



Alana Fairchild

Online Training with Alana

Self Care Guide

We want you to have a profound and deeply healing journey with us. We believe in what is possible for you during online training with Alana. We believe that there are simple ways that you can ensure that you move through the course feeling empowered, inspired and trusting of your own unique healing journey, supported as you faithfully work through the materials.

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 busy schedule. Even a 30 minute stroll in nature once or twice a week, where you don't think too much about anything, can be helpful. 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. This takes commitment. Consider it to be a necessary investment.

Eat well according to your body's needs, take time for exercise that suits you and balance your hydration. Enough filtered water intake - not too little and not too much - is important when doing energy work. Listen to your body and take 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 demanding on the body at times. You are working at a deep level to evoke awakening. That is a visceral experience and it will trigger spontaneous purification of mind and body whilst building new neural pathways. It has a profound effect on the nervous system. Light and sound are energy. They are very real and the body demonstrates this. 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.

Practice teaching yourself how to relax and sleep well. That may involve some simple prayer and meditative focus on slowing your breath as you prepare to sleep each night. Healing can be stimulating, especially when deep work in the unconscious is stirring. Dreams may become vital for a time. Your regular patterns may feel disrupted. This can be part of the healing process and will settle into a new order.

Be kind to yourself if you are going through some divine disruption in readiness for a sacred system reset. This might show up in sleep, or in emotional or psychological incongruence, or even physical stress. Recognise the significance of what you are actually doing through the program. Reach out in the community forum to share your experiences or seek additional mentoring, and self-care time.

If you like to write or create, we encourage you to keep a journal of your experiences. The soul tends to flourish in the sacred space of non-judgemental journal writing. In your journal you can write letters to your soul, to the divine, you can reflect on your experiences, you can draw symbols from your dreams or meditations, or paint the colours that you feel would nourish you, or create mood boards with images that you find online - all this can go in your journal.

Your journal is your free, open, accepting sacred space for personal expression. You may wonder how a journalling practice could be useful. There are times when it won't seem very practical and you will perhaps wonder if it is indulgent to sit around drawing images from your dreams or meditating on symbols or feelings from your dreams!

However journal practices are conversations between the conscious mind and the soul. Journaling supports the soul in metabolising experience and gaining insight. They open, support and encourage the flow of authentic, healing communication between the right and left brain, the deeper realm of the unconscious mind and our conscious awareness.

Alana's work stimulates these processes, and online training in particular. It is helpful to give yourself an outlet that supports your soul's need to take this journey with us. The short answer is that journaling can make your life easier!

Additional Mentoring

Please 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. This is a sign of strength, wisdom and self-care which will benefit others too.

If you are going to grow a lot during the course, 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. That will make you a better healing professional and an even happier person.

We have recommended mentors who are familiar with the training and Alana's work and its tendency to promote soul healing - and all that entails. For information on our recommended mentoring team please email training@alanafairchild.com Perhaps you already have a mentor that you work with and you feel can support you on your journey through the program. We encourage you to seek the mentoring relationship that feels best for you.

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 assessment and enjoy the program.

We know that 'life happens' and the best intentions can be challenged at times. The throat chakra will help you be flexible and return to your studies to keep in pace with the group, yet according to your own timing and journey too.

We suggest that you look to schedule around six to eight hours of study time a week. You may like to break this up into three or four lots of two hours. Two or three times 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 technical practices and explore additional related materials if you wish.

We want to see you emerge through the training as an even more deeply empowered, clear and inspired light in this world. To do that, you need practical pacing techniques. A regular routine for study can help you avoid getting stuck in your head analysing the process (something we can do when faced with new information or if we are sensing the potential for soul change) as well as avoid falling behind with your coursework.

To help you manage the course load, we have created a suggested study guide which you can adjust according to your needs. 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 will be providing yourself with more support and structure within which to flourish.

Our suggestion is that you diarise the weeks in your personal calendar. Then you will know when week one is for you personally, based on your enrolment date. Some will be starting first week that the course opens, others will join sometime later within the month enrolment period. Even with this slight variation in start times, and the natural variation in individual trainee's processing times, we still move together as a group, which further supports our journey.

