This journal belongs to
Earth warriors are part of a new spiritual generation. They are a unique soul group, united by shared qualities, rather than by age, culture, gender, religion or philosophy. Earth warriors are particularly respectful and honouring of the sacred feminine in her form as Mother Earth. They are kind and loving, especially towards animals and human beings that need additional protection from abuses of power. Earth warriors are a beautiful combination of gentleness, wisdom and fierce, sacred rage that gives them a courageous voice and enough awareness to stand up and make the truth known. This may be through activism, education or sharing information about political agendas, the truth behind advertising or unethical business practices. Earth warriors are truth speakers, and it is loving kindness that motivates them to be sacred rebels.

Earth warriors are the guardians and way-showers of the new world — of a new human culture based on the sacred wisdom of protection, connection, respect, love and spiritual integrity. They see right through the false glitter of status or object worship. They are interested in what is real for the soul. They prioritise relationships and the support of the tribe above money and worldly power, and because of this, they have spiritual empowerment. They emit a certain type of heart light that helps humanity to remember what truly matters. They hold the power of certainty that when we use our voice, our talents, our hearts and whatever we have at our disposal for the greater good, things happen, situations change, and we need not feel intimidated nor silenced by forces of greed, hate or fear.

The earth warrior is not just about keeping his or her patch of earth clean and sacred. They want to inspire, teach, protect and encourage as many humans as possible to join the fray and say no to what goes against the wisdom of the heart. Earth warriors are the soul conscience of humanity.

Some years ago, I was drawn to sing mantras in larger groups of people and was invited to sing at a drumming circle. I wasn’t a drummer, but I love to dance, have good rhythm, and they were open to all sorts of musical offerings. So, I took my crystal singing bowls and my voice to what was the first session of many years of mantra healings, new friendships and dancing to freestyle djembe drumming. It was a breath of fresh air for my soul, and I felt a kinship with the wild and free spirits that were part of that community. Over the years, I worked with a number of those beautiful people in musical performances and got to know them and their unique social culture. These people who were living (quite literally drumming!) to their own rhythms created such an impression on me.

As a rebel who marches to my own beat, I could totally relate to them. Although I had a strong sense of spiritual community, in many ways I was also quite a loner and hermit for large portions of my life. This suited me. It gave me time to contemplate, reflect and give birth to new ideas. I enjoy my time socialising and being in connection with others, but I also take delight in solitude. It is a regular part of my lifestyle and I find it very restorative. This community intrigued me, because they were so different to me in this way. They were very communal and community focused. There was a sense that their entire tribe — and I would call it a tribe for this reason — was one spiritual body, with many individual members. In the same way we have a body that is made up of arms, legs, heart, brain and so on, this tribal soul body had its parts, and yet, it was one being.

Their values of leaving no trace, of loving the earth, of protecting the environment and of supporting each other in their individual journeys of personal development — whether it be self-healing, yoga practice, teaching, tantra or music, for example — without any judgement whatsoever, was astonishing to me. I had lived in communities rife with political backstabbing and power games, and yet here I had stumbled into a tribal family spread all over Sydney, with some hundred members or so, with so much genuine encouragement for each other, so absent of ego … I felt a bit like a spiritual anthropologist discovering a rare tribe, and I was fascinated!

There were problems to be dealt with, of course. Pain and struggle are part of life, even lives well lived with awareness. Still, it was one of the healthiest human ecosystems that I had ever encountered, and I have been in and out of many groups over the years, with many claiming to be spiritually evolved. I loved that this group didn’t claim anything more than being a type of family based in love and respect, and this seemed very true to my experience of that community.

In time I learned to recognise this tribal frequency. As I travelled, I found those same frequencies in other parts of the world. This tribal consciousness was a global movement rather than something unique to that one beautiful community I was led to in Australia. Some groups looked like they should belong to that tribal consciousness, and yet lacked the real heart. On the surface, other groups seemed to have little in common, but held the same genuine heart frequency. There were people of all ages and walks of life that were drawn to these types of communities and the ways of being that they naturally create, as they recognised the value of what they bring to the earth.
This generation instinctively recognises that if we allow the powers-that-be to determine our values and where we place our time and energy, all that is precious in life will be destroyed. This realisation is not ‘overly dramatic’ but acknowledged as fact, and the response is not despair, but creativity. This generation opts out of so much consumerism and so much anxiety-inducing status-worship. They choose to be real, to honour their own souls and live from the heart. They feel no need to live up to the expectations imposed on them by a sick social system. They create their own spiritual standards and encourage each other without shaming or guilt. They are accepting, but set boundaries based on what matters to them. These earth warriors are the saviours, guides, defenders and wise wayshowers who carry eagle vision and the medicine of the wolf teacher that ensures future generations will have access to something worth protecting.

I was at a spiritual festival doing appearances, signing books and so on, and having a chat with my publisher when we fell into discussion about these communities—he had experienced them, too. I mentioned that I would love to create something that held the soul frequency of this tribal wisdom, that could support those communities and could be shared with others. He loved the idea, so I opened my heart and mind to it. Not long after that, I discovered the work of Isabel Bryna. In her images, I instantly felt the frequency of the soul tribe consciousness that I loved and valued so much. I messaged her about becoming involved, and she agreed. And so, the oracle deck and journal dedicated to earth warriors were born.

In the pages of this journal, you will find four 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. Set aside some time for yourself, turn off your mobile phone and other devices, keep the lighting soft and wear comfortable clothing. Aiming for a space where you can go into your journey and not be distracted by the external world. If you are unable to create an ideal space, the healing processes will do their work. You can come back to the processes as often as you wish.

I hope you find comfort, encouragement, sacred feminine wisdom and soul nourishment through your work with this journal. You have an earth warrior within, one who understands that you must create your own life, and respect and guide your own communities from a place of heart wisdom. May this journal be a place to reinforce the value and worth of your intuition and the guiding inner wisdom of the Universe that every day reminds us we have the power to protect, heal, create and regenerate our own bodies, minds and lives, as well as our world and all the beings in it, for the greatest good, from a place of love.

Namaste,

Alana
The power and ways are given to us to be passed on to others.
— Fools Crow, Ceremonial Chief, Teton Sioux
There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold on to the shore. They will feel they are torn apart and will suffer greatly.

Know the river has its destination. The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above water. And I say, see who is in there with you and celebrate. At this time in history, we are to take nothing personally, least of all ourselves. For the moment that we do, our spiritual growth and journey comes to a halt.

The time for the lone wolf is over. Gather yourselves! Banish the word ‘struggle’ from your attitude and your vocabulary. All that we do now must be done in a sacred manner and in celebration.

We are the ones we’ve been waiting for.

— attributed to an unnamed Hopi elder, Hopi Nation, Oraibi, Arizona