

**A COMPANION GUIDE TO  
“HEALING WITH THE ASCENDED MASTERS”**

**GUIDED HEALING MEDITATIONS WITH ALANA FAIRCHILD**

"Alana's trilogy of *Healing with the Ascended Masters* CDs are not your usual meditation CDs. They are sophisticated and truly take your soul to another dimension. The music is just breathtaking. These meditations really work and often immediately!"

MS, Czech Republic

**Preparatory Lightworker Meditations**

The preparatory lightworker meditations are included as the first track on each of the CDs. These are excellent for beginners, as well as for cleansing and aligning subtle bodies for more advanced students, to encourage the soul-fusion process. The clearer your energy field, the stronger your conscious sense of this recognition and the more extraordinary your meditative work will be.

The Preparatory meditation is designed to cleanse, strengthen and open your energy field to receive the presence of your Soul. As your Soul is your bridge between the higher and lower planes of existence, it is your Soul presence that allows for the vibration of the spiritual worlds, in this case, the Masters (in the Ascended Master Meditations) to manifest within your auric field.

The preparatory meditations will assist you in connecting more consciously and fully with the vibration of your Soul so that you will continue to receive guidance even when you are not meditating. Your spiritual metabolism is elevated by these exercises and remains that way for a time afterwards.

It is recommended that the preparatory meditations be undertaken prior to beginning work with the Masters, and after any illness, breaks from meditation or spiritual work or when feeling tired.

If you find that you are requiring more sleep than usual or are falling asleep during your meditations, then it may be that a great deal of energy work is being undertaken during sleep at a deep, subconscious level. In such cases, trust your intuition about whether you are open to Master energy or whether you simply need a gentle preparatory lightworker meditation to keep your energy field aligned and support the healing process you are already in. When your energy field is more robust, you will be ready to work with the Master meditations.

### **Progressing to the Master Meditations**

The Ascended Master meditations introduce you to the loving presence of two different Ascended Masters on each CD. Each CD inlay contains information about the Masters featured on the CD as well as the function and purpose of each meditation. Information is also available on this site. Please use your intuition to decide which track to work with at any given time and ask for higher guidance to assist you if you are not sure which meditation is right for you at that moment.

### **The Background Music**

The music underlying the meditations has been channelled from higher intelligence and includes particular tones, instrumental sounds and keys to facilitate a deeper state of meditation, healing and spiritual expansion.

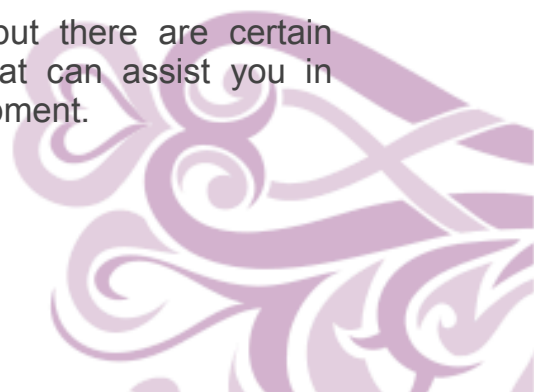
Resting throughout the music and the energy encoded in the guiding voice is the loving energy of the Masters seeking connection with you now to help you awaken and experience greater wholeness and love - and heal yourself and the planet as you do so!

### **An important safety precaution**

Please note also that these meditation CDs are not intended to be a substitute for medical care. If you are dealing with any sort of physical, mental or emotional disorder, undergoing psychiatric treatment or experience seizures or have any other neurological or neuro-respiratory disease please consult your physician or therapist and use these meditations under their supervision.

### **Why work with the Ascended Masters?**

There are no shortcuts on the spiritual path, but there are certain energies, when properly and safely invoked, that can assist you in accelerating your spiritual growth and soul development.



Soul development is what is responsible for clairvoyant ability, the capacity to channel higher information clearly and reliably, healing ability and attainment of spiritual wisdom - all talents of the lightworker!

As the soul develops, it enters through a variety of phases.

Each individual will encounter a process of psycho-spiritual individuation at some point in their spiritual development whereby family and social conditioning give way for the blossoming of the individual and the spiritual path of the individual becomes more important than the expectations that others may hold for us.

This is the phase whereby the plans that we have for ourselves (even those that seem 'spiritual' already) are finally surrendered and we not only ask for help from the higher spiritual worlds, but we also allow ourselves to receive the guidance we request and act on it with complete trust.

Acting on trust indicates that the individual is spiritually ready and beginning to blend with the energies of their Soul or Higher self. This is a remarkable and rewarding stage of the spiritual journey whereby the lightworker learns to operate according to higher spiritual law, allowing inner knowing to drive his or her actions, rather than fear or self-doubt.

As the Soul begins to more strongly fuse with the individual, a sense of transpersonal or spiritual awareness emerges, and perception of higher worlds becomes a reality. The Soul 'thinks' in terms of groups - an awareness not unlike perceiving each individual as a puzzle piece which has innate value not only because it is beautiful in its own right, but because its function is to be an essential part of a greater whole.

The nature of the Soul is love and fusion - bringing the pieces of the puzzle together as it were. This means that as you invoke the Soul, you become increasingly magnetic - you will draw to you whatever you need and desire in order to further travel along your spiritual path and manifest that path in the physical world -because you are here to experience Spirit in Matter.

### **How the Master Meditations contribute to your spiritual growth**

Because of the high spiritual vibration encoded in the Master Meditations, with moderate and regular use of the various meditative exercises, higher states of consciousness begin to register within your energy bodies and eventually your physical body.



Master energy is highly transformative.

As it registers within your auric field and moves down through your mental, emotional, and eventually physical body, a process of transmutation begins.

Transmutation is the elevation of the frequency of energy from its unconscious to conscious state, from blocked to free flowing.

In the same way that the striking of a tuning fork will naturally result in other tuning forks in its vicinity spontaneously vibrating at the same pitch, through direct connection with the emanations of the Masters, your vibration naturally responds and is elevated temporarily. As your vibration is raised, clearing and release of energies that are incompatible with that vibration (because they are of a different density) occurs.

Clearing will continue as you raise your vibration through this meditative work until you are able to sustain this higher state naturally and effortlessly. Your vibration is a bit like your basal metabolic rate - it will have a natural resting place but as you work at elevating it to optimal function, you will find it can function at a higher rate.

So in elevating your vibration temporarily through contact with higher energies, you are kick-starting your vibration, in very a similar way to exercise temporarily raising your physical metabolism. If you exercise regularly enough and properly, your resting metabolic rate will rise. The same thing applies to your spiritual vibration. If you raise it regularly, such as through appropriate meditative work, it can come to naturally rest at a higher state.

As your vibration comes to rest at increasingly higher states, your own natural growth process can be pepped up with spiritual energies. So you are able to grow, and transform yourself and your physical life in the process. You can choose to walk your unique path and express it and yourself in the physical world with a greater sense of authenticity and empowerment.

### **Lightworkers Are Awakening Right Now!**

These CDs were created to embody the opportunity for accelerated spiritual process available to lightworkers and so needed by humanity, our planet and our solar system at this time.

The intense and critical moment of planetary evolution in which we currently find ourselves is such that a great many beings and planets other than our own are dependent upon the ascension of the Earth into the New Age of Light and Love for their evolution to also continue.



A greater number of lightworkers are required right now to fulfill their divine life mission to make sure that fear is released and love fully anchored upon our beautiful Earth.

These meditations have been given in order to allow for higher states of consciousness to shift lightworkers from sleeping state to awakening, acting and changing their lives for the better. It is time to create a new, loving, abundant and healed reality and through accessing the higher states of spiritual consciousness embodied by the beautiful masters.

The Masters want you to recognise your own divinity - your own power to create, to manifest abundance, healing and love. The Ascended Masters will support you in sourcing the inspiration, courage and inner strength - as well as the joy, playfulness and love - required to create our new world and find your unique place in it.

Do not underestimate your importance at this time.

You are much needed and very loved!

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