THIS JOURNAL BELONGS TO
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 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...
wisely, act with love, are kind to ourselves and others, and choose peace and trust over fear and doubt. When we do fall into ego and stuff things up, Spirit responds with compassion, encouragement and respect. Remember, with humour and kindness, that mistakes will occur in the process of learning the lessons we were spiritually ambitious and divinely badass enough to incarnate into earth school for!

Throughout this journal you will find six healing processes. These can be done at any time you are drawn to do so. They can be done relatively quickly, or you can go deep and take longer if you choose. It is best to set aside some time for yourself, turn off mobile phones and other devices, keep the lighting soft and wear comfortable clothing. For optimal results, aim for a space where you can go into your journey and not be distracted by the external world.

My profound gratitude for the messages of love and support that higher guidance has provided for me over the years is a big motivation for me to create and share its wisdom. I do this in many ways so that people can be drawn to what they are drawn to, and drink at the loving well of soul nourishment that higher guidance provides for all beings willing to sate their spiritual thirst. Time and time again, they astonish, delight and humble me with their humour, insight, kindness, generosity and absolute devotion to every single being I work with. I know that this love, respect and protection is offered to all who want to receive it.

In working with this journal, you will be giving your soul a chance to breathe, express and create with the loving support of the incredible divine energies of crystals, angels, the ascended masters and the goddesses. I hope you come to trust in the importance of your journey and to know just how supported you are by the Universe. There is so much beauty and light within you and that is only going to increase as you walk your path, even when it seems diving into the darkness is the way to make spiritual progress.

We do need to remind each other that we have all the protection, encouragement and resources we need to fulfil our divine potential; and that the Universe is taking utter delight in the path each one of us has chosen. May you remember that. Find peace and allow your soul to continue to shine the light that guides humanity from fear to love.

Namaste,

Alana
The earth loves you without condition. She nurtures every aspect of life into existence, including you — from the life that dwells within your body to the path that will best fulfil your soul destiny.
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.