



Alana Fairchild

Online Training with Alana

Course Overview

Saraswati Healing™

Crystal Mandala Template Training™



Saraswati Healing ™
Crystal Mandala Template Training ™
Course Overview

Namaste beloved.

Please note that this outline does not include information on the live events, and community resource library, and hosted community forum available to trainees and graduate community members. A more detailed study guide is provided upon access to the course materials after enrolment, which will help you to pace yourself through the program.

You are welcome to download the Self Care Guide from the homepage at healing.alanafairchild.com to sense the nurturing yet empowering approach to training that Alana encourages. You will also find an in-depth FAQs document to download there too.

Training with Alana is a lot more than the course materials. The materials are the skeleton of the training body. They are important. The flesh of the training body is the soul building that takes place in the energetic field of the training as you are held and stimulated into deeper awakening. However you can get a feeling for the training by reading through the outline below.

If you have any questions, please feel free to reach out to our training angel at training@alanafairchild.com.

With love,

The Saraswati Healing ™ Team x

Online Training with Alana Overview
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Week One

This week's content includes -

ORIENTATION

Welcome to Saraswati Healing TM with Alana

Underpinnings and philosophy of the Saraswati Healing TM modality

MODULE ONE - HEART AWAKENING - Session One

Guidance and healing for heart awakening with Alana

Introduction to the Templates

Exploring the Crystal Angels 444 Template

Crystal Angels 444 Original Template demonstration for self healing

Spiritual Guidance on Soul Evolution with Alana and Dr Jo

Questions to support your journaling practice

Comments - The first week is significant in that it provides an abundance of content, which you will process over the coming month, and you will be adjusting to the course energies too. Most trainees report feeling as though they have stepped into sacred space of the course. Give yourself plenty of time this week for study and for rest. Early nights are recommended as you will process a lot during sleep.

There is a lot to cover and you have a month to work through each of the three templates you will learn in this program. Templates can be something of a soul feast. Let things settle and digest just as you would with a meal.

Have you connected on the Online Community Forum? This is hosted by the team, away from social media. It becomes our collective online sacred space to share in confidence. We suggest that you begin journaling immediately and share with the group in the online forum.

Week Two

In your materials this week -

MODULE ONE - HEART AWAKENING - Session Two

Crystal Angel 444 Template for Distant Healing – demonstration for healing an animal (our community loves working with templates for animal healing)

Spiritual Guidance with Alana and Jo on Unplugging from Mass Consciousness

Comments - You may want to attempt a distant healing and also practice self healing with a template this week, if your body feels ready for more than one template practice.

Practice a meditation from the Radiance meditation album, preferably not on the same day as a template or sound healing with Alana. Give things time to settle in between energy work practices.

Week Three

This week's materials -

MODULE ONE - HEART AWAKENING - Session Three

Introduction to Short Practices

Crystal Angel 444 Template Short Practice

Crystal Angel 444 Template demonstration of short practice

Spiritual Guidance on shifting from fantasy to reality, what is it to live heaven on earth with Alana and Dr Jo.

Comments - This week you can work distantly with a person, or a place, for distant healing and if appropriate, on self-healing. When working with others, please 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. Also remember that you need permission for offering healing distantly, just as you would have permission if you were seeing someone face-to-face.

Week Four

Materials this week include -

MODULE ONE - HEART AWAKENING - Session Four

Spiritual Guidance with Alana and Dr Jo on Divine Beings: About the Angels

Graduate Wisdom Circle - sharing insights from our community

Comments - This is the last week purely focused on the angelic frequencies before we return to them in integration during module four. We encourage trainees to make peace with the angels, to reflect and integrate before the energetic shift into the master frequency in the next module, which many trainees find quite strong.

Week Five

This week's materials -

MODULE TWO - SOUL CONNECTION - Session One

Guidance and healing for soul connection with Alana

Exploring the Crystal Masters 333 Template

Crystal Masters 333 Template demonstration for a one on one healing session

Spiritual Guidance with Alana and Jo on Purity of Purpose

Questions to support your journaling practice

Comments - The first week of this module brokers a considerable shift to new energies. Trainees often find the Ascended Master energies noticeably different to the Angelic frequency. The guidance and sound healing video with Alana will support you in this energetic adjustment.

You may notice your dreams more than usual as psychic energies are stirred up from deeper within. You will likely have experiences from the template practice also. Please journal accordingly during this time. This helps to process the energies.

Week Six

Materials for this week include -

MODULE TWO - SOUL CONNECTION - Session Two

Demonstration of Crystal Masters 333 Template Adjustment for Karmic Healing

Spiritual Guidance with Alana and Jo on Divine Timing and Nature's Cycles

Comments - The karmic healing adjustment with the masters is one of the most powerful templates and you may need to work up to it energetically. Please do not overdo it. Please take your time and reach out in the community forum, hosted by Alana and our training team, to share your experiences. We are here for you!



Week Seven

Materials for this week -

MODULE TWO - SOUL CONNECTION - Session Three

Introduction to the Crystal Masters 333 Template Short Practice

Crystal Masters 333 Template short practice demonstration

Spiritual Guidance on Spiritual Freedom, Spiritual Responsibility with Alana and Jo

Comments - Trust your intuition to guide you on what suits you this week. We encourage you to share a template with another this week too. That may be a person in the training community, in-person or online as is practical and feels best for you. Please journal your experiences and share in the online community forum as you feel is appropriate.

Week Eight

This week materials include -

MODULE TWO - SOUL CONNECTION - Session Four

Spiritual Guidance with Alana and Jo on Divine Beings: About the Ascended Masters

Graduate Wisdom Circle - sharing insights from our community

Comments - This is the last week with the master frequency in focus, before we return to integrate it with the other frequencies in module four. For now, we suggest that you take time in reflection to integrate what has transpired for you over your time focused on the masters and what you have learned. Rest, integrate and prepare yourself for the powerful shift into divine feminine energy with the goddesses.

Week Nine

Materials this week include -

MODULE THREE - EMPOWERED VOICE - Session One

Guidance and healing on empowered voice with Alana

Exploring the Crystal Goddesses 888 Template

Demonstration for Crystal Goddesses 888 Template in Small Group Healing application

Spiritual Guidance with Alana and Jo on Strategies for Navigating Darker Energies

Questions to support your journaling

Comments - The first week in module three is a significant energy shift into the divine feminine. Grounding and connection with your body will support you during this module especially well. Give yourself plenty of time this week for study and for movement, eating well and rest. Alana's video of guidance and sound healing will support you too.

Early nights are recommended as often as possible. Dreams are one of the methods of divine feminine communication. Even if you don't remember them, much will be happening. If you can journal your dreams, you'll find a deep and beautiful on-going source of powerful divine feminine guidance and healing from within. This module is a great time to explore your messages from dreams in your journalling.

Week Ten

Materials this week include -

MODULE THREE - EMPOWERED VOICE - Session Two

Demonstration of the Adjusted Crystal Goddesses 888 Template for a Threshold Blessing

Spiritual Guidance with Alana and Jo on Keeping the Faith

Comments - Please practice the Crystal Goddesses 888 Template this week, with appropriate rest afterwards. You may want to attempt a threshold blessing or you may prefer to focus on working with the original format this week with a small group. You can do this with other trainees online or in-person or with participants from outside the training. Also feel free to connect and share with the community forum to help process energies and awaken your creative flow for a creative soul offering. Contemplate your creative offering and get to journaling!



Week Eleven

This week's materials are -

MODULE THREE - EMPOWERED VOICE - Session Three

Introducing Crystal Goddesses 888 Template Short Practice

Crystal Goddesses 888 Template short practice demonstration

Spiritual Guidance with Alana and Jo on There's a place for your voice

Comments - We suggest you complete your preferred template practice this week. That may or may not involve the short practice. We encourage you to practice group work again this week, even if you aren't sure that you want to be a healer professionally.

Group work helps you gain experience and through that, develop your skilfulness in working with energies around you and planetary energies. This supports you in taking care of your own energy field, as well as training you as a healer. If you are an introvert, and not sure about public speaking, then you are not alone. Alana is highly introverted! Be kind to yourself, work with a small group of people you trust, and reach out to our training team with any concerns.

Week Twelve

Materials for this week are -

MODULE THREE - EMPOWERED VOICE - Session Four

Spiritual Guidance with Alana and Jo - Divine Beings: About the Goddesses

Graduate Wisdom Circle - sharing insights from our community

Comments - This week you have a chance to relax and regroup if you wish, to take some rest and adjust your process. You may want to practice a full or short practice template, do self-healing or group healing. Or you may prefer to take a break from templates completely this week and let the past three months integrate and give your nervous system a rest. Trust your intuition to guide you on what suits you this at this stage in the program.

Week Thirteen

MODULE FOUR - INSPIRED PRESENCE - Session One

Guidance and sound healing on inspired presence with Alana

Exploring Saraswati Healing Crystal Mandala Template ™ workshops

Spiritual Guidance with Alana on stepping into a teaching role

Spiritual Guidance with Alana and Jo -

- Practical considerations for practitioners
- Importance of your personal journey with inspired presence
- Ongoing integration and relationship with the Divine Beings

Community wisdom circle - insights with our graduate community

Questions to support your journaling

Information about your Saraswati Healing ™ Foundations Assessment

Comments - Our rhythm changes in this module, preparing you to transition from trainee to graduate. Now we explore the ongoing journey of integration and continuing practice, as well as stepping up to holding energies consciously for longer periods of time, in more complex situations. This is very strengthening for the soul.

This final month in the foundations training is integration-focused. This is very important. It is where the tremendous work that you have done over the past three months can continue to settle and reorganise itself within your being, consolidating healing change and provided a steady foundation for on-going spiritual awakening.

Week Fourteen

MODULE FOUR - INSPIRED PRESENCE - Session Two

Spiritual Guidance on being a soul guide and sacred mentor long term with Alana and Dr Jo.

Comments - It can be easy to lose focus towards the end of a long program. This can be amplified by the extra choices that you have during this module such as which template you choose to focus on, and the organisation of a workshop (or day-long offering, if the word 'workshop' sounds too intimidating).

These last weeks will fly by so please ground and focus yourself for the last leg of the trainee journey. Remember too that this is the gateway into the graduate community where you can continue your personal healing journey, and if you wish, your practitioner journey as a professional healer, with our beautiful vibrant community.

Week Fifteen

MODULE FOUR - INSPIRED PRESENCE - Session Three

Spiritual Guidance with Alana and Dr Jo on Envisioning your Inspired Presence

Comments - We recommend that you complete at least one divine downtime session with Voice of the Soul, and write in your journal again. Note your experiences of the templates, the exercises you do within the templates, and your meditations or other training-related experiences. We encourage you to connect with the forum and also to get plenty of rest as needed. Has your self-care and self-love improved during this module?

Week Sixteen

MODULE FOUR - INSPIRED PRESENCE - Session Four

Spiritual Guidance with Alana and Jo - Divine Beings: About the Angels, Masters and Goddesses - Integration and on-going divine relationship.

Graduate Wisdom Circle - sharing insights from our community

Assessment reminders and submission deadline

What's next for graduates PDF overview of community membership, practitioner process and what happens if you want to become a member and you become ready to become a practitioner later on?

Comments - This is our final trainee week in the Crystal Mandala Template Training ™ program. We encourage you to focus on your assessment and on your on-going journey with us. This is a week to reflect. There can be great difficulty in attempting to condense a vast experience, so please give yourself some time to distil the essence.

It is time to reach out with questions and intentions for on-going community membership and what you can expect regarding further opportunities for on-going study and practice.

A note on spiritual impact of the training

To share this sacred work that is dedicated not only to individuals but to the healing of the collective, and created especially to suit the needs of humanity in this particular era, is a great blessing and alleviates not only personal, but also collective karma.

We thank you for listening to your soul, and for your ongoing support in generating the wisdom and light that this healing modality creates.

There are many beings in need. We honour you, your path, and your work, for the sacred contribution that you share with us. May all beings find freedom, love and peace, according to the compassionate grace of the enlightened ones that love all beings unconditionally.

For any questions about your on-going journey with us, including options for advanced training, please reach out to our training team at training@alanafairchild.com

With love,

The Saraswati Healing ™ Team x

