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MOTHER MARY HEART SANCTUARY PRACTICE

A CRYSTAL ORACLE PRAYER GRID
AND PRAYER PRACTICE WITH
THE DIVINE FEMININE





Mother Mary is a divine feminine emanation of unconditional love. If you are willing to open your heart to her, you can find healing and grace in the connection. There are many forms of the Divine Mother and the existence of that variety of forms is a testament to her love. She wants to connect with you in ways that hold meaning to your heart. If you already love Mother Mary, or would like to initiate a connection with her, or heal any fears or doubts you have about her completely unconditional, non-judging and powerfully protective love for you, then this practice can help you explore that bond.



One of the special gifts of Mother Mary is the increased ability to trust at a soul level.

When you are wondering how to trust yourself and your spiritual journey, Mother Mary can help.

We build trust as a spiritual muscle of sorts. Developing trust is an ongoing process. We have meaningful gains, where we can accomplish things that we could not have been able to 'spiritually lift' previously, yet we have to continue to move it or lose it.

How does one lose strength in this context? Valuing our fears more than our faith. How do we value faith and build our capacity to trust ourselves and our path?

We choose confidence.

Spiritual confidence is an attitude that results from certain beliefs.

These include belief in the ability of situations to transform in positive ways, a belief in the remarkable intelligence of healing, and also a belief that you are here to awaken spiritually, and many positive energies exist to support that.

Spiritual confidence requires that you believe in yourself. Think of what you have already moved through in your life. You have already shown so much courage, so much commitment, to get to this point. It actually makes sense to believe in yourself.





Spiritual confidence also requires belief in the spiritual dimensions - in whatever way that resonates most for your heart - and belief in your relationship or connection with the spiritual dimension. That connection exists. Developing trust in that connection requires trusting yourself. Start with self-trust and grow from there. For some of us, we believe in our spiritual connection, but struggle to have the confidence in ourselves to make the most of the guidance we receive. Be kind to yourself. Self-belief is nurtured through taking one small step after the other and loving oneself enough to be both persistent but also patient.



One way that you can increase your self-love and your self-belief is by offering something beautiful for others. In our dualistic vision, human beings separate giving and receiving. Yet when you see with the inner spiritual eye, there is only one. What that means is that when you give, you receive; there is no distinction at a spiritual level. To give to yourself enables you to become fuller as a human being, and spiritually replenished. This makes you more capable of giving to others – so they benefit too – and the cycle of positive loving relating continues.

In this practice, we will use the Mother Mary Oracle and some prayers that relate to some forms of Our Lady Mother Mary as the Mystical Rose from our Rosa Mystica online program. You can use this practice to accomplish some or all of the following:

- Increase your own energy
- Increase protective spiritual energy around yourself or a loved one
- Send positive healing blessings to people or places in need
- Help alleviate the suffering of humanity and all beings more generally

Choosing your oracle deck

In this practice we suggest working with the Mother Mary Oracle to increase your heart connection and heal any possible barriers or obstructions to discovering a beautiful, nurturing, unconditionally loving friendship between you and Our Lady.

Choosing your crystals

In Crystal Masters 333, the chapter on Mother Mary focuses on the theme of trust and of the crystal Celestite. However, you can choose any crystal to rest in the centre of this grid, as feels best for you. You may wish to place other crystals around the edges of the grid, particularly resting on the four manifestation points of Our Lady.





CRYSTAL ORACLE GRID INSTRUCTIONS FOR MOTHER MARY HEART SANCTUARY PRACTICE

1. Become Present

To begin using the crystal oracle grid, take a few moments to centre and ground yourself, bringing yourself into deeper awareness of the present moment, feeling the connection with your heart. Reflecting on what evokes a feeling of gratitude can help you connect with your heart in a meaningful way.

2. Align with the deck

Place one hand on your heart, allowing your breathing to steady and deepen. Aim to relax rather than force this. Give yourself a few moments to connect with the energy of whichever oracle deck you have chosen to work with for the grid.

3. Choosing the Heart or Central Crystal for your grid

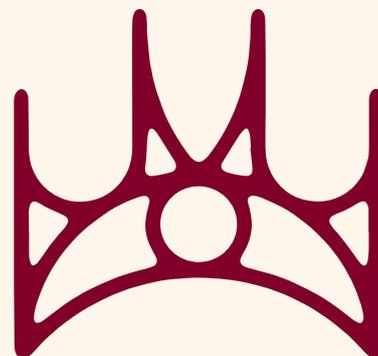
Consider if there is a relevant gem/crystal that you feel resonates with the deck. Alana has outlined crystal correspondences in her **Crystal Mandala Oracle** and her book **Crystal Masters 333** which you could use as a reference, but you are also encouraged to simply trust your intuition.

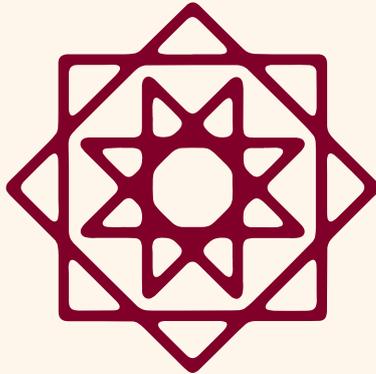
Once you have chosen your crystal, it is recommended that you place it in the centre of the grid. If you do not have a heart crystal, you can visualise a shining light of unconditional love in the centre of the grid in lieu.

Remember that with crystal selection, go with any crystal you feel intuitively guided to use that best represents the deck's energetic meaning to you.

4. Aligning the outer grid with crystals

If you also wish to use crystals on the outer grid, you can place four stones on the manifestation points of Our Lady. These are the four epithets or special names of Our Lady at each of the four sides of the grid.





Whichever crystals you decide to use for the outer portion can enhance a feeling of an enclosed protective space within which to do your spiritual practice and make your offering.

You are welcome to add as many or as few crystals as you wish. You are building something sacred now! You are encouraged to relax and enjoy the process, allowing it to be meditative.

Once you have completed the crystal alignment for the grid, you are encouraged to say a prayer of dedication. Below is an example but you can feel free to use your own words as you prefer.

“Beloved Mother Earth, you provide the gifts of these crystals and the manifestation of the oracle in these cards. I thank you for these tools for healing and awakening. May this work be guided, protected and inspired by the highest enlightened wisdom of unconditional love. May this work create spiritual blessings for all. May the guides who love me unconditionally be with me now, and always, helping me live my most blessed and beautiful life journey with courage, confidence and grace. So be it.”

5. Connecting with the Oracle

Once the crystal placement in the grid feels complete, take an extra moment to feel a heart connection with the deck. You may wish to hold it against your heart for a few seconds and really imagine and intend that a feeling of unconditional love is linking you and the deck. Intend that the best possible guidance, of the highest vibration of love, will be given for this session.

Say your prayer for Our Lady to invoke her presence.
 Beloved Mother Mary, Eternal Friend to My Heart.
 You love me unconditionally and wish to help all beings.
 May I be enveloped in your spiritual robes of protection and peace.
 May this work generate benefit for the highest good of all.



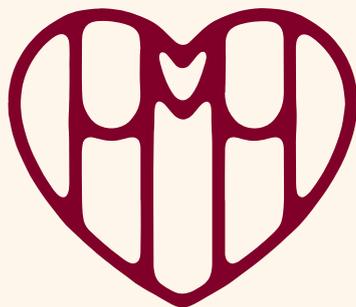


6. Oracle Card Selection

Now it is time for you to intuitively pull four cards from the deck you've chosen to use.

Working clockwise, the first card will go at the top and the relevant form of Our Lady is the Black Madonna of Truth and Courage. Reflect on truth and courage as qualities that reflect your love for yourself, and your desire to manifest your soul purpose. Then shuffle and select your card. This card may help you understand deeper challenges facing you at this time and reinforce your faith that you will move through them.

The second card on the right will be dedicated to Our Lady in the form of My Mother, My Confidence. To choose the card for this placement, reflect for a moment on the confidence you feel as you truly believe that Mother Mary will take care of every facet of your life journey - even the things that are currently deeply challenging. Imagine or intend that you are opening to receive guidance so you can feel confident within your heart and find peace and protection in your body with Our Lady.



The card at the base of the grid supports the manifestation of blessings from Our Lady of Guadalupe. To choose this card, open your heart to a feeling of being given the exact guidance you need at the best time, and the support needed to act on it. Feel trust and gratitude as you shuffle and choose this card.

The card on the left will be the manifestation point for Our Lady, Mirror of Justice. To choose this card, imagine you can release your concern about how things are going to turn out, and instead evoke a feeling of knowing your highest good will manifest in a loving way. Imagine a divine mirror shining love and light in your heart, clearing any negativity, and opening you to clearly receive your spiritual guidance, like a reflection in a mirror.

7. Activating the Healing Grid

When all of the cards have been pulled and placed in the relevant positions, you will invoke each of the four aspects of Our Lady.



If you have a crystal placed at each of the four manifestation points, you may wish to lightly touch the crystal when you read each of the four prayers of invocation below. You can imagine the vibration of sound made with your body as you speak these sacred words, flows into the crystal, enlivening the grid with the energy and blessings of Our Lady.

Note the epithet of Our Lady, the Black Madonna, at the top of the grid. Say the following prayer,

“Our Lady as Black Madonna, awaken our courage for truthfulness and strength. You are with us always.”

Know in your heart, that she is emanating in the grid now.

Note the epithet of Our Lady, La Madonna Della Fiducia at the right side of the grid.

Say the following prayer,

“Our Lady, My Mother, My Confidence, I trust in your love and resourcefulness. You are consistent in your love and graceful intervention.”

Know in your heart, that she is emanating in the grid now.

Note the epithet of Our Lady of Guadalupe at the base of the grid.

Say the following prayer,

“Our Lady of Guadalupe, you who reveal the way and make all things possible, I choose faith in your protective presence.”

Know in your heart, that she is emanating in the grid now.

Note the epithet of Our Lady, the Mirror of Justice at the left side of the grid.

Say the following prayer,

“Our Lady, Mirror of Justice, I place my unconditional trust in you, accepting your loving protection within my heart always.”

Know in your heart, that she is emanating in the grid now.

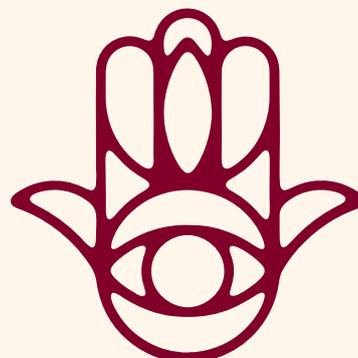
Do you have an intention for this grid? Is it a general offering or dedicated to a certain place, purpose or people? You can express that intention now. You are encouraged to do so with wisdom by saying –

“May this work serve the greatest good, including (expressing your intention) in the best possible way, according to the loving wisdom and spiritual protection of Our Lady Mother Mary.”





Once you have expressed your intention, you can now further generate the energies in the grid by taking your time to read the guidance for each card and allow the energy to sit with you and integrate within your being. As there is a healing process for each card, you may wish to complete the healing processes also. You can complete all four processes or the one that relates to the card which speaks to you most strongly in your session.



Imagine or intend that as you read the words and perform the healing processes that the beautiful healing spiritual energy you are working with flows into the crystals and along the grid, as if you were lighting up a (spiritual) electricity grid. Allow the positive energy to circulate until the entire grid feels like it is pulsing with love, light and blessings. When you are ready you can intend to release that light as an offering to Our Lady in support of the purpose of the grid.

As we give, so we receive. All that you offer for the benefit of all beings will be returned to you as blessings, as well as benefiting others. Offer with a joyful heart, certain that your gesture of good will shall attract even more help, support, goodness and guidance for your own path too.

8. Completion and Integration

Place your hands in prayer if you wish. Reflect on the beauty of the crystal oracle grid activation and how it felt to make such an offering. Imagine that goodness being received and amplified within your own life. Feel gratitude and confidence in your work. Sense that the light and energy that has been part of your grid is now completely released to the Universe. You may visualise or feel that any excess energy seeps gently into the Earth as an offering too.

Now consider taking a moment to contemplate and/or journal your reflections on the guidance of each direction, how the cards might be connected to create a meaningful soul reading for you.



9. Grounding

Notice the connection of your feet to the ground beneath you. Perhaps do some gentle stretching or other movement to bring your awareness back into your body. Slow, steady movements can be very grounding.

Gently pack away your grid and crystals whenever you are ready. However, if you wish for the grid to be set up as an altar for a period of time, that is fine too. That may help you to anchor and integrate the blessings more fully. Trust your intuition on what you feel is needed.

If you are keeping your grid open for a period of time, you may wish to repeat the prayer (or your version of it) from Step 4 over the grid on a daily basis – a bit like watering a plant to keep it vitalised! If you are keeping your grid open for a longer period of time, please also make sure to repeat Step 8 Completion (with an option to repeat the integration portion of that step if you feel it is helpful to do so) and Step 9 Grounding just before you deconstruct your grid.

Enjoy and feel free to share your experiences and photos with us! May your work be blessed and generate more love, light and peace in our world for the spiritual benefit of all beings.

