

ALANA FAIRCHILD

WHITE LIGHT FREQUENCIES

HARMONIC SOUL BLESSINGS FOR YOUR WHOLE BEING



WHITE LIGHT FREQUENCIES

White Light Frequencies work on multiple levels of body, mind and soul to restore all that needs healing. That is their beauty. All you need to do to receive the frequencies is to listen to them.

You may want to listen to one track repeatedly. That is okay. It is an intuitive recognition that for whatever reason, that frequency is spiritually medicinal for you at this moment in your soul journey.

Some frequencies may give rise to uncomfortable feelings or sensations. Whilst any spiritual healing work, including this album, is not a substitute for medical care with appropriately trained professionals, it is certainly within the realm of possibility that such sensations are the result of the frequencies clearing and realigning your being. It is my experience that spiritual work can have a profound effect on mind and emotions, but also on the body. Learning to work constructively with the healing process, responding intuitively to what is arising and reaching out for help as needed, stimulates awakening and empowers it into fruition.

The spiritual intention of this work is to offer support for your healing journey, to counteract the difficulties that face humanity, and to restore the spirit within you.

My publisher shared that he first listened to this album whilst painting. I felt this was beautiful. You may want to dance, meditate, rest or take a bath whilst listening to the music. Take care that you are in a safe and appropriate place for deep relaxation so you can let go. Listening whilst driving may not be appropriate. Monitor your state of being when listening to the tracks on this album and take care of yourself. People who are particularly sensitive to spiritual energies may have altered states triggered, so it is better to be resting in a safe space, rather than operating heavy machinery. When offering healings, when you want to create a nurturing space at home or

when performing healing rituals, playing this album softly in the background is recommended.

SEND HEALING WITH *WHITE LIGHT FREQUENCIES*

You can work with this album to clear energies by playing it for yourself or loved ones, in a meditation or healing group or at your home. You can send healing by sitting quietly and saying a prayer for the recipient (having first received their express permission to send them healing) and then playing the relevant piece of music in their honour. If you wish, you can meditate, dance or sing to the track as part of the healing, but that is not essential. When your chosen track has finished, complete the process with a simple prayer of thanks for the divine love that heals all. You will have sent a beautiful gift of spiritual healing and blessing.

If you are a healer, you may find that clients connect with certain tracks. Reading the track description may offer them guidance on what their soul is working with at this time. You can also ask clients to connect with their heart and intuitively select a number from 1 to 9. You can then use this booklet as an oracle of numbers and read them the track description that corresponds with that number.

If you would like to incorporate this album into your healing practices further, you may be interested in online training in *White Light Frequencies Healing™*.

A NOTE ON CULTURAL AND SPIRITUAL RESPECT

Toward the end of album production, I was due to go into the studio to record the Pleiadean track when I was so overcome with a need to sleep that I called the studio to reschedule the session. I slept deeply and awoke with an inspiration to sing the Hawaiian Hōpononopo prayer on the album in Hawaiian and English. I felt the spiritual will behind this inspiration. I spoke with Angela Hartfield, the author of *The Spirit of Aloha Oracle*, who lives in Hawaii. She very kindly checked in with a group of Hawaiian Kahunas on my behalf. Their response was one that truly touched my heart. They were so encouraging and acknowledging that I would be sharing the beautiful prayer from their culture with respect. I felt completely seen for the truth of my being by these generous souls that had never met me in person.

Opening to and learning about other cultures can lead us toward connection, peace, and a true unity that is not about sameness, but about respect. It brings us to the realisation that beneath our differences, as vital and important as they are, our hearts, lungs and brains function the same way, and at its roots, the human experience is universal.

This is different from cultural misappropriation, the misuse and disrespect of culturally sensitive and significant material — including words and tools. It is an act of love to take care with such matters. Protecting a culture does not mean erecting a wall of separation around it. To stop discussing a tradition, for fear of it being labelled misappropriation, benefits neither the culture nor the rest of the human family. Learning about a culture promotes empathy and deepens respect.

I believe that we can learn to listen to our hearts and proceed without fear. There is no need to oppress our natural curiosity and interest in cultures other than our own. Whilst taking care to remain thoughtful and respectful, we can also have a little

faith in the resiliency and spiritual strength at the heart of all traditions. We can allow that strength to shine through in our quest to learn about, and share, that diverse beauty with others.

LANGUAGE DIVERSITY

I am fascinated with the different tone and feeling language evokes based on the culture from which it has arisen. In some languages, there are spiritual tones that activate us at a deep level, triggering a listening within the soul that is beyond the conscious mind. It is as if the soul becomes engrossed, pays deep attention and receives an acoustic medicine that our conscious minds cannot fully grasp.

Sanskrit, in particular, is considered to be not only a language but an energy medicine with various sounds that activate the lotus petals of our chakras. Just as the body needs a multiplicity of vitamins, I feel that varied sounds and languages—including the light languages that are shared in the Atlantean and Sirian tracks on this album—feed us in different ways, working together to create integrated wellbeing of body, mind and soul. You will hear Aramaic, Hebrew, Tibetan, Sanskrit, English, Hawaiian, as well as Light Language on this album.

SOLFEGGIO FREQUENCIES

Solfeggio frequencies are natural tones, based on the Pythagorean system of instrument tuning developed by Italian monk Guido de Arezzo in the Middle Ages. Solfeggio enabled the melodies to be faithfully replicated. It was a way to teach music before the development of modern musical notation. A base note or tone begins the sequence, and the notes follow in a set pattern to create a scale. The notes shift in relation to the base note differs, but the intervals between the notes remain consistent. In this way, a melody could be taught and passed down over generations, even though it was before the invention of pitch-measuring and tuning devices that would allow for greater precision and consistency in musical performance.

For thousands of years, the musical practitioners of India recognised that the base tone had to be carefully considered for their music be felt spiritually. Authenticity and naturalness were valued over consistency and predictability.

With the development of mathematical and scientific understanding came the frequency scale and the ability to adjust an instrument to a precise pitch. The freedom of natural tones in all their potential variability gave way to specificity. Although it reduces flexibility and tonal spontaneity, there are benefits to tuning instruments to an agreed pitch. Far from being a conspiracy against our wellbeing, standardising pitch serves a higher purpose as it allows music to be shared more readily, especially across cultural boundaries and physical distances. However, it is not the only way to play.

The use of solfeggio tones takes the standardised modern concert pitch of professional musicians and naturalises it. The result is sound that feels right, is less rigid, and is more in harmony with the authentic yet fluctuating qualities of nature, feeling, body and soul.

There are many theories—positive and negative—about music, pitch and tuning. What most, if not all, can agree on is that music has the power to change our viewpoint, our mood and our physiology. I also believe it has the spiritual capacity to heal us, to awaken us. I do not believe that there is one form or style of music that is superior to another. I do feel that different musical expressions serve different purposes. The purpose of this album is the same purpose of all sacred music — to awaken the soul, reconnect us to our inner spiritual truth and help us receive the love, blessing and beauty that the Divine wishes for every sentient being.

BRAINWAVES AND BINAURAL BEATS

I wanted to create an album that would be an aid in a physical sense, working with the brain to facilitate soul healing and spiritual growth. Prayer alone is powerful. Combining prayer with binaural beats to facilitate shifts in physiology uses technology to enhance, rather than detract, from our soul awakening. This is something I feel passionate about.

Binaural beats are created by playing two slightly divergent tones simultaneously. This triggers a brainwave response that matches an imagined third sound. I like to think that the third sound is *anahata*, the unstruck sound. Anahata is the name of the heart chakra in Sanskrit, the language of the Vedas of India, from which the concept of chakras primarily arises. Implemented with awareness, I believe that binaural beats can help us access our hearts.

One of the many functions of the heart is to create peace out of discord. The binaural beats are used in this album to facilitate deeper mental relaxation where you enter the theta brain state. In theta, the body relaxes, and we can tune into our innate

intuitive wisdom, creativity, rest and repair, and process considerable information effectively.

Binaural beats support the natural awakening of the genius within us. This genius knows how to guide, heal and direct us in all facets of our life journey. When you feel your breathing slow and your mind become more gentle and open, which will happen quite naturally, you are experiencing the effect of the frequencies, prayers, key and binaural beat of the track — all of which have been intuitively guided.

TRACK ONE: THE GAIA FREQUENCY 174 Hz

The Gaia Frequency strengthens us in finding place and purpose, clearing survival and attachment issues to become open to receive, fully embrace and gain confidence in our authentic life path. There is no other person or path like yours. You are meant to become the fulfilment of your inner nature. Gaia supports that process with generosity, genius and grace. Healing experiences of betrayal and abandonment leads to forgiveness and the increased ability to trust and open one's heart to life's goodness and blessing.

Intent

Release from pain. Finding belonging, safety, security and love. Karmic release.

Prayer

I wrote this prayer as if Gaia was speaking to our souls, reminding us that we cannot attain spiritual fruition, peace, abundance and enlightenment if we turn away from our embodiment as humans. Our souls then speak to her, recognising her as our

mother, the giver of life, grace and opportunity.

Return to me, return to me. To your heart. Faithful Mother. You're my own.

TRACK TWO: THE LEMURIAN FREQUENCY 285 Hz

The Lemurian Frequency connects us to ground, support and our ancient inner wisdom. This frequency generates safe space for healing on all levels, including the physical aspect of our multi-dimensional being. Supporting reconnection, it heals our essential bond with Mother Nature so we can learn from her sacred feminine wisdom teachings. This frequency helps us heal traumatic imprints from this and other lifetimes, and through ancestral lineages. It holds space for deep cellular repair, regeneration after illness or other trauma and going back to one's roots to reclaim the positive legacies and inheritances. It is also a space for forgiving and releasing that which cannot support the loving, healthy development of the soul.

Intent

Repair of damaged tissue and issue. Supporting organs and returning to optimal condition. Shifting ancient memories of suffering to clear and restore the original blueprint for wellbeing. Supported health and balanced development.

Prayer

The prayer in this track is a mantra to the Medicine Buddha of the Tibetan Buddhist tradition. He is the cosmic healer, working on every level of being to restore and protect health so that all beings can know peace and spiritual liberation. How

absolutely joyful and beautiful! The mantra sounds like the following:

Tayata Om Bekanze Bekanze Maha Bekanze Bekanze Ratza Samutgate Sohum.

TRACK THREE: THE PLEIADEAN FREQUENCY 396 Hz

The Pleiades Frequency helps one heal the trauma and confusion that can arise when a spiritual being (such as an old soul, star seed, sensitive crystal child or indigo child) struggles with the density of ego expressions like greed, hate, ignorance, cruelty or meanness. This frequency helps one reconnect to spiritual heritage that extends beyond this lifetime — to the spiritually supportive ancestries of the soul, which can include star seed energies such as the Pleiades. It supports healthy functioning of the throat chakra and the capacity to discern, let go, integrate and express truths in constructive ways.

This frequency fosters a helpful connection to Earth, the human collective and one's particular soul group, that allows one to feel a belonging to self and others. The Pleiades Frequency fuels a sense of passionate purpose and the desire to be here on Earth to manifest it. It helps unveil the inner plan of the soul, so we become more conscious of our purpose and the innate joy in fulfilling it. It prepares the listener for increased activation of the light body via deep inner clearing and strengthening of the energy body, which in turn helps to heal the body and bring clarity to the mind.

Intent

Lower defence mechanisms to open the heart to receive. Shift the past and old level paradigms that are holding back the soul. Understand and then transform grief and

fear into learning experiences that empower you and help you to realise that you have the inner strength and wisdom to be able to heal through any and all experiences. Soften the grip of fear, clearing negative emotions and blocks, finding the most direct path, attracting the support and opportunity you need to attain your visions and manifest your innate divine potential. Ground your intentions in accomplishments. Shift from procrastination to creative manifestation, inner awakening and progress toward spiritual liberation.

Prayer

The Hawaiian Ho'oponopono prayer offers a powerful spiritual realignment, release and recalibration with the field of the heart. Love is the ultimate healer, and with this prayer, we engage in a process that can free us from past pain and reconnect us to the beauty, innocence and freedom within, whilst channelling divine wisdom and love which always brings spiritual benefit to all beings. There is an inherent healing genius in this prayer. I feel that it activates the higher consciousness of the Pleiades in our hearts. The spiritual significance of the Pleiades has been recognised across multiple cultures, including those indigenous to Hawaii. The prayer sounds like the below:

Eee Kala Mai Eee Ah (I am sorry)
Olo Olo E Kala Mai Eee (Forgive me)
Mahalo (Thank you)
Aloha wauw ee ah oh (I love you).

TRACK FOUR: THE MAGDALENE FREQUENCY 417 Hz

Magdalene is the sacred feminine bearer of wisdom, love and the ability to recognise one's self-worth and value. She overcomes jealousy and competitiveness with wisdom and grace, shifting our focus to that which matters most — love. Magdalene stands true in radiance when negative forces may try to silence and suppress the light. She fosters the inner recognition of spiritual truths and helps one have the courage to claim the blessings and fullness of their experience. Magdalene helps teachers, healers and those who need the courage to speak their truth with love. She helps one let go of the past and become anchored in the present moment, becoming stronger and more effective in making progress on their authentic life path. Magdalene shows us how to truly live one's spirit with courage, honesty and heart.

Intent

Undoing toxic situations and facilitating change. Releasing hidden inner pain of spiritual disconnection or alienation from life. Clearing trauma and destructive effects from various experiences in this or other lifetimes. Overcoming societal or familial conditioning to strengthen understanding and devotion to one's inner truth and pure soul expression. Healing the connection to one's own heart so that one can live from the heart rather than the head. Returning to the authentic path so that one's inner life can be lived. Overcoming hardships. Stimulation of the heart path that will overcome obstacles by transforming them into stepping stones toward spiritual fruition. Overcoming stagnation and finding the patience necessary for clarity to come when faced with confusing choices. Instils the courage and capacity to just know from the heart and to trust in that inner knowing without fear.

Prayer

The language in this track combines words of divine love in Aramaic, the language that Mary Magdalene and her beloved Jesus spoke during his lifetime on Earth, and wordless sounds that emerge from the soul, speaking a feminine language of feeling, rather than intellect. Below, the Aramaic words are written as they sound alongside their meaning in English.

Hooba – Love/dear to my heart

Eela — God

Alaum — Eternity

Kshott — Truth

Rakhamine — Mercy

Yeshua — Jesus

TRACK FIVE: THE SOLAR FREQUENCY 528 HZ

The Sun is an extraordinary being with many spiritual blessings and protections to offer the soul. The Solar Frequency of our Sun as a bestower of divine intervention, blessing and protection is recognised across multiple spiritual traditions upon Earth. This frequency supports the heart that is seeking inner spiritual light and shines the loving revelation of our true self. A spiritual master frequency of love, the Solar Frequency creates light to empower the soul and show the way beyond suffering. It overcomes darkness, negativity and fear and awakens the listener to clarity, joy and the spiritual willingness to engage in our unique life journey with courage.

The Solar Frequency encourages deep healing and peace — and they are available

immediately. It helps to shift and reprogram us to a higher and more loving level of consciousness. It also supports rapid spiritual shifts when one has outgrown the old ways of being and needs help to embrace the beautiful possibilities of a new era in one's life. Supporting the dawn of a new day, the Solar Frequency helps us step into confidence and readiness to shine our light in the world with trust. It enhances and encourages our capacity for taking delight in life and making progress toward spiritual enlightenment.

Intent

The primary love frequency, transformation and miracles. Life force, vitality, deep DNA repair, clarity, spiritual protection and strengthening from within. Celebration, joy, enlightenment and heart-healing. Empowerment of the soul to overcome darkness and bring wisdom from any past challenges.

Prayer

The prayer in this track is a Tibetan Buddhist mantra. It is vocalised in Sanskrit to the goddess of light, known as Odzer Chenma in Tibetan, Marici in Sanksrit, and Marishiten in Japan. This goddess has a variety of functions from spiritual protection during travel and outsmarting enemies in warfare, to bestowing prosperity and facilitating enlightenment. Marici is essentially the bringer of light and everything that implies — from the creation of clarity to the realisation of enlightenment. She is also a goddess that affords provisional benefits to alleviate suffering, such as abundance, and healing on every level. The prayer sounds like:

Om Marit-say Moom Swaha.

TRACK SIX: THE GODDESS ISIS FREQUENCY 639 Hz

The Goddess Isis Frequency takes us into the healing heart temple of the universal mother of restoration, renewal, and the overcoming of negativities — even extreme ones. She brings blessings for connecting to our dignity, spiritual creativity and intelligence. Accessing divine grace and deep heart healing, the Goddess Isis Frequency enables us to overcome sabotage from within or from external sources. She teaches the art of remaining in spiritual connection and sacred sanctuary of the heart, freeing one from entanglements within ego drama and the suffering of others. Hers is compassion with wisdom and mercy with strength. With the ability to succeed no matter what obstacle may arise, Goddess Isis brings us the power to overcome. This frequency helps heal ancestral wounds and negative karmic legacies, offering supreme spiritual protection and blessing to begin again in such a way that victory is ensured. She helps us realise our innate capacity to transform any situation into a learning opportunity and that nothing can hold us back from our rightful divine destiny.

Intent

Connection and balance in relationships, especially when dealing with complex interactions or community issues, including within the body such as communication between cellular systems, organs, hormones and so forth. Aligning with love-wisdom in such a way that one becomes the teaching and inspires through how one lives. Heightens and inspires creative, loving and authentic communication that can heal. Communication across the veils of time and space. Connection with other dimensions to receive love, healing and guidance from the higher worlds of spiritually advanced beings that want to assist humanity and have the power to do so with unconditional

love. Promotes social change with wisdom. Supports those that have the life path to bring positive healing energies and new frameworks of thinking and being into our world in any and all disciplines to help humanity evolve. Facilitates the evolution of individual and societal consciousness from fear-based to love-based foundations. Inspires creativity. Empowers one to spread light in meaningful and productive ways. For lighting one candle with one's flame, again and again, where the flames of love are increased and never diminished. Clears soul patterns of martyrdom and victimisation, transforming it into courage and empowerment. Heals feminine energies within men and women. Encourages confidence in one's ultimate spiritual success, no matter how many obstacles may appear. Restores trust.

Prayer

The prayer includes a Sanskrit mantra that honours the Divine Feminine. *Ma* refers to the Divine Feminine and *Namaha* loosely translates as, “I bow in respect to you.” *Hey* is a strengthening sound, as well as a call to the Divine. Isis is known as the Goddess of Ten Thousand Names, and in this track, I share not only her name of Isis but also Auset, which is the name of Isis in Egyptian. When I hear that name, I feel a profound resonance which I hope you will feel, too.

Isis Ma, Isis Namaha. Isis hey. Auset.

TRACK SEVEN: THE ATLANTIAN FREQUENCY 741 Hz

The Atlantean Frequency provides protection and healing from abuses of power in this and other lifetimes. It helps to awaken past-life talents and soul abilities to full empower and enjoy one's life path this lifetime. The Atlantean Frequency is beneficial during times of increased growth (such as spiritual initiation) when a leap in consciousness is required to grasp and integrate new ways of being. This frequency is useful for balancing technology with wisdom so that mass communication and technological advances can support the soul without overriding the priorities of people and planet. Listening to this track will help to clear obscuring factors so that one can see clearly with compassion. It also helps to foster detachment and increase empathetic insight.

This frequency awakens innate abilities to work with sound and crystals for healing and rebalances the subtle bodies when doing energy work with others one-on-one or in groups. By strengthening the ability to 'let go' of extraneous energies and learn from mistakes, this frequency helps the listener back to their pure nature so that new patterns can form that increase happiness and love in the world. The Atlantean Frequency assists with joyfully assuming the spiritual responsibility that comes with authentic spiritual freedom. It also helps the listener to use their power with loving wisdom for the spiritual benefit of all beings.

Intent

Finding expressions/solutions that allow one to spiritually outgrow what has been so that new and improved patterns of being are easily integrated. More natural and effortless change through wisdom. Gradual and alchemical shift in lifestyle and wellness. Less dominating willpower and more enjoyable working with the body and

mind. Detoxing on every level, including unplugging from the ideas and conditioning of mass consciousness and ego. Purification that results in being attracted to healthier situations and choices. Reconnection to deep spiritual knowing beyond words. The integration of unclaimed spiritual gifts and talents from past lives. Embracing the power of choice — not feeling trapped or burdened by other's viewpoints. Settling distractions and procrastination to provide clarity for the path forward. Accessing grace that protects the soul from entering into situations that are not beneficial. Energetic support for deep physical clearing. Processing memories and experiences to become clear and present in the now. For standing in the truth of one's spiritual nature and empowered being. Seeing and experiencing life as a loving co-creative adventure. Using pain to grow more rapidly and swiftly processing it to enhance resilience and increase pure joy.

Prayer

The sounds in the Atlantis track transpired in the studio without preparation. I switched into an altered state, and out came these unusual, but beautiful, sounds. They feel more than they speak, perhaps. They are subtle, but their energy hypnotised my music producer and me as it was happening! I hope you feel as comforted and deeply remembered and held as I do when listening to these sounds. I believe the message encoded within the sounds is that spiritual light will always prevail and any mistake can be learned from, so we need never be afraid. It takes us back to our essence, where we remember that we are love.

TRACK EIGHT: THE SIRIAN FREQUENCY 852 HZ

The Sirian Frequency emanates transmission from the star system known as Sirius. Sirius is the spiritual guardian of our solar system, vibrating at a higher frequency and supporting the human collective on its spiritual journey for the greater good of every being including you and me. It could be compared to a higher self or spirit guide of our Sun. This frequency builds the bond with spiritual guides more consciously so that one can more clearly and readily access authentic, useful higher guidance for one's life path. It supports the development of mastery in holding one's vibration, to shift toward higher-frequency being and positively influence the frequencies around you rather than feeling adversely impacted or 'dragged down' by lower frequencies. The Sirian Frequency provides deep and thorough spiritual cleansing. It is an awakening frequency for swift soul shifts from outmoded paradigms into new, beautiful and supportive belief systems to enhance the ability to embrace one's path. Attracting abundance and blessings, resonating with the Sirian Frequency indicates that a new chapter or cycle is beginning, often at a deep karmic level.

Intent

Returning to spiritual order and alignment with one's authentic life path. Shifting awareness from intellect to intuition so that one can live from heart wisdom, and not need every choice to make logical sense. For overcoming overthinking and dropping instead into heart knowing with patience and trust in what is unfolding. Stimulating the third eye in a gentle yet powerful way to allow deeper insight and an awakening of higher understanding, beyond logic and ego, to a place of inner wisdom. Attracts high-level spiritual guidance necessary for old souls to feel spiritually guided and protected on their life journey. Awakening in the soul that which can genuinely help

the individual and the human collective to move forward spiritually. Evokes more joy and love in the heart, helping to recognise, amplify and have faith in the beautiful side of human nature. Increases clarity, confidence and consciousness in communication with the higher self and spiritual guides. Confirms spiritual messages that are helpful and clears attachment to 'guidance' that has become distorted through personal projections or confusions. Brings kindness to the heart and a sense of humour about the difficulties of being human. To see truths that were once hidden, including actions or agendas of one's ego or other people. Revelation. Being able to work with those insights skilfully, so that positive benefit comes from it.

Prayer

As well as Light Language, of a very different kind to that within the Atlantis track, this track also includes a Sanskrit honorific: *Shree*. This title can refer to the divine goddess of enlightenment, prosperity and beauty, Lakshmi. It can also denote royalty and authority, in this case, of a spiritual nature. The Sirian system is said to be the realm of many divine beings that have supported humanity in collective awakening, including the goddess Isis, with one of her names being Sopdet which is the name for Sirius. The syllable Shree (or Sri or Shri) promotes the effortless spiritual flow of grace between our souls and the enlightened, high-frequency beings of divine love that incarnate via this particular star system.

TRACK NINE: THE BAT QOL FREQUENCY 963 Hz

The Bat Qol Frequency connects to the mysterious and sublime angelic being known as the divine voice, the voice of heaven. In Hebrew, Bat Qol (also Bath-Kol, and Bat Kol) is translated to mean ‘daughter of the voice’. She is the blessing to begin, the granting of the protection that brings inevitable fulfilment. She is the guidance that is given at the right time and in the right way and teaches the soul to sense divine timing and flow in harmony with the more significant movements and cycles of manifest creation and the divine wisdom behind it. She is the restoration of original self, clearing distortions, creating more powerful resonance with inner guiding wisdom and connection to one’s authentic path and presence. She is a connection to the great guiding Spirit of miraculous healing and unconditional love. Where the mind can fathom only problems and pain, the Bat Qol Frequency brings upliftment, peace and grace. She is also a sign that a significant divine blessing and end of a problem is unfolding for your life path now.

Intent

Reconnection with one’s primordial divine nature. Complete trusting openness with the Divine. Spiritual release. Divine intervention and penetrating spiritual experiences that shift paradigms and allow for spontaneous healing. Access to the inexhaustible source of grace that benefits all beings. Spiritual empowerment to serve that which amplifies and attracts effective sources of support for one’s authentic life path. Blessing one’s life path so that it becomes genuinely beneficial to other beings. Attraction of the highest divine frequencies. Stimulation of soul healing and spiritual alchemy. Fostering surrender, allowing, empowerment and emergence of the true self unbound by the past or conditioning. Having confidence that one’s heart is in total

harmony with universal wisdom, thereby releasing the need to fight against life or fear that what is within the heart is not what the Universe wants for you. Relief as one lets go of conflict and taps into the transcendent realisation of life’s perfection. Releasing inner conflicts between different parts of one’s life, personality, circumstances or being. Awakening to new possibilities for successful and happy integration. Tuning into the unity that overcomes fear, separation and ego, allowing one to surrender envy, jealousy, insecurities and fear of loss. Stepping into a pure embodiment of one’s higher self.

Prayer

The *Kadoish Kadoish Kadoish Adonai Tsebayoth* prayer from the Jewish tradition is a divine invocation. Isaiah 6:1-3 from the Old Testament offers us a translation: “Holy, holy, holy is the Lord God of Hosts; the whole earth is full of his glory.” It is taught that angels sing this exaltation to the Divine. When we speak words of love to another, we strengthen ourselves, the recipient, and our connection. When we praise the Divine, we increase the grace of that being in our souls. This provides spiritual protection and a realisation of inner spiritual unity that helps us release fear and doubt and embrace our unique life path with greater equanimity, trust, patience and joy. The frequency of these words helps us connect with high-level beings of light that truly honour and empower the light within for the spiritual benefit of all beings.



ALANA FAIRCHILD is a creative visionary, spiritual teacher and beloved author from Australia. Her diverse and original body of work includes over twenty oracle decks, thirty albums of sacred music and meditation, and thirteen books including the *Crystal Spirituality Series*. Alana also offers online training programs in unique channelled healing modalities, and her graduates work and play together in vibrant graduate communities for global awakening.

You too can train in Alana's modalities which include divine feminine energy work in *The Kuan Yin Transmission™*, integrative lightwork with enlightened beings in *Saraswati Healing™* and spiritual energy work including acoustic soul healing with *White Light Frequencies Healing™*.

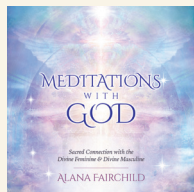
Alana's soul-stirring albums range from the conscious dance music of *Divine Circus* and *Sacred Rebels* to the ambient healing music for meditation and relaxation in her *White Light Frequencies* and *Rumi* albums.

Alana offers ongoing guidance to her devoted global following through her social media, online and in-person events, and retreats to sacred places such as India, Nepal and Tibet.

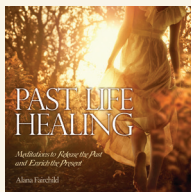
The genuine spiritual alchemy that Alana catalyses into motion sets her teachings apart. Her work has transformed the lives of thousands of people around the globe. You can find her across social media and at her online home at:

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www.alanafairchild.com

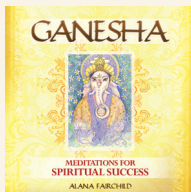
AUDIO CDs ALSO AVAILABLE BY ALANA FAIRCHILD



Meditations with God



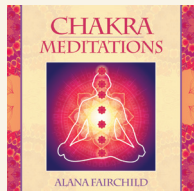
Past Life Healing



Ganesha



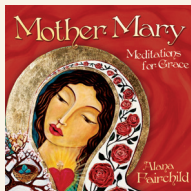
Star Child



Chakra Meditations



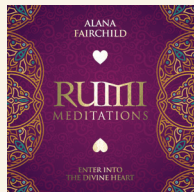
Divine Lotus Mother



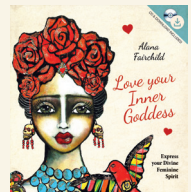
Mother Mary



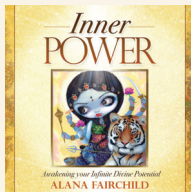
Voice of the Soul



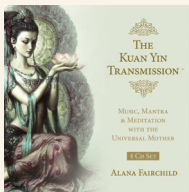
Rumi Meditations



Love Your Inner Goddess



Inner Power



The Kuan Yin Transmission™

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DISC 1

1. THE GAIA FREQUENCY 174 Hz (13:13)
2. THE LEMURIAN FREQUENCY 285 Hz (11:11)
3. THE PLEIADEAN FREQUENCY 396 Hz (12:12)
4. THE MAGDALENE FREQUENCY 417 Hz (12:00)
5. THE SOLAR FREQUENCY 528 Hz (10:10)

DISC 2

1. THE GODDESS ISIS FREQUENCY 639 Hz (11:11)
2. THE ATLANTEAN FREQUENCY 741 Hz (11:11)
 3. THE SIRIAN FREQUENCY 852 Hz (15:15)
4. THE BAT QOL FREQUENCY 963 Hz (11:33)

