



Elenari Healing System
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TRAINING MANUAL FOR PRACTITIONER TO HEALING MASTER*

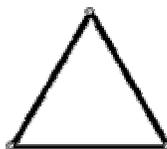
The Healing of the Realm of the Faery
Received by and channeled through,
Rev. Gail Lehmann, OM; EHS Master, Founder/Originator, Reiki Master

The Elenari Healing System is a sharing system---free of all money exchange/energy exchange. It is truly one of the first 'pay it forward' systems, in which there is a degree of passing it on to be passed on and on.

Therefore, no money or energy need be used as a way to 'pay' for this system. Share it completely on every level.

Elenari translates to "Star Elf". All healing on this dimension comes from the Higher Realms of the traditional Source—the Higher Source/Creator/God/Goddess of All. The Star Realms. This healing system utilizes our senses of visualization and intention to heal. The connection is Earth based and Star based. It implements only 3 symbols, by visualization only; and can be used to heal any element, person, animal, or plant. It may be used to magnify and manifest our needs. It may be used as a way of communication—sending energy from one person to another through our intention and breath, for breath is a translation of Life and Spirit. This system allows us to know who we are---Beings of Light. It will assist in even greater knowing as it grows within you and you connect to the Source of All Life For those who are Starseeds and Starbornes; this system will assist in your growth in a very powerful way. It will bring your reasons for being here into reality. This system will also open the door to a new connection to the Realm of the Faery, in which this system is initially based. There is a deep opening to Nature within this system—the connection to Mother Earth heightens and broadens as you walk this path.

The basis for this healing is to bring balance and connection to the



healer/initiate creating the three sided symbol of the pyramid to represent three levels of energy: Love, Compassion and Enlightenment; each taking its position in the Heart Chakra and connecting one to the other with a lightening energy that flows from one symbol to the other.

The energy then rises through the upper Chakras, aura and spiritual bodies to the Source of All Healing and Enlightenment/God/Goddess/All That Is to connect the initiate completely to the Elenari Healing Energy at the Master or third level of initiation. The flow of energy then begins—back and forth to supply the initiate/Master with the healing energy to now help both self and others. This action takes place as soon as the third symbol reaches the Heart Chakra, for their awareness of the power of healing rests within the connection, to each other and then to Source.

Most of all, this system presents source of direct, powerful healing to the initiate on each level. Each level, from the very beginning can send energy. There is no waiting to do distant healing and energy sending, since the Healing System is complete within itself, yet magnifies as each level is received.

In relation to Reiki, this system highly advances and supersedes Reiki and its energy to a high degree.

What Elenari Healing is and what it isn't:

Elenari Healing System is NOT a Reiki System. It does not incorporate any of symbols related to any Usui Reiki system. It is not have lineage that links it to the Usui System or any other Reiki-like Systems. The term Elenari, Elenari Reiki, and the term Elenari Healing System are copyrighted. No use of this name shall be allowed to any other form of healing system or Reiki/Reiki-type healing system.

This system does not require any other base system such as Reiki or mastership in any other healing system to be effective.

It does not replace traditional medical advise, procedure or medical advise. The practitioner is never to diagnose an illness, condition; or provide medical advice.

Due to the power of the attunement process, it is recommended that at least three to five days lapse between attunements. Each student will be interviewed by the teaching master before any attunements take place to determine first if the system if for you, and secondly to access your progress. If for any reason the teacher decides you are not ready for the

next level, then you will be asked to continue self-healing and extend this adjustment period to what is necessary for your well-being.

The teacher does have the right to deny access to the system if they feel you are unable to handle the power of the attunements.

It is recommended that self-healing be done for at least three days between levels to associate the initiate to the energy and allow the energy to settle completely.

Please remember to drink lots of water, and connect with nature as much as possible within the Elenari Healing System. Enjoy writing your experiences with the Elenari Healing System. You will find them helpful in your growth process and new connection with the Realm of the Faery and their wonderful tool for healing and enlightenment.

There are only three levels in the Elenari Healing System. This is to insure a simple to understand/use holistic healing energy is always incorporated each time you chose to use it. Each level has one attunement, and it is all done by distant attunement. No hands touch the body during the attunement process. The Fae will assist in the attunement process with you. Please make sure you read the attunement instructions, for they are extremely simple; and enjoy the process!

This system is a sharing system. One that does not require money, nor should it ever be a system of energy exchange to receive it. Please do not sell this system in any way, shape or form. See this system as a 'pay it forward' system—one that continues to give and give with complete attitude towards sharing. This includes this manual, all attunements; and documents.

There is no 'spiritual lineage' according to the Fae, and to create such a lineage would only set limitations on it, as would selling the system. Take this system as a gift in every way.

If for any reason you feel a need to sell this system, we must allow a warning to be delivered. Take money for it, sell it; instruct others that they can do any of the above, and the karmic laws of the Fae will begin their process. Beyond any legal stance that could be taken, the karma is much more devastating and long lasting. We strongly warn you to follow the rules in regards to this system for the good of the system and for any complications that could arise in the process.

Certificates and lineage: The completion of the system has attached to it a simple certificate. This document does not set the student to the right to sell or barter this system. It shows completion of the system and an understanding of its methods, symbols and receivership of the attunements. The student may give away at no charge of any kind the attunements to a person who desires it. That person is to be instructed to give away the system to whomever is in need or desires it. It must be made perfectly clear that the system is never to be sold for any amount of money—and that includes the documents and manual.

There is no seal, ribbon or stamp on the certificate. There is no lineage, for the Fae feel this is just a form of control and eventually create a desire to sell the system or create a hierarchy. This is just not a part of their plan, for all they want is the healing of humanity and the return of balance to Mother Earth.

Your teacher who gives you this gift of Spirit can be seen as a beloved treasure. One that carries a gift so full of wonder and Light. They carry that Light within them and give it to you. You become the beloved treasure...and the Gift goes on and on and on!

Please respect this Gift. We do know that there will be those who will attempt to sell this system. To you, the warning is clear. We hope you will respect the system and its quality to create healing and promote sharing, giving; and Light.



Elenari Healing System Level 1: The Energy of Love. Opening to Love

The first level opens us up, allows the Energy of Love to gently flow into our spiritual bodies and cleanse the chakras. The energy will flow on the 5-pointed Star in a circle—the pentacle. The 5-pointed star on its own is the

Pentagram. The Circle represents life—the constant flow of life. This is one of the most ancient symbols, for it represents the 4 directions—Earth, Air, Water and Fire; plus the fifth element that connects them all: Spirit. The Circle then implements the essence of life, the deepest connection, the miracle of creation that comes only from Source. No one, no thing, no element cannot exist without its connection to Source. It is what creates the Light Being that we are. It is the representation of all spiritual beliefs, and by more ‘recent terms’ it is the 5 wounds that Jesus The Christ bore on the Cross—which The Faery witnessed with much grief and shock and then returned to the Ancients to tell the story—with many tears, but hope for peace in our world and the world to come. This symbol is visualized in whatever color is needed to do the healing at the moment. Visualizing it in gold assists in manifestation of desires on all levels.



This symbol moves through the chakras, auras, and then rests in our heart to radiate the energy of Love throughout, as we need it to be. It becomes the floor and the right bottom point of the Elenari pyramid. To activate that Love energy, after initiation of Level 1; just touch the Heart Chakra; and the energy will radiate and flow through the Heart Chakra, and through the body as self-healing energy. To send this energy out as a communication or healing, simply take a breath through your nose and then exhale through the mouth, tongue held gently against the roof of the mouth just behind the front teeth; and visualize the symbol then your thought/communication. You may also visualize the person who you wish to speak to, and see them as you send the energy of Love.

You may do this as many times as you wish, for as you send out the energy of Love, you so shall receive this energy back ten-fold in healing and love.



Elenari Healing System: Level 2: The Energy of Compassion Opening to Gentleness and Compassion

The Second Level is the Energy of Compassion. In initiation, it brings a newness to our awareness of the connection to Mother Earth and All Her Power. She too, is creation; for from Her Womb comes all life. Mother Earth feeds us, nurtures us; and cradles us. She is the Unity of Source—where life is created and comes forth. The symbol of the Crescent Moon flows through each chakra, aura and spiritual bodies of the individual then settles in the Heart Chakra to join the Pentacle and create the left wall and the left bottom point of the pyramid. To activate the energy of Compassion, just touch the Heart Chakra and the energy will flow through the chakras and body as self-healing energy.

This is always visualized in a gold color and is also seen as the crown of Mother Earth and the seat on which She steps, sits and holds. Mother Earth is gentleness and compassion.



To send out compassion to another in distant communication or healing, simply inhale with your nose, then exhale with your tongue gently touching the roof of your mouth just behind your teeth; visualizing the individual and the symbol flowing to them, immersing them in the gentleness and compassion of Mother Earth. You may do this as many times as you wish to send out as much energy as you wish. Each time you do, the energy you

send out will return to you ten-fold and present healing, gentleness and compassion.



Elenari Healing System Level 3 (Master Level) The Door to Enlightenment

This is the final level of the Elenari Healing System. It is the Doorway to Enlightenment within the system itself. Its symbol is the 7-pointed star called the Faery Star.



The Faery Star finds its place at the top of the pyramid point, becoming the crown/cap and right wall of the pyramid, which is located in your Heart Chakra. As it locks in place, it turns gold in color and shows its personal color to the initiate. After it shows its personal color it then begins the flow of the energy through the first two symbols into itself and up through the last three chakras: 5, 6 and 7; and through the aura and spiritual bodies to Source. Then by making the final connection, flows back down to the initiate/master to become a permanent connection to the healing and power

that is the system itself. You may activate this symbol and its energy at any time in self-healing by touching your Heart Chakra. The energy will flow through the Heart Chakra, into the body to energize and heal.

This star can be visualized in any color the initiate desires. It will show itself to the initiate in the color in which will become the power color for that person to use. Each person is different, and no one color is right or wrong. It is all within the connection to Source. You may visualize this symbol either on its own or with a circle around it. This is your choice.

This level of initiation brings with it a total freedom of healing—be it hands on or with breath; visualization/distant healing, or by simple intent. You may use the breath, inhale; tongue gently resting against roof of the mouth directly behind the front teeth, visualizing the person, place or thing; and then exhaling the visualized Faery Star on the breath exhaled. It may be done as many times as you wish, and yes; you will receive the Energy of Enlightenment and healing each time—Ten fold in healing and power each time.

The initiate/master may use any of the three levels at any time to heal on that level, be it Love, Compassion or Enlightenment. Also, all three may be sent out as distant healing by visualizing the three symbols in the pyramid position: Faery Star at the top, Love: The Pentagram on the right point and Crescent Moon on the left point. Send them out on the breath as you would individually.

It is advised that respect always be paid to those we send distant healing/energy to, and to always connect with the Higher Self of the individual to ask permission—even above their verbal requests; since that which is spoken sometimes can be the opposite of what is intended on the higher planes of one's existence.

Attunement process

The Attunement process that assists in passing the Elenari energy is extremely simple. Cooperation with the Fae as your initial guides, and Intent. Center, ground; and then state your intention of what you are planning to do. Read directly from the below statement until you feel comfortable within your own words and actions.

Simply stated:

Gracious Ones of the Fae, I come with love and sharing to bring this attunement to: _____. Please assist me in this attunement and I

now intent for (name) , at _(city /location)_____ Time Zone _____ to now receive Level One/Level Two/ Level 3, and the Symbol _____ be sent to her/him at this time. I send it with Love, Light and Peace; for the highest good of _____and for their gentle and complete healing. May their lives be blessed abundantly and with joy and Light. And so it is.

After you have been attuned, you may boost your own attunements as needed and if you feel out of sorts or need that extra boost of energy. To do this, simply ground, center and then ask the Fae to please come to assist with the refresher attunement process.

As you give attunements to the Elenari Healing System, you will receive gentle healing and help with your own needs. You do not need to ask directly for what you need, for They work very closely with the Angels, and together They will help you out in any way necessary in your growth and healing process.

Do always remember, this system is never to be sold for money or exchange of energy. This is a system of complete and total sharing. Ask nothing in return except that the person you share it with will be blessed completely and abundantly. As the energy begins to go out to others in the same manner, so too will Mother Earth and all Her children become a part of a great healing process.

May peace, Light and Love always prevail within everyone whom this energy touches.

Be externally blessed within this gentle healing system, and share with everyone freely—with love and Light.

I wish all of you who attend to this energy and share it with everyone in the Mind of Love and Light have a life full of joy, peace, Love and Light.

My love and prayers to you all,
Rev. Gail Lehman, OM
Founder, Elenari Healing System

No sale, transfer of money, or energy exchange is allowed in any way
for the transmission/attunement of Elenari Healing Energy.

Share this energy freely.

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