



Alana Fairchild's SOUL GUIDANCE & SACRED MENTORING

Student Guide 2018

We want you to have an amazing year with us. We believe in what is possible for you this year and it's such a special gift for yourself and for those that are going to benefit from your increasing spiritual empowerment personally and professionally. We believe that there are simple ways that you can ensure that you get through this year feeling more empowered, vital, inspired and ready to take on the world (with love) than ever before.

Here are our suggestions for you to be able to get the most out of the training program and yourself.

Take care of yourself

This is a full, deep and powerful program. It has been created to elicit real changes in you and your life. You'll need to give yourself time to take it in.

Rest regularly. This can be easier said than done and it often requires that you 'book it in your diary' if you have a very busy schedule. Even a 30 minute stroll in nature once or twice a week, where you don't think too much about anything, might be all that you need to stay well and not become overwhelmed. Or maybe your rest needs to be physical, in darkness, with just a candle and soothing music. Tune in to what *you* need and give that to yourself on a regular basis.

Eat properly, exercise and be hydrated. Listen to your body and take as best care of your health as you can. It might seem unexpected to say this in a program that is for energy work but you'll come to realise that genuine spiritual work is actually quite hard on the body at times. You are pushing energy through your nervous system. It's very real. Give yourself time to adjust to what you are doing, just like you would if you were training your physical body to grow fitter through exercise.

Good nutrition, rest and physical activity that feels right for you will all help you recover from your energy work done in the training program and your spiritual growth and energetic empowerment will be enhanced as a result.

Additional Mentoring

Book additional mentoring if you need it to handle what is coming up for you during the training. It is a way to take care of your personal wellbeing and get the most out of your program. Care enough for yourself to meet your needs and allow yourself to be helped.

If you are going to grow a lot during the year, and we believe that you have that capacity within you, then issues will arise from time to time. It's not always comfortable but it's better to work through them and enjoy increased freedom and happiness than to avoid facing what is happening for you. We encourage you to treat yourself as your best investment. We believe that will only make you a better healing professional and an even happier person.

Both Jo and Alana are available for additional mentoring if you feel you need it. Or perhaps you already have a mentor that you work with and you feel can support you on the program. Having additional mentoring based on your needs will help you make the most of this year of training.

Mentoring is available by booking through Alana's website with a special rate only available for online training students of AUD\$333 (GST inclusive for Australian clients) for a 60 minute session on Skype. After you have made your [purchase online here](#) you will be emailed by the admin angel with further instructions and to set up your appointment. If you have any queries about mentoring with Alana, please [email the admin angel](#). Bookings with Jo for mentoring are available by emailing Jo directly [here](#) and are available at a cost of AUD\$120 for a 45 minute session.

Pace your learning

If your throat chakra wasn't strong before the course, it will very likely become so during it! The throat chakra helps us set schedules, make priorities and plans, and stick to them. If you schedule time for study and break time, you'll find it easier to manage your studies, stay on top of your assessments and enjoy the program, without becoming overwhelmed.

We suggest that you look to schedule around six hours of study time a week. You may like to break this up into three lots of two hours. Twice during the week, and once on a weekend, for example. These study hours will include time to read through the materials, listen to the MP3s, watch the videos and write in your journal. It includes time to run through the templates and do exercises in the related book for your module. It also includes time to work on your assessment due at the end of the training.

We may ask to see your journal at some stages during the training if we feel this is helpful, so please keep on top of it regularly. You don't have to write pages and pages - although if some of you are like Alana you probably will (!) - but at least one or two pages a fortnight is suggested as a guideline to keep your journal flowing. There is a separate PDF called Questions to Support your Journaling which will help inspire your journalling if you get stuck or blocked.

We want to see you emerge from the end of this training as an even more deeply empowered, successful and inspired light in this world. To do that, you need practical pacing techniques. This means not getting overwhelmed or behind on your work - or too far ahead of yourself where your body may need time to catch up with your enthusiastic mind - by working to a schedule as much as you can.

To help you manage the course load, we have created a suggested (and detailed!) study guide. This is our way of helping you get started with time management, but you'll be responsible for working out what approach to the work suits you and your schedule.

We don't recommend leaving things until the last moment, though we do understand how that can happen sometimes. We know that some of you will be 'crammers' and used to doing things at the last minute, but this is a big course. If you can learn to pace yourself, and work steadily, you really will make incredible gains through the year with us.

We have a week-to-week suggested study guide for you below. You can adapt it to your own needs and habits, but it gives you an idea of how you might start to plan, so that you can stay on top of your studies and pace your learning steadily for great results. You'll enjoy your year more with us and find that planning helps make the training much more manageable.

Suggested study guide for February 2018 intake

MODULE ONE - Monday 12th February 2018 - Sunday 25th March 2018

Module One/Session one - Monday 12th February 2018 - Sunday 25th February 2018

Download your course materials and watch the video by Alana in the first week if you can. Read the assessment document for this module to help you prepare over the coming six weeks.

In the first fortnight we also ask that you read the template document for this module and practice the template at least once each week. We also suggest that you listen to the session one materials for this module during the first two weeks.

We ask you complete at least one of the meditations from the Radiance meditation CD in this fortnight.

Write in your journal. Even if just once a week. Reflect on your experiences of the template, and your meditation. You can refer to the PDF called "Questions to support your journalling" to help you if you wish. Your journal will become a reference that helps you complete your written assessment due at the end of the module.

Module One/Session two - Monday 26th February 2018 - Sunday 11th March 2018

We suggest that you listen to the session two materials for this module during these second two weeks.

Review the template document again, give yourself at least one practice session on yourself per week.

After the template experience you have a great opportunity to write in your journal. You can refer to the PDF called "Questions to support your journalling" to help you if you feel stuck, or simply write about what came up for you in your template experience and exercise from the related book that you completed during the template. Your journal will become a reference that helps you complete your written assessment due at the end of the module.

We ask you complete at least one of the meditations from the Radiance meditation CD during this fortnight. Keen for more? You may explore topics of interest in *Crystal Angels 444*.

Module One/Session three - Monday 12th March 2018 - Sunday 25th March 2018

We suggest that you listen to the session three materials for this module during the third and final two week period for this module.

We suggest you complete two distant healing sessions with the template during this fortnight. You can work distantly with a person, or a place. Remember it is not part of your professional repertoire until you have been accredited. Knowing this will help you relax, remember that you don't have to be perfect, and that you will learn through experience.

We highly recommend that you complete at least one meditation from the Radiance meditation CD during this fortnight. Keen for more? You may further explore the *Crystal Angels 444* book.

You are encouraged to write in your journal again. Note your experiences of the templates, the exercises you do within the templates, and your meditations. Your journal will become a reference that helps you complete your written assessment due at the end of the module.

Prepare your assessment - Monday 26th March 2018 - Sunday 1st April 2018

During this week, look over your journal. Reflect upon your experiences over the past six weeks of Module One and then go into your heart and be real - we really want to know how you are going!

Review the assessment document and prepare and submit your assessment to us no later than due date of 1st April 2018.

Returned assessment - Sunday 15th April 2018

Your assessment will be returned to you with our remarks by Sunday 15th April 2018. If there is anything further that we want to ask of you, to fulfil your assessment, we will ask it by this date.

Additional assessment - Monday 16th April 2018 - Friday 20th April 2018

If we have asked you to reflect further on your assessment, you will need to submit your answer to us by Friday 20th April 2018 so that we can give a final result before the beginning of next term, due to start Monday 23rd April 2018.

MID TERM BREAK - Monday 16th April 2018 - Sunday 22nd April 2018

If you do not require additional assessment, enjoy a week of mid-term break before we enter into module two. During that time we suggest you switch off and relax!

MODULE TWO - Monday 23rd April 2018 - Sunday 3rd June 2018

Module Two/Session one - Monday 23rd April 2018 - Sunday 6th May 2018

Download your course materials and watch the video by Alana in the first week if you can. Read the assessment document for this module to help you prepare over the coming six weeks.

We also suggest that you listen to the session one materials for module two during this two week period.

Read the template document for this module. Practice running the template at least once per week on yourself. Write in your journal. Even if just once a week. Make notes of your experiences of the template and the exercises from the book that you complete during the template. You can also refer to the PDF called "Questions to support your journalling" to help you if you wish. Your journal will become a reference that helps you complete your written assessment due at the end of the module.

We suggest that you complete at least one meditation from the Mystical Healing meditation CD during this fortnight. You may like to write about your experiences of that in your journal.

Module Two/Session two - Monday 7th May 2018 - Sunday 20th May 2018

We suggest that you listen to the session two materials for this module during this two week period.

Review the template document for this module again. During this fortnight complete the template at least twice, we suggest at least once on yourself and then one practice session with another person. You will need to do this in person.

After the template experience you have a great opportunity to write in your journal. You can refer to the PDF called "Questions to support your journalling" to help you if you feel stuck, or simply write about what came up for you in your template and the exercise you completed during the template from the related book. Reflect also upon the experiences that your client has during the template. Your journal will become a reference that helps you complete your written assessment due at the end of the module.

We suggest that you complete at least one meditation on the Mystical Healing meditation CD during this fortnight. You can write about your experiences in your journal. Keen for more? Why not explore topics of interest in *Crystal Masters 333*?

Module Two/Session three - Monday 21st May 2018 - Sunday 3rd June 2018

We suggest that you listen to the session three materials for this module during these two weeks.

Complete the template for this module at least once per week during this fortnight in practice sessions with someone else. You can do this with the same person you worked with previously, or with different people. Each time you run the template - even with the same person - it will be different. You are encouraged to write in your journal again, reflecting on your own experiences during the template, and those of your clients. Your journal will become a reference that helps you complete your written assessment due at the end of the module. Note your experiences - the things that are feeling good for you and the things that may be more challenging.

You may like to watch the video with Alana again during this fortnight to really anchor this module in your energy field.

We strongly recommend that you complete at least one meditation from the Mystical Healing Meditation CD during this fortnight. You may like to note your experiences in your journal and you may also wish to further explore *Crystal Masters 333*.

Prepare your assessment - Monday 4th June 2018 - Sunday 10th June 2018

During this week, look over your journal. Reflect upon your experiences over the past six weeks of Module Two and then go tune into your soul and express yourself openly and authentically. We will receive whatever you wish to offer with reverence and respect. Don't be afraid to be vulnerable or open in what you share with us.

Review the assessment document and prepare and submit your assessment to us no later than the due date of 10th June 2018.

Returned assessment - Sunday 24th June 2018

Your assessment will be returned to you with our remarks by Sunday 24th June 2018. If there is anything further that we want to ask of you, to fulfil your assessment, we will ask it by this date.

Additional assessment - - Monday 25th June 2018 - Friday 29th June 2018

If we have asked you to reflect further on your assessment, you will need to submit your answer to us by Friday 29th June 2018 so that we can give a final result before the end of term holiday, from Monday 2nd July 2018.

END OF TERM BREAK - Monday 2nd July 2018 - Sunday 8th July 2018

Enjoy the mid-year break! You've earned it! The pace of the second half of the program is a little more rigorous. So enjoy your time off now, play, restore as you switch off and relax.

If you do not require additional assessment, you can enjoy an extra week of holidays, starting from Monday 25th June 2018

MODULE THREE - Monday 9th July 2018 - Sunday 19th August 2018

Module Three/Session one - Monday 9th July 2018 - Sunday 22nd July 2018

Download your course materials and watch the video by Alana in the first week. Read the assessment document for this module to help you prepare over the coming six weeks.

We also suggest that you listen to the session one materials for this module during the first two weeks and read the template document for this module. We ask that you run the template at least once per week during this fortnight, on yourself.

We highly recommend that you complete at least one meditation from the meditation CD For Love and Light on Earth. Write in your journal. Even if just once a week. Make notes of your experiences of the template and your meditation. This is a way to prepare for your end of module assessment as you go rather than at the last minute. You can refer to the PDF called "Questions to support your journalling" to help you if you wish.

You will need to reflect and prepare for your Empowered Soul Voice offering. This is a creative soul offering, the details of which are outlined in the assessment document.

Module Three/Session two - Monday 23rd July 2018 - Sunday 5th August 2018

We suggest that you listen to the session two materials for this module during this fortnight.

Review the template document again. At least twice during this fortnight, run the template in collective healing mode. Refer to the template document for details.

After the template experience you have a great opportunity to write in your journal. You can refer to the PDF called "Questions to support your journalling" to help you if you feel stuck, or simply write about what came up for you in your template experience. What was your experience of the template in collective healing mode, and what energetic feedback and/or energetic shifts did you sense in the group you were inviting into the template? Your journal will become a reference that helps you complete your written assessment due at the end of the module.

We highly recommend that you complete at least one meditation from the meditation CD For Love and Light on Earth during this fortnight. Keen for more? You may wish to further explore topics of interest in *Crystal Goddesses 888*.

You will need to further reflect and prepare for your Empowered Soul Voice offering. This is a creative soul offering, the details of which are outlined in the assessment document.

Module Three/Session three - Monday 6th August 2018 - Sunday 19th August 2018

We suggest that you listen to the session three materials for this module during this fortnight.

During this fortnight, run the template for this module at least once per week, on yourself or in collective healing mode, as you choose. Reflect on your experiences in your journal. Your journal will become a support for your final written assessment for this module.

Prepare your Empowered Soul Voice offering for assessment. Refer to the assessment document for details.

You may like to watch the video with Alana again during this fortnight to really anchor this module in your energy field.

We strongly suggest that you complete at least one meditation from the meditation CD For Love and Light on Earth during this fortnight. You may like to write about your experiences in your journal. Keen for more? You may wish to further explore topics of interest in *Crystal Goddesses 888*.

Prepare your assessment - - Monday 20th August 2018 - Sunday 26th August 2018

During this week, look over your journal. Reflect upon your experiences over the past six weeks of Module Three and then connect with your own authentic, empowered voice to express yourself in your assessment. We are so excited to receive your reflections and insights!

It is also time to finalise your Empowered Soul Voice creative offering, ready for submission on the due date. This is not about a perfect piece of art, it is about a soulful expression of your own creativity and authentic voice.

Review the assessment document and prepare and submit your assessment to us no later than due date of 26th August 2018.

Returned assessment - Sunday 9th September 2018

Your assessment will be returned to you with our remarks by Sunday 9th September 2018. If there is anything further that we want to ask of you, to fulfil your assessment, we will ask it by this date.

Additional assessment - Monday 10th September 2018 - Friday 14th September 2018

If we have asked you to reflect further on your assessment, you will need to submit your answer to us by Friday 14th September 2018 so that we can give a final result before we commence Module Four on Monday 17th September 2018.

MID TERM BREAK - Monday 10th September 2018 - Sunday 16th September 2018

If you do not require additional assessment, enjoy a week of mid-term break before we enter into Module Four. Take your time to restore yourself during this week. Gain some energy to be focused for the final six week period for the year. We suggest you switch off and relax!

MODULE FOUR - Monday 17th September 2018 - Sunday 28th October 2018

Module Four/Session one - Monday 17th September 2018 - Sunday 30th September 2018

Download your course materials and watch the video by Alana in the first week if you can.

We also suggest that you listen to the session one materials for this module during the first two week period.

Read the group mentoring workshop outlines and based on your personal preference or intuition, choose one of the three that you will focus on for this module - Crystal Angels 444, Crystal Masters 333 or Crystal Goddesses 888.

Read the assessment document taking note of the Awareness of Yourself as a Mentor guidelines for this module. During this fortnight you'll be running a template of your choice from one of the three group workshop outlines with a small group. Details are in the assessment document.

Write in your journal. Even if just once a week. Make notes of your experiences running the template with the group and your feelings about your role as a mentor. This is a way to prepare for your end of module assessment as you go rather than at the last minute. You can refer to the PDF called "Questions to support your journalling" to help you if you wish.

We highly recommend that you meditate, have a relaxing bath or do a laying down relaxation to Alana's Voice of the Soul album for at least twenty minutes during this fortnight.

Module Four/Session two - Monday 1st October 2018 - Sunday 14th October 2018

We suggest that you listen to the session two materials for this module during the second two week period of the total six weeks during which you'll be taught this module.

Review the workshop outline document for your chosen group mentoring workshop, paying attention to the double meditation session. You are going to run the template with a small group again, adding the double meditation session as described in the group mentoring workshop outline that you have chosen.

Write in your journal about your experiences during these workshops, referring especially to the Awareness of Yourself as a Mentor guidelines. You can refer to the PDF called "Questions to support your journalling" to help you if you wish also. This will help you prepare your final assessment. Further details are in the assessment document.

We highly recommend that you meditate, have a relaxing bath or do a laying down relaxation to Alana's Voice of the Soul album for at least twenty minutes during this fortnight. You can write about your experiences of this in your journal as well if you wish.

Module Four/Session three - Monday 15th October 2018 - Sunday 28th October 2018

We suggest that you listen to the session three materials for this module during this fortnight.

Review the workshop outline document for your chosen group mentoring workshop. Organise your date, location and attendees. You will be running the full day workshop as part of your assessment for Module Four. Refer to the assessment document for full details.

Write in your journal about your experiences of running the full day workshop. Be open and honest as we want to know what is happening for you. You may have discovered a group mentoring ability that you didn't know you had or you may have felt that you were not doing something that you wish to further explore. We honour the validity of both responses and everything in between. We also trust that something of value will have come out of the experience for you, even if that isn't so clear at the time.

We highly recommend that you meditate, have a relaxing bath or do a laying down relaxation to Alana's Voice of the Soul album for at least twenty minutes during this fortnight. You may like to watch the video with Alana again during this fortnight to anchor this module in your energy field.

Keen for more? Review any topics of interest in Crystal Goddesses 888.

Prepare your assessment - Monday 29th October 2018 - Sunday 4th November 2018

During this week, look over your journal. Reflect upon your experiences over the past six weeks of Module Four and then go tune into your authentic divine presence and share what you wish to share with us. We are so proud that you have come so far!

Review the assessment document and prepare and submit your assessment to us no later than the due date of 4th November 2018.

Returned assessment - Sunday 18th November 2018

Your assessment will be returned to you with our remarks by Sunday 18th November 2018. If there is anything further that we want to ask of you, to fulfil your assessment, we will ask it by this date.

Additional assessment - Monday 19th November 2018 - Thursday 22nd November 2018

If we have asked you to reflect further on your assessment, you will need to submit your answer to us by Thursday 22nd November no later than 5pm AEST so that we can give a final result before the end of year graduation on Saturday 24th November 2018.

END OF YEAR COMPLETION - Saturday 24th November 2018 (AEDT)

We will be honouring your special achievement with a completion celebration! To manage various participant locations this will likely be an online event. Invitations will be emailed to you in advance. Get ready to join us and celebrate your amazing achievement and be encouraged and inspired for your future success.