto's water experiment on YouTube to see the power one single word has to change the crystal structure of water when it's frozen. It's amazing how beautiful the word "Love" can be in a water crystal. The opposite effect happens with ugly words as well. That's the power of thought, and it's within you.

Some suggested intention formats:

"My body is healing and rejuvenating itself in perfect ways!"

"I am now receiving the money (\$\$\$) I desire to purchase (____), in an easy and relaxed manner!"

"I see myself passing my final exams with an easy and joyful expectation!"

"I am now attracting the perfect partner to me which is creating more joy in my life and living!"

"I am connected to my Source and receive all the guidance concerning (____) that I have asked for."

"My mind is attuned to the Infinite Mind of All Source, and with this grid I now activate this connection consciously and meaningfully."

" I accept the energetic connection through this grid to move and develop a harmonious outcome during this event/period/situation"

Construction and Activation

Grid Construction and Activation

So, we are now ready to construct our grid. You'll want to first choose all the stones you're going to use, including the center stone. This is actually the first part of what we'll call "Activation" because when you are choosing your stones/crystals, they are actually choosing you as well. Crazy right?! Not really, when you realize that all things have consciousness, even if it's as a vibration.

I haven't had a verbal conversation with a crystal yet, but I know people who have. Your thoughts go out from you in wave forms and effect everything around you. It makes sense to me that as I observe a stone, my thoughts about it, effect it in some way, even if it's just a connection. So please be mindful as you observe and choose your stones for your grid. You could always pick them up and ask this question: "Truth, would you like to be in my grid?" You might be surprised and hear a resounding "YES", or you may feel a lightness in your body that suggests a yes.

Play with this idea and see what happens. So, as you start placing your crystals and stones around your grid this is part of the activation. Once you have them placed, you may use your index finger or a wand, or another crystal to connect them to each other. You do this by simply tracing a line from each one to the other and the center stone. Imagine this as an energetic connecting tool, bringing them all together in the same intention and alignment. You, as an energetic being have energy coming and going from you continuously.

As you direct your energy with your finger or a wand, the energy goes that way. If you have terminated point crystals with one sharp end and one flat or rough end, you might want to alternate with point out, then point in, and so on. Some people place a written affirmation below the Center stone, or a piece of green cloth, or even a piece of money if that's what they are intending. It's all to your own preference.

Personally, I have held my center stone to my heart and recited my intention out loud. Once you place it on the grid, you can "Connect" it to the other point stones again by tracing the lines from each crystal/stone to the Center Piece, one to the other. You may use as few or as many pieces of crystals and stones as you prefer. Remember, it's all personal and intuitive.

As you create and activate your grid, keep in mind the purpose or intention you are setting. You can also use pictures for an added effect. For instance, if you wanted healing for someone who requested this, you could have a picture of them behind your grid. Maybe you also have a "Vision Board" that you'd like to put in the back ground, or a picture of your vacation destination.

Whatever the purpose for your grid, use your imagination to bring in added features/effects and senses to assist with the overall results. It really will be one of a kind, your kind! Speaking of you..... You'll also want to lower any barriers or defenses you have that would block the smooth flow of energy coming to you. You can imagine yourself pulling energy into yourself from the Universe, through every pore of your body and through your grid. Feel this energy coming in and becoming what you are desiring to bring forth in your life.