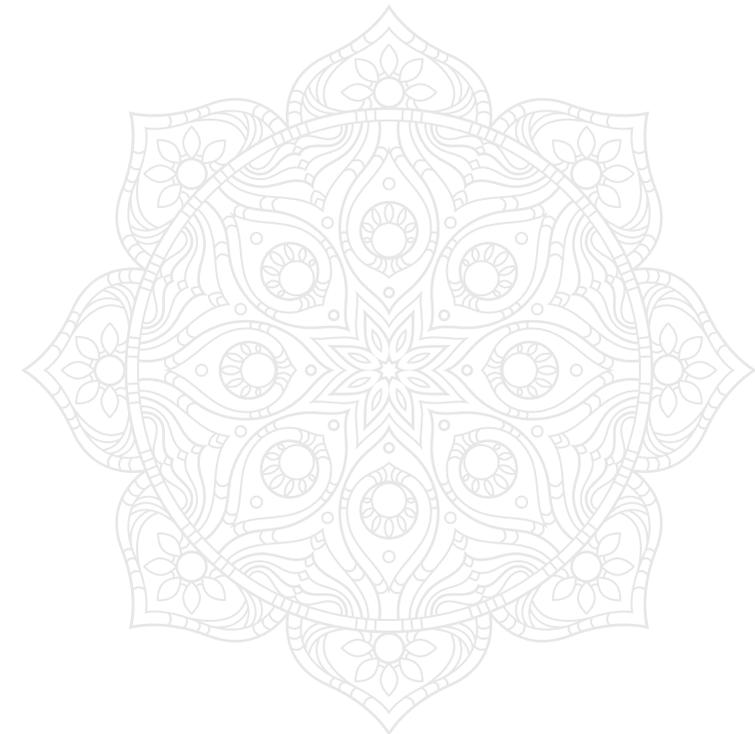




THIS JOURNAL BELONGS TO

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## INTRODUCTION

In meditation, I asked my higher guides what they wanted to express in this introduction. The first words that popped to mind were, “Tell them their light matters.” Then came an image of street lamps. Here is the story that guidance asked me to share with you ...

In cities, where many people congregate, there are many lamps close together. Well-lit streets are fairly easy to navigate. Along roads that are less travelled, the street lights are farther apart. Travellers brave enough to steer away from where the masses gather, to venture along a rarer path, rely more upon the light that each lamp brings. If a lamp on an outlying road goes out, its absence is far more noticeable. In the sunshine or by the light of a lamp, the beauty of the path that weaves through the sacred wilds of nature would be appreciated. That same path is so much harder to navigate in darkness and may even seem frightening.

This metaphor reminds us of the spiritual purpose in each of our unique paths. Although the mainstream may not be with us yet, there are many travellers who need our light as they shift from fearfully clinging to majority thinking into the courageous individuality that will allow their souls to guide them along a path unknown to the mind, but intuitively recognised by the heart. Our light matters for our own journey, but in all true spiritual journeys, there is a greater purpose — and that is to help all beings.

When we are doing our inner work and the going gets tough, remembering our spiritual responsibility is a good idea. Knowing others are depending on us can help us find the strength and courage we didn't realise we had. There is also the beautiful truth that to those of whom much is asked, much is given. The expression usually goes the other way around — to those whom much is given, much is required! I take comfort in remembering it goes both ways.

When we sense a healing task that seems great, we can be certain the Universe will provide all the resources as we need them. To the mind concerned about falling into selfishness, it is soothing to know that in our own liberation, spiritual success and inner peace, we can help others more. We have more to share and don't have to go chasing after anything, as the Universe knows what we need and delivers it with loving wisdom and benevolent grace.

This leads us to the essence of the *Crystal Mandala Oracle*, which is about channelling the divine power of heaven and earth. There is an extraordinary spiritual blessing latent in every human being. It has the potential to become something of a divine live wire, channel or vital circuit that is plugged into the celestial realms and the physical body of the earth. This blessing allows energies to flow along our spinal columns and through our nervous systems, chakras and souls, transmitting divine frequencies in accord with our choices. If we choose to take a spiritual path and learn how to integrate our dark and light sides, to accept our humanity with compassion and to amplify the positive gifts of our souls, we are stepping up to fulfil the spiritual potential we have as human beings.

In numerous spiritual traditions, including the Vedic teachings of India, Tibetan Buddhism and Western mystery schools, it is said the gods fight to be granted a human body as a human incarnation has the greatest potential for spiritual progression. What can be attained in a lifetime is, perhaps, unsurpassable. One only has to look at the accomplishments of some of the truly loving and great souls on earth to realise this idea holds truth.

Like an advanced masters' program (pun intended!) rather than a childminding service, earth school can be tough. There are many things that seem real here, that are only real if we make them so. The wilder and vaster our minds and emotional fields, the stormier the inner seas that we are learning to tame and use wisely. Learning to honour our emotions without becoming completely overtaken by them is hard. Learning not to overthink or allow our minds to dominate our hearts and steal our inner peace is even harder.

These are not complicated concepts, and yet in their simplicity they can literally take lifetimes upon lifetimes to master. We are not to be discouraged though. Often, when someone I am working with is making a breakthrough of some kind, Spirit is in a joyful uproar of celebration — just as Spirit is every time we choose





*There are many ways to be empowered. Spiritual power enables you to trust in your higher guidance no matter what appears to be happening in your life. Psychological power enables you to evolve your beliefs. Emotional power processes feelings into wisdom. Physical power strengthens you to act on matters that serve your life path.*