



*Elise-Mila*

WITH ANGEL NATHANIEL

Guidelines for ELISE-MILA<sup>®</sup><sup>™</sup> healers





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# Introduction

In this translation, we have sought out words that speak the equivalent of the German original. We came to this conclusion:

1. „Einweihung“ is most often translated as initiation, and we have used this word in the English translation of the book (e-book) *Elises – Spark the Awakening* as well as in the translation of Angel Nathaniel’s channelings. Initiation, however, does not do justice to the rite of opening your Elise-Mila channel. \*

Thus, we have chosen the term angelic or divine dedication, occasionally shortened to simply dedication. Dedication better expresses the depth of your relationship to the energy channels you receive. Dedication does not merely open the channels, like a door you can close behind you, but rather opens highly energetic channels that can only be done with the help and permission of the Spirit World. It is a very sacred act.

Further information on how spiritual energies work:

- ❖ An energy transfer is absorbed by your soul aspect; it is used when needed and then depleted.
- ❖ There is also the term embedded energies, which has more depth yet is also impermanent.
- ❖ An initiation can function as a catalyst, or not, depending on the depth of commitment a person brings to it.
- ❖ An Einweihung – angelic/divine dedication – demands an unwavering intention from the person requesting dedication. Only then is the Spirit World permitted to open and structure an energetic pattern (channel) in the light body in such way that the channel is permanently accessible.

2. Regarding the terms higher self and High Self:

- ❖ The High Self is the divine light, divine spark, divine core in every human being.
- ❖ The High Self is always the same Light Being since the genesis of the soul. There are three High Self: Shakti, Melek Metatron and Jesus.
- ❖ Spirit guides often appear to people who are not yet awakened or merged with their original High Self. These guides function as an surrogate High Self during certain life cycles.
- ❖ Then there are the Cosmic Parents, who create and deeply influence the Soul Light.

For example: My Original name is Nama'Him, which means Cosmic Messenger. These are the original tones of my Light Structure translated into human letters. The tones emerge from when the Cosmic Parents create the Soul Light and they encompass the ENTIRETY of my Light. My Cosmic Parents are Melek Metatron and Shakti. I was created in the El'Shaddai frequency. A third power comes with creation that adds further influences. This Light Being is called the High Self. In my case this is Jesus Christ.

\* Note: In the first translation years ago, (in the attached e-book Elise – Spark the Awakening and in the preparation channeling and the divine dedication channeling you will hear) we used the then common term „initiation.“ Do not be distracted by this word. Angel Nathaniel is giving you a highly energetic divine dedication.

You will also hear and read words from the Universal Light Language ARI'SOAM: OMAR'TA'SATT (“I see your Light” – a cosmic greeting) and AN'ANASHA (“gratitude”).\*

### **Dear Elise-Mila Healer.**

You now hold the Elise-Mila healer set in your hands. Congratulations and An'Anasha, thank you, for opening this field of wonder-full healing and life energy for more people. This is my heart's deepest desire.

The divine dedication of Elise-Mila in with this set makes me, André Nama'Him, your trainer. This means my trainer-energy supports you throughout your dedication, which is conducted by Angel Nathaniel. After you ordered the set, I sent you a treatment session video and a video meditation for grounding on all levels within the New Era energies by email. You haven't received it? Please check your spam file. If the video doesn't turn up, do contact me at [andre@celeson.com](mailto:andre@celeson.com)

Elise-Mila is a miraculous tool for giving people something deeply valuable – the feeling of coming home. Following each incarnation, the soul returns to the lap of their original parents, the cradle where they were first created. There, they bathe in the golden Elise Energy, healing and preparing for their next incarnation. This is the Energy you now hold in your hands and can bring to the people, soothing their longing, bestowing peace, and comfort. You will be amazed how positively each and every person reacts to receiving this Energy.

Every human soul recognizes Elise Energy, just as every human knows the melody of Beethoven's Für Elise. But Elise Energy has a far deeper impact: Grounding, and therefore healing, on all levels. Especially grounding the physical and soul bodies leads to reconciliation and fusion of the two. The sense of separation dissolves and the two bodies can communicate with one another, which often sparks comprehensive healing.

Elise replenishes energy reserves, activates the origin-aspect in your merkaba, your connection to your cosmic parents. Elise is also important for rejuvenation and renewing cells, for germinating life. Which is precisely what Elise Energy also is: Life, bonded with the energies of the Holy Grail of Life – ELISES. These are all New Energy messages from Angel Nathaniel.

Under Remarks/Explanations at the end of this brochure, you will also find a description of how to treat animals with Elise Energy.

Before listening to Angel Nathaniel's channelings, please read this booklet up to the point where you are asked to now conduct your divine dedication. To gain a deeper understanding of the larger coherencies, you can also read the e-book, ELISE – Spark the Awakening (attached), before or after your dedication. I highly recommend it!

### **This set includes two channelings**

The first, prepares you for your divine dedication (Track 1 – Preparation channeling with Angel Nathaniel)

The dedication itself occurs as you listen to Angel Nathaniel and follow his words (Track 2 – Divine dedication (initiation) with your Elise-Mila healing channel).

The divine dedication energy in these two channelings only unfolds in one person – the one who hears it first and absorbs it energetically. Therefore, you cannot dedicate another person with Elise Energy, it won't work! This is in alignment with the Spirit World and in accordance with Angel Nathaniel. Divine dedication with Elise Energy necessitates a higher intention. Angel Nathaniel bonds only those who carry this intention and have exercised reciprocity. Reciprocity is a universal law.

**Thus, please do not pass on the dedication channelings to others. You are doing them no favor.**

When offering your Elise-Mila healing ability to others, please be sure to request compensation for your energy work. Balancing energy is highly important, as is your awareness of your work's value. Money and spirituality are certainly not mutually exclusive, especially when the ultimate motivation is Love. You gave monetary compensation for this healing set, you created balance. Your clients pay for your time, not for the healing itself. Keep in mind that a human soul is a delicately tuned instrument, peace is brought about by balancing energies – male and female, give and

take. When the energies are balanced, the soul can better absorb the transferred healing energies.

Elise-Mila healer is a New Era profession. Respect and appreciate your counterpart by attending to the universal law of reciprocity. A session should cost as much as you and your time are worth to you. A reference point would be from 50\$ to 100\$ or more per session, it's up to you.

Please pass on this form of energy. It is vital support for people, their healing, and these times of great change. Once more, I say to you AN'ANASHA! An'Anasha is light language and means gratitude.

## **Elise Energy – Good to know**

Did you know that, in 1810, Beethoven named his piece für Elise because the Spirit World transmitted the melody for Elise Energy to him? At the time, Beethoven was completely deaf and the notes resounded within him. He wrote for humanity, for Life Energy, not for a woman called Elise. Since I was a small child, this melody has touched me deeply, has been a companion. I never knew why. Now I do. You probably feel the same way, as do millions of other people. Elise is Life!

Elise Energy is a frequency wave in the universe. Before and after each incarnation, every soul bathes in Elise Energy, absorbing it into their ethereal body, thus bringing it back to Earth in their physical body. Elise is fundamental Life energy; her color frequency is golden, and Elise is upheld in the universe by a vast energy field of Elise angels. Elise Energy is also called the High Power of Life. In earlier times, it was impossible to replenish Elise Energy when it was exhausted. The inevitable result was the body's death. At that point in time, the Light body was not sufficiently decoded to open the origin aspect and connect us with our cosmic parents. This, however, is a prerequisite for allowing Elise Energy to flow into the soul body, your aura, and thus into your physical body, penetrating your cells. In this New Era, as many Light pioneers are expanding further into their Light and awakening, Elise Energy is finding her way through our origin aspect as it begins to vibrate with greater intensity. Naturally – how could it be otherwise? – Elise Energy is necessary for anyone upholding the intention to awaken and take a healthy, self-regenerating body into the New Era. How quickly and how much Elise Energy is replenished depends on the intention's elevation as well as on the spiritual, energetic capacity to absorb Elise Energy.

On the other hand, once dedicated, your Elise-Mila healer channel is always open. It is bonded with your ability aspect, a gift of healing ability from Nathaniel to help you serve other people.

Simply put, in their origin aspect, every living being has an Elise channel, a personal connection to his or her Source. You, as an Elise healer, have a second channel in your ability aspect, enabling you to serve others.

Initially, I had no idea that the energy I worked with was called Elise. Only later was I told it was the Elise frequency. What I felt was energy and impulses flowing, guiding me to place my hands or fingertips on specific points on the body. So, I called these energy transfers Mila treatments since Mila means impulse in Light language. With each new treatment, Nathaniel passed on more and more information, allowing me to gather experience. Astonishing things happened to people during the sessions, but it makes no sense to list them here. You will have the opportunity to gather your own experiences, feel your own astonishment. In this text, the Mila technique is explained in detail. It is there to prepare the physical body to absorb New Era energy. Together, Elise and the Mila impulses from Nathaniel is a wonderful combination. A decisive effect of Elise is reconciling the body with the soul, not to mention her powerful grounding quality.

I would like to ask you to please take the following to heart:

In the healing process, the true healer is revealed. A true healer has no expectations. Neither of themselves, nor of the person who comes for healing, nor of the healing energy itself. They are simply there. They open and resonate with a space of Love, in alignment with all that is, in agreement with whatever may emerge. A true healer does not assume responsibility for healing. This responsibility lies with the one seeking healing, whether they accept it or not is their choice. The only responsibility you assume as a healer, as paradoxical as it may be, is the responsibility not to assume any kind of responsibility, to be free of expectation, free of performance pressure, and thus, free to enter a space of unconditional Love. This is your full responsibility as a healer. As soon as you expect something or hope to achieve something, you access ego instead of Love's neutrality. Do not make others' problems your own, do not suffer their suffering. This only increases suffering, intensifies the problem. Have compassion, trust your clients' ability to heal and liberate themselves. Believing you can or must take on someone else's issues, is the same as saying, "I don't believe you have the Divine Power within you to transform your problems. I am big and strong; you are small and weak. Give me your burden." This is arrogant and condescending. It weakens both you and your client because it is not the Truth. Instead, speak in your heart, "I am here for you, by your side, neither in front of you nor behind you nor above you – I am here." This expresses forgiveness. Forgive yourself, too, be there for yourself as well. Nathaniel explains this in one of the following channelings.

## Channeling 1: Angel Nathaniel through André Nama'Him

I am Throne Angel Nathaniel. Greetings – Omar Ta Satt. I am the teacher among angels and all angels heed me. I understand your need to grasp my being, but the ultimate elevation of my Light exceeds human understanding. It cannot be done. I am directly bound to the Source. I helped birth the universe. I am purest Love. My Love blesses, guides, instills structure and heals.

The energies have been elevated, and a high awareness is necessary to absorb them. Rest assured, you have been sought out by Nathaniel to join me. For reasons beyond your knowing, you are closely bound to me. In earlier times, you were at least once a channel for my Love. As you receive this message, elevate yourself with each word. Your preparations begin. I have come to reward you for your service, for your intention, for your Love. Then, I am what I am, Love itself, devoid of passion. While many Light Beings you may turn to often have their personal idiosyncrasies, allowing you to perceive their Light purpose and perspective, I am purest Love from the Source itself. I have many followers. You, too, were once my follower in one of your earlier incarnations, and should you so desire, will become one again.

Often my followers in the universe say I am sometimes quite strict, but this strictness is necessary on occasion, to awaken you to what I am. Yet, what you may perceive as strictness, is a guiding shape of Love. There are great disciples of Nathaniel, carrying my energy onwards. There is the Angel Nathanael as well as the Archangel Nathaniel, who is a projection of myself and one of my greatest disciples. You may ask what the difference is and I will answer. Should you receive initiation through Nathaniel, this can only occur through me. Yes, everything I am lives in my projections, but the initiation lies solely with me, in my energy's core. It is a joy to initiate you into the elevated art of healing. Let us begin with the first instruction. All these words should be recorded on your heart. To this end, surrender yourself to the words of Nathaniel.

We begin with healing the mind and soul. Thereby, I would like you to be aware of this: Strictly speaking, in these times, hardly any human being carries Karma. The Karma of earlier lives has been dissolved. What remains, and where your responsibility lies, is the Karma of Life bound to this incarnation, which is assessable and resolvable for you. Equally so, your daily Karma. Simply said, you can release this Karma into Love and into the unity of your chakras. This you must know. I emphasize how important it is to dissolve this Karma, going so far as to liberate yourself from your soul's wounds and the memories this Karma embedded in you.

The guiding principle of Life is to turn to your parents. Honor and appreciate them for the gift of Life they gave to you. It matters not if your parents still walk the Earth. You are part father, part mother and part yourself, from which emerges your personality and your humanness. So, what happens when you are in the universe viewing the entirety of your next incarnation and select your upcoming parents? You are born on Earth Sol'A'Vana and at some point in this life you begin to take a critical view of your parents. You ask

yourself, couldn't I have chosen other parents? You feel like a victim and maybe even begin to reject your parents. You believe you are so much different than they are. This is a crude infringement on one basic cosmic law: You chose them. Even if you aren't aware of it, this principle is carried out and generates Karma. So, know this, the decisive Karma of this life is your parents. Especially then, when you reject one or both parents, Karma will bring you to a place where you become more and more like your parents, as you are denying your Self.

Thus, acknowledging your parents with Love heals the mind. Knowing that you have grasped this more or less, I give you this knowledge for your clients. Guide the people consistently to their parents and do this with compassion and care. As this is the place where so much can be resolved, denial and resistance may arise when you are not attentive.

The second, vital aspect to healing your soul is forgiveness. Now, you know there is no such thing as guilt, and you also know that duality is an Illusion. Yet you are confronted with duality day in, day out. So, even if you know guilt does not exist, it is still possible to feel guilty. Naturally, this is not true. But your soul is burdened all the same. It is quite possible that you do not even know that it is a vague sense of guilt oppressing you. As long as humanity resides in Illusion, forgiveness is a very important aspect. As in the works of Jesus Christ. Many people forgive and forgive without knowing what true forgiveness is. Nathaniel will tell you. When you forgive your brother, you also forgive yourself. When you forgive someone and neglect to forgive yourself, to Love yourself, then you absorb in your soul a piece of your brother's or sister's shadow. This is not truly forgiveness and thus does not bring salvation. Therefore, as you forgive your brother, forgive yourself as well, this is the key to Love. This is how Jesus Christ brought about salvation. In compassion and in the knowledge that all is One, He shouldered the guilt and forgave Himself – with God as His witness. This heals the soul.

When you are working with a client and you sense something is burdening his or her soul, do not fear it. Instead, speak to the soul directly, inwardly, saying, "Whatever it is, it is good, it is good." And feel it, feel that it is good. You have evolved so far, you can perceive your Divinity and know that you are free. Use this freedom, offer it as a gift to your brothers and sisters.

The final teaching we will address is the physical body, which has its own consciousness. With its lowest vibrational frequency, the physical body often tends to relinquish parts of its older consciousness, exchanging them for new ones. Precisely here, I, Nathaniel, and you, are allowed to act. When you receive the task to do so and a person comes to you with this request, the energy paths that are most often dormant in humans will receive impulse waves from me that bring the physical body to vibrate. Many things happen here. For one, the body's consciousness becomes far more capable of opening itself and absorbing Divine Elise Energy, as well as of integrating the high Light-body's energies, especially the magnetic source energies.

You know how difficult it can be to feel and live by your Divinity. This is easiest in your spiritual body, yet even the mental and emotional spheres of your soul pose challenges. Especially the physical aspect is difficult to reach, which is why you are now receiving a technique and energy to attain this, to serve. Nama'Him will explain much of this. However, there is one thing Nathaniel would like to say to you. You are an elevated Light; your intuition is strong. Many memories vibrate through your fields, and you often have trouble cataloguing them correctly. I would like you to consistently uphold the basic structures of the techniques you are given. Everything beyond that, I leave to your intuition.

There will come a time when the new meridian system and its meaning will be recognized. Already, people schooled in healing realize that something has shifted in the meridians. You will receive this and further information when you require it. First, though, only as much as needed for impulse treatments.

You have been chosen. You asked and I called you. You will be a wonderful healing channel for the Elise frequency. I Love you immeasurably.

Before Nathaniel withdraws, I assure you of my infinite Love for you. You are well cared for in my radiance and healing will be yours. You can, if you like, agree upon a sign to recognize when Nathaniel wishes to send you special impulses. This may be gentle pressure on your forehead or a tapping on the nape of your neck. You need not expect this signal when you open your channel and call on me. Yet, there will be times when I send you such impulses and you will know them by the agreed-upon sign.

God bless you – An'Anasha

## Channeling 2: Angel Nathaniel through Nama'Him

I am Angel Nathaniel, Guardian of the Healing Frequencies. In the unconditional Love of Being, I greet you, Omar Ta Satt. Thus, I am with you to serve. As you are Servant. The high art of serving is not to forget your Self. This I say to you: When you call on me and waves cascade over you, then know that Holiness enters. Waste no thought on whether you are worth it. I, Nathaniel have called you. So be it.

Thus, when you approach a person, it is good to do so from the left side. There, the soul and the body open more easily. When you approach a person, do not seek out his or her shadows, seek out their Light. Even when you sense there are shadows, I tell you: A pearl which has fallen in the dirt is no less perfect and valuable as a polished pearl. Still, do not make it your task to polish the pearl according to your propensities. Instead allow the pearl to liberate and purify itself at that moment when it is right.

Abide in this consciousness of serving, it is the highest expression in which you can act. Be aware that you are Divine and not separate from those around you. Even though you perceive them, do not take on the shadows of others, do not judge them, but dance

inwardly like an angel delivering a soul to the mighty healing angels. With your being full of joy, let your heart dance. It can be, in this state, tears of compassion come from your eyes, of Love for your brothers and sisters. There is nothing more you need to do. Let yourself be moved by an act so sacred, no words can speak of it. Let yourself be touched by the trust this human soul gives to you. I say quite intentionally: In the trust this human soul gives to you and not the expectations in the mind of a person. Thus, let yourself be moved by the trust Nathaniel gives to you. Make this your own trust, in the certainty that there is no place in this world more appropriate for you as this moment, at the side of your brother or sister. Dance, be merry, sing and praise the name of the Lord. And know, just as Nathaniel manifests to you now, bringing his energies, so I will also come to your side when you rise to serve a person with healing intent.

Much is spoken and I say to you: Let thankfulness and humbleness fill your heart, hold joy and honor for your greatness and the greatness of humanity. Then, healing will occur. The angels dance for you now. It is the Elise angels who have come with me to purify you and ground you again. They dance and chant to initiate you into their ranks. You are a golden Elise Angel on Earth. You are a gift of God. Greetings – An’Anasha.

### Channeling 3 Angel Nathaniel through Nama’Him

I am the great teacher, Nathaniel. Greetings to you my beloved devotee of Divine Light. Omar Ta Satt.

You have now learned that you are a Master of Light and there is no human on Earth beneath you, then the Godliness in you is equal in all people. Even in me, Nathaniel, is it no other Godliness. And yet, I name you my beloved devotee, a circumstance arising from the call I received to teach you, to guide you from here, from Reality and activate impulses within you. I am the High Light Nathaniel and, in this capacity, you can call on me at any time. We will walk a miraculous path together. Thusly, I manifest my Light and am wholly with you now. Let yourself fall into the following, in the certainty that I am here, I am with you and will gather up your soul. As I hold out my hand, protecting you, all things occur in harmony with Divinity.

I would like to tell you a story that never took place in the universe. Yet, you may imagine it as if it were true. The highest Light, the Father, called his most inspired angels to come to Him. Each one of them shimmered in its own colors of the greatest beauty. Although the differences are vast, it is impossible to say which holds the most beauty. All angels are joyful in their hearts. Yet, some of them are disturbed, which is why I say this story could never have happened, as an angel would never doubt its perfection. All the same, if an angel should doubt, what do you think the Father would say to it? He would say, “My beloved angel. Do you think I was mistaken when I called my most expanded and brightest angels to gather around me?” And the angel would have to admit, if it perceived itself as imperfect, it must be mistaken. There is no other possible conclusion. This is

why I say to you: You are wonderful. I love you. Trust the Love and Light within you. You are Love, you are Light.

Accept the gift of initiation with your whole heart. It is not charity; it is a well-earned gift passed on to you. It is a joy for me, Nathaniel, to do this. There is more I wish to tell you: It is not so important to do everything right. Decisive is the intention of Love. Do not put yourself under pressure. Practice with joy and serenity, like the angels Nathaniel told you of, dancing and rejoicing as they guide the souls.

Hold thankfulness, expansion and humbleness in your heart of gold. You are the Golden angel within you.

Nathaniel delivers you to the infinite, immeasurable Love – An’Anasha.

## **Divine dedication of your Elise-Mila channel**

When you are ready, ensure you will not be disturbed and make yourself comfortable. Listen to Track 1 – Preparation Channeling with Angel Nathaniel, which prepares you for the following dedication while grounding you on all levels.

Take a small break afterwards to ensure you do not fall asleep during your dedication.

Then, prepare yourself to listen to Track 2 – Divine dedication your Elise-Mila healing channel. Enter a meditative state. If you like, light a candle and acknowledge this special event. Now, simply follow Nathaniel’s words and instructions.

I wish you joy and profound experiences!

## **After your divine dedication**

Over the next 21 days, it will serve you well to treat yourself. A reminder: The channel now open in your ability aspect is meant to serve and you can and should also serve yourself. This stabilizes and expands your energy channels, extending to your hands and fingertips which were activated by your dedication. Furthermore, treating yourself brings you Elise energy, replenishing your personal reservoir. This can only happen when you consciously allow the energy to flow from the universe through your channel into you, to your chakras and your body.

With this energy flow and intention of conscious self-treatment you activate your origin aspect, the bond to your wholly personal Elise energy channel, a channel within every living being. In the future, this channel will supply your own energy system with Elise energy practically automatically.

In addition, after your dedication, you can immediately begin treating humans and animals. You don't have to wait 21 days!

You now carry an additional Elise channel within you – the Elise-Mila channel that Angel Nathaniel opened and dedicated. This channel serves your healing work and is bonded with your ability aspect. The other, original channel, bonded with your origin aspect, serves you personally and expands permanently over the next 21 days as you infuse yourself with Elise Energy via your Elise-Mila healer channel.

Do this, but without pressuring yourself if you haven't the time or inclination. Also apply the Mila points to your own body. In self-treatment the sequence is unimportant.

## **Elise-Mila treatment procedure**

I have no desire to hamper your work, so please feel free to make use of your intuition and creativity as well. The approach described here is a guideline, perhaps your approach is somewhat different. All the same, Nathaniel made clear that some things should remain constant:

### **Principles:**

Never, without exception, intentionally treat chakras with your dedicated, activated fingertips. The graphic below shows you the specific points on the body where Mila impulses should flow. There are many other such points, but these are the primary ones and touching them suffices. Energy finds its way. If you specifically treat the chakras, be sure to allow only Elise Energy to flow into them. Energy follows your intention and focus.

Any treatment is no longer than 20 to 25 minutes. Let go of the idea that more helps more. New Era healing methods are intensive and effective.

Elise-Mila treatments do not require grounding your client. Nothing grounds better than Elise Energy, on all levels. All the same, further below, you will find some information on grounding in the New Era.

### **Preparation:**

Create a comfortable atmosphere. Light a candle to increase the soul's Light. If you like, use the Elise treatment music (Track 3 & 4 on the mp3 file included with your set), or other music that inspires you.

If you can, avoid talking about your client's problems before the treatment. If they begin to tell you their issues, kindly ask them to wait until after the treatment. Since transfer only takes about 25 minutes, there is plenty of time later. You will discover that a problem is far less dramatic afterwards.

Give your client a small glass of water. He or she should drink it completely, if possible, as it opens the physical body's awareness.

Have your client lay down on his or her back and invite them to fall into self-aware relaxation. Ask them to close their eyes and simply let go. Wish them a wonderful treatment.

Step to your client's feet and collect yourself, connecting to your Divine Self and entering the Unified Chakra with Love as your intention. (see Notes/Explanations further below).

Gather yourself and bundle the energies. Speak a prayer, perhaps, that deepens your perception of your own and your client's Divinity.

Call on Nathaniel. Consciously open your Elise-Mila healing channel and call on the Elise angels. Request that everything happens in a good and right way. Before you begin, envelope you and your client together in a field of white Light.

**Treatment:** (refer to the body points in the graphic below)

First step to your client's left side. Keep the Nathaniel essence within reach. Begin by placing your right hand on your client's heart center and have your left hand hover over the root chakra. Allow Elise energy to flow into these two chakras for a few moments.

Slowly circle your left hand over the root chakra counterclockwise, speaking SADNA, the Light language word for opening. When you perceive the chakra has opened, hover over it again with your left hand and infuse it with Elise Energy again.

Throughout the entire treatment speak "Elise flow." This helps you remain focused and bundles Elise Energy.

1st position – Flat hand on the heart center and activated fingertips (pointer and middle finger) on the wrist point. For about 1 minute, enter deep contemplation, repeatedly saying MILA, the Light language word for impulse. Elise Energy will continue to flow at the same time.

2nd position – Leave your fingertips on the wrist point and place the activated fingertips of the other hand on the armpit point. For about 1 minute, enter deep contemplation, repeatedly saying the Light language word for impulse, MILA. At the same time, Elise Energy continues to flow.

3rd position – Again, flat hand on the heart center and activated fingertips now touch the groin point. Enter deep contemplation for 1 minute, repeatedly speaking the Light language word for impulse, MILA. Here, also, Elise Energy flows continuously.

4th position – Leave your hand on the heart center and activate points in the hollow of the knee. Fall deeply into deep contemplation for about 1 minute, speaking repeatedly the Light language word for impulse, MILA. Elise Energy flows.

5th position – Lay your hand on the heart center and place your fingertips on the ankle point. For about 1 minute, enter deep contemplation, repeatedly saying MILA, the Light language word for impulse. Elise Energy flows simultaneously throughout. If your client's legs are too long for you to reach the ankle from the heart, then connect the points from the knee's hollow to the ankle.

Important note:

This sequence of treatment positions and points are chosen because they have proven to be optimal. Essentially, the sequence or combination of touching points are not really important. This is NOT about energetically connecting the points on the graphic; it's about comfortably reaching them. All the same, this sequencing is quite sensible. When treating yourself, you simply touch the points according to how you can best reach them.

6th position – Stand at your client's head and place the fingertips of each hand, respectively, on the left and right ear points, below the lobe. Once again, sink in deep contemplation for about a minute, reciting MILA, impulse, often. Elise Energy continues to flow, and the two halves of the brain are balanced.

7th position – the same as the 1st position, this time on the right side.

8th position – the same as the 2nd position, this time on the right side.

9th position – the same as the 3rd position, this time on the right side.

10th position – the same as the 4th position, this time on the right side.

11th position – the same as the 5th position, this time on the right side.

12th position – stand or kneel at your client's feet. Place the fingertips of each hand, respectively, on the left and right foot points. Sink into deep contemplation for approximately one minute, repeating the mantra MILA often. Elise Energy flows simultaneously as the four-body system is once more flooded with Elise-Mila.

**Note:**

Along with the magnetic Mila impulses, Elise Energy naturally flows steadily into every position. A lovely mantra that you can chant as well as the Mila mantra is Elise, flow. Chanting mantras during treatments keeps you from getting distracted by thoughts.

Thus, the basic treatment is complete. Return to the foot of the treatment bench and consciously end transmission by, for example, rubbing your hands together. Take a symbolic step backward, disengaging yourself physically from your client's energy field. Close the gap by once more encasing the client in white Light. Give thanks to Nathaniel and the Elise angels. Also thank your client who put his or her trust in you. Do not forget to include yourself in your words of thanks. You are wonderful. Feel the An'Anasha, gratitude.

Now give your client some time. They are most likely deeply relaxed, not willing or able to get up right away. After a few minutes, gently touch their arm to signal that the treatment is completed. When they are ready, give them a small glass of water to drink.

**After the treatment**

Now, you have time to talk. If your client wishes to tell you about their issues, simply listen without investing energy. Or perhaps they talk about how wonderful the treatment was and what they perceived. Here, too, just listen without investing energy. Take pleasure in knowing that you could do what you did and allow the activated energies time and space to unfold.

If you like, you can relate what you perceived. Maybe Nathaniel sent you an impulse or image. In time, you will experience how differently human bodies react to Elise frequency. Some absorb it immediately, others need a second session to open themselves completely, which is usually the case. However, I have never experienced a person's body awareness that didn't open at the second session. Of course, it's possible. It always depends on who comes to you, how far their physical aspect has restructured itself and is prepared for change. Regardless, the treatment always has an impact, and every person takes in as much as is good and right for them at that moment. Once again, keep in mind: Give all you can. You cannot do more. Don't get caught up in wondering why this or that person opens themselves quickly or slowly.

If you have illuminating and constructive impressions, feel free to relay these to your client. Please!! Always formulate them positively! Never, "Oh dear, you're in a poor state!" Please not like this!! You are not obligated to say anything. Do not believe that

your treatment's value lies in how much you interpret and explain or the number of messages you relay from the Spirit World. Be careful! Too many words can destroy the beautiful, peaceful and healing energy.

Imagine how an angel would heal. To be sure, they would simply stand by your side smiling, loving you immeasurably as they transferred healing energy to your being. Who would ever think of bombarding an angel with questions about the problems they might see? If so, the angel would probably just respond with "No need for concern. All is well." Be this angel, do not be tempted to think you must satisfy the human mind. Stay centered and simply trust. You are a channel for Angel Nathaniel and Elise Angels. Everything happens as it should, in accordance with the highest good.

The next two pages show you the diagrams of the points to touch and their sequence. Keep these pages open during your first few sessions until you are relatively certain of how to conduct a standard treatment. Also watch the training video that you received with this set.

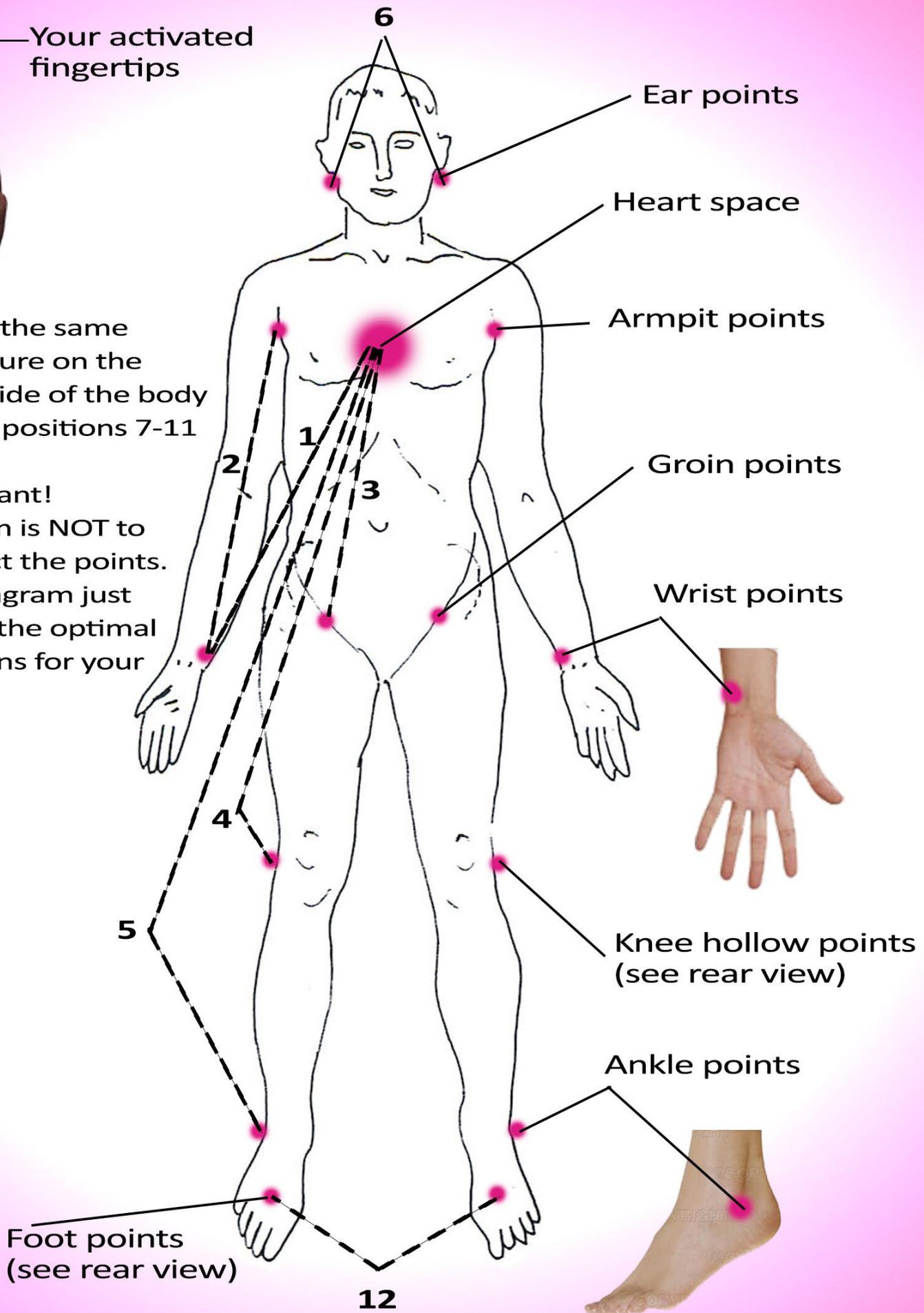
# MILA technique points front view



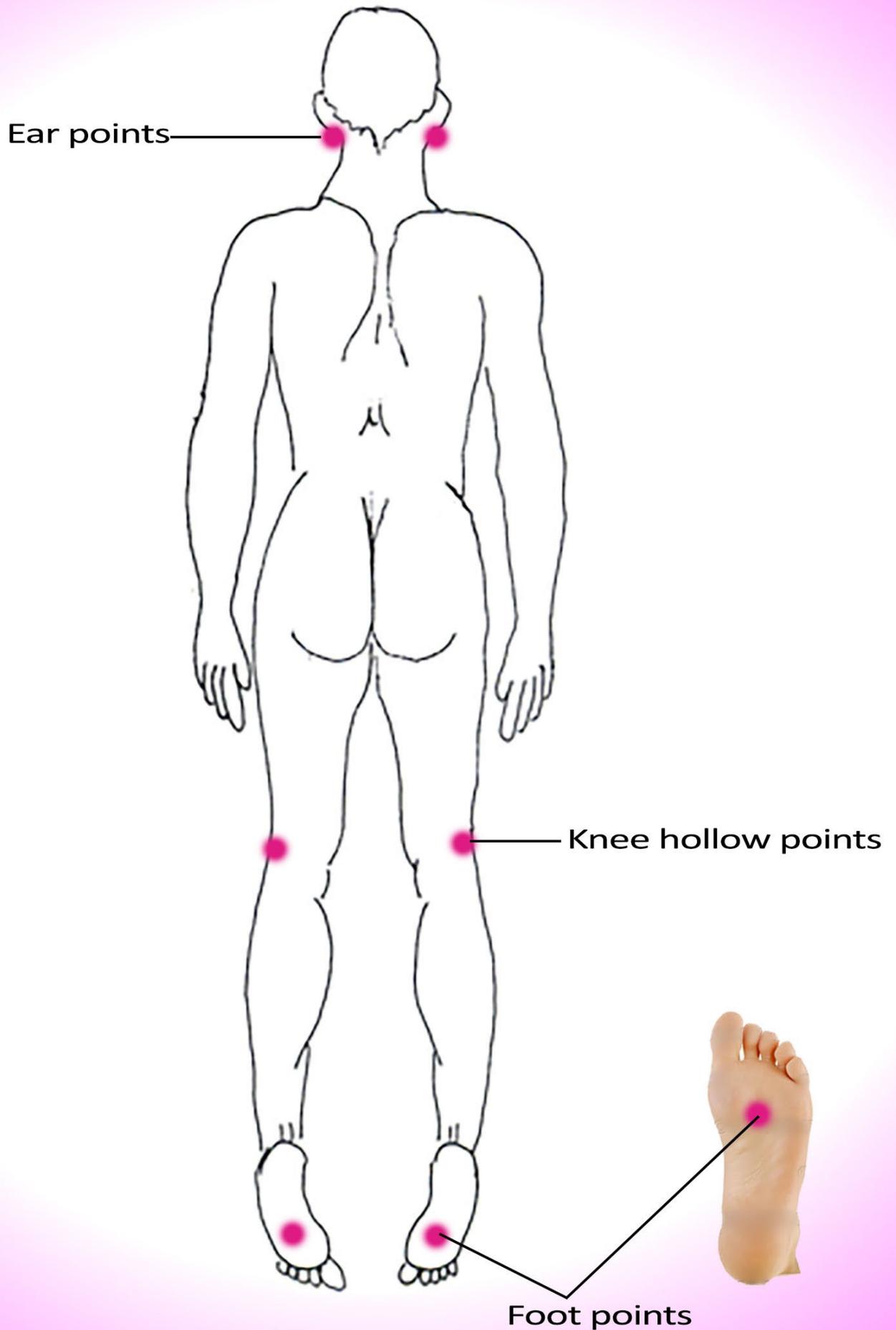
Your activated fingertips

Follow the same procedure on the other side of the body for the positions 7-11

Important!  
The aim is NOT to connect the points.  
The diagram just shows the optimal positions for your hands.



# MILA technique points rear view



## **Additional notes and clarifications**

### **What do An'Anasha and Omar Ta Satt mean?**

In the language of Angels, An'Anasha expresses gratitude. Omar Ta Satt is a greeting, welcoming you.

### **What is the Unified Chakra?**

Center yourself in your heart and allow a sun of golden light to emerge there. Expand this sun until you are completely enveloped in its light and all your chakras are united. You are now in the intention of Love. The more you practice this, the more you will feel it.

### **What is the new way of grounding?**

Everything changes. Mother Earth Sol'A'Vana is vibrating at a much higher level now, we can no longer ground ourselves through her. She is anchored/grounded in the solar Logos. In the New Era, it is truly important to ground yourself on all levels again and again. With this set, we have included a wonderful meditation video for grounding on all levels within the New Era energies. It is beneficial to practice this form of grounding daily, if possible in the morning. You will feel wonderful afterward and begin your day well-grounded, balanced, and at ease.

We have also published it on our Celeson YouTube channel, in case you would like to share it with others. You can set the automated subtitles to English.

<https://www.youtube.com/watch?v=bGt4lYnpZtU&t=1s>

### **What else has changed?**

Just about everything. For example, the colors and forms of the chakras. New Era chakras are shaped like the sun, and you should only visualize them as such. The colors have also changed. This transition has taken place in nearly all humans collectively. However, the collective physical aspect still needs some time to establish the new axialtonal meridian system. Your work with the Mila technique supports this transition.

Should you receive the impulse to infuse the chakras with colors, allow only golden light to flow. Since Elise Energy originates in the golden light, Christ Light, it is best to simply infuse the chakras with gold-shining Elise. This optimally supports the chakra system's transition to the collective Unified Golden Chakra.

Here is an interesting video of a mini seminar for you, explaining the major collective energetic shift. You will also find additional information about Elise-Mila. Be sure to set the automated subtitles to English: <https://elise-mila-kurzseminar.celeson.com>

### **Why approach clients from the left side?**

Because the soul and body open more easily on the left, feminine side. If you happen to begin on the right side, no worries! You haven't done anything wrong. Just continue as usual. Essentially, with Elise-Mila, you can't do anything wrong.

### **What do you mean by “sink into deep contemplation for about 1 minute”?**

If you can surrender completely for this short amount of time, you are a wide open channel, and this time span is enough for whatever is intended to happen. Please do not ask yourself, “Am I open enough?... Better add another five minutes to be sure.” Have trust, surrender, and then move on to the next position.

### **Exactly how do I touch the points?**

If you place your two fingertips on the points as shown in the diagrams, you're spot on. You are not applying needles to acupuncture points, rather your fingertips emanate energy.

### **What does it mean, the new axiatonal meridian system?**

As the bioenergetic changes take place in our bodies, the old meridian system is being replaced by a new, axiatonal meridian system. The new energy pathways in the body will no longer be stationary, they will be dynamic ley lines able to transport higher, five-dimensional magnetic energy. We can no longer allocate the body points according to the previous system. Perhaps there is no name for this yet? I simply name them according to their place. It's not so much about knowledge, then knowledge cannot heal. The unknowing healer looks to the essence – Love. Nothing else is needed.

### **Why do we send Mila impulse waves? Can't we simply transfer Elise?**

Of course we can. The Mila technique serves to establish the new ley lines, sending the body's own consciousness impulses to change. There are countless opportunities to allow Elise Energy to flow without touching the Mila points. For example, in bed before going to sleep, while watching television, or other situations.

### **Doesn't Elise flow when I work with the Mila technique?**

It certainly does. Elise always flows during a treatment. She finds her way to where she is needed most. This is why your treatments are not directed towards specific symptoms or aches and pains. Simply trust the inherent intelligence of Elise and Mila energies.

### **Can I simply allow Elise to flow through someone with my hands?**

Yes, of course. Yet, combining Mila impulses is more effective and flows more directly into the physical body. The two energies create synergy. Still, as mentioned above, you can occasionally allow solely Elise to flow.

### **How long should the interval between a given client's treatments be?**

A few days or longer. The body needs time to integrate. Allow your client to intuit when to continue.

According to Nathaniel, 9 sessions in relatively short intervals over 2 to 3 weeks complete the process. At that point, the system is filled with Elise and regulates itself via the Elise origin channel. Every human, every living being has a source channel bonded to their origin aspect. Of course, there are always exceptions. Together, you and your client can sense what feels right. Maybe your client would like to open their Elise channel? You can refer them to the Elise-Mila Healer Set if this seems appropriate.

### **Does only one treatment have any effect?**

Yes. But obviously, the more, the better.

### **Can I transfer Elise-Mila remotely?**

Yes, you can. Still, direct treatment with physical contact is and remains the ideal treatment. No remote transmission can replace the deep comfort of direct physical contact.

When you wish to give remote Elise-Mila treatment, allow Elise Energy to flow to your client from your heart radiance and Mila impulses from your sinus radiance. Become familiar with these two radiating centers. Your heart radiance flows from your heart center. The sinus radiance flows from your third eye. You guide the radiating energy with your focus and intention. Ask your golden angel for support. Before beginning the treatment, please remember to enter the Unified Chakra.

### **Can I infuse chakras solely with Elise Energy?**

Yes, this is a possible form of treatment. As a rule, however, you should first build on the Elise-Mila combination. As you know, during treatments, Elise Energy always flows into all chakras anyway.

### **Can I treat myself?**

Yes, and you should, especially over the 21 days following your channel's divine dedication. Treat your heart and the meridian points. The order is unimportant, just so you reach the points comfortably.

### **What other uses are there for Elise-Mila transfers?**

Elise-Mila always supports physical healing as well as dissolves psychological/emotional patterns. Sometimes a single treatment brings a breakthrough. I can only say that I have had such a diversity of experiences it is impossible to say when and where Elise helps or doesn't help. Elise treatments are ideal support anytime Life energy is weakened, when a person is imbalanced or recovering from an illness or operation. Light body symptoms and exhaustion are eased. Burnout syndrome or a difficult pregnancy also calls for Elise Energy, balancing out grounding on all levels. Many healers use Elise during end-of-life care.

Elise takes away the fear of death. Collect your own experiences and don't be surprised or, better yet, allow yourself to be surprised – everything is possible. Keep the door open for miracles by curbing preconceived notions about what healing should look like. Healing with this method is actually a general header encompassing three energies: reconciliation – liberation – healing. Healing energy is grounding and balancing so that body and soul can heal themselves. Elise is many things. In the forefront is her reconciliation energy that creates the basis for healing on all levels. She is also extremely grounding and restores equilibrium.

A very important Elise quality is healing the inner child. Elise is not a liberating energy. However, during the trainer schooling for advanced application, Elise is bonded to Prosonodo Light which is purely liberating energy.

Elise-Mila trainer trainings are offered exclusively by me, Nama'Him, and are conducted live (on site or via live streaming). At present, participation is only possible with a good knowledge of German. A prerequisite for participation is to be an Elise-Mila healer.

Once we have found an optimal solution for translation, we will be happy to inform you, if you wish. To do so, please sign up briefly here: <https://celeson.com/elise-mila-form-eng/>

Should you wish to delve deeper into the Elise(s) mysteries, I recommend you read the two books on Elise and Elises Energies. (see last pages)

### **How can I treat animals with Elise Energy?**

Animals soak up Elise Energy so readily, people speak of miracles when treating animals, regardless of what they are treating: nervousness, fears, skittishness, aggression, or physical illnesses.

Aside from our cat, I have had little experience treating animals but have received many reports from Elise-Mila and Elise-Mila Trainers – of highly successful treatments with animals. Whether privately or professionally, treating people with Elise-Mila is quite simple. With animals, it's even simpler. Here's a few guidelines:

You needn't use Mila impulses on animals since there are no correlating points. At the same time, you couldn't possibly go wrong since the animal will let you know if they don't care for Mila impulses – which is possible.

Simply lay your hands on the animal's body. As you do with people, ignore symptoms, just let the energy flow. Elise will find her way. You can also just allow Elise Energy to flow as you pet the animal.

Since animals are so receptive to reality energies, they never need more than 5 to 10 minutes. You can do this daily, whether the animal is ill or not. If they are ill, treat them to 5 minutes of intensive Elise Energy a day.

With chronic illness or deep trauma, simply treat your pet regularly and continuously. This is easy with your own pets since they are always present.

If you are a veterinarian, I recommend a series of remote treatments for purely practical reasons: With 10 treatments of only 5 to 10 minutes per treatment, only you can know if your practice, as well as pet owners transporting their pets, can manage this realistically.

Therefore, as with humans, you can treat the animals remotely with your heart radiance which carries Elise Energy.

There's not much more to it, but this answers all the questions I have received over the years about treating animals with Elise Energy.

### **What is the above-mentioned origin aspect and the ability aspect?**

Our Merkabah (Light body) encompasses 21 aspects, 18 of which we bring to our incarnation on Earth. Three aspects remain in the universe connecting us. The origin aspect connects you to your creation, to your cosmic parents, often referred to as the monad soul. Every soul returns here following an incarnation, to bathe in Elise energy,

among other things, and to fill the reservoir for the next life. Elise activates the origin aspect. This is why Elise brings the comfort of coming home and fills every person – animals and nature spirits, too, by the way – with well-being.

The 18 aspects of the Merkabah:

Physical aspect, feminine aspect, masculine aspect, soul aspect, origin aspect, Christ aspect, awareness aspect, angel aspect, Sewaja aspect, wisdom aspect, enlightenment aspect, High Self aspect, ability aspect, awakening aspect, omnipotence aspect, renewal aspect, effectiveness aspect, connectedness aspect

### **What is body consciousness?**

The physical aspect, that is, the physical body, has consciousness comparable to that of your inner child. Even though this consciousness is of a non-mental nature, it is fully capable of emotional perception. Every negative thought directed toward your body decreases its self-assurance. The body's consciousness in most people has withdrawn to the extent that they are hardly aware of their body's needs. Therefore, the physical aspect cannot converse with the soul since it is the mental part of the soul body that debases the body. Every unloving thought widens the rift between body and soul. This is why so many become ill and healing is often so difficult – because the body does not feel worthy of healing. Love heals this. Elise is simple, is Love, is Life, is reconciliation.

Love Life and live Love!

### **How can I learn more about the Elise energy and ELISES, the Holy Grail of Life?**

In the e-book ELISES – The Original Life, we delve more deeply into these and other topics. We also delve into the interplay between the Holy Grails of Life, ELISES, and Elise energy. Each of the 12 Holy Grails anchored on Earth has a specific purpose. The ELISES Grail lies at the bottom of the ocean in the Bermuda Triangle. It holds the energy of Life, Renewal and Rejuvenation. Now activated, the work with ELISES and Elise has gained a whole new dynamic, expanding their potential enormously.

You will also encounter what may be one of the best-kept secrets of the past 2,000 years... Please refer to the last page.

Elise-Mila treatments can be combined with all other healing methods.

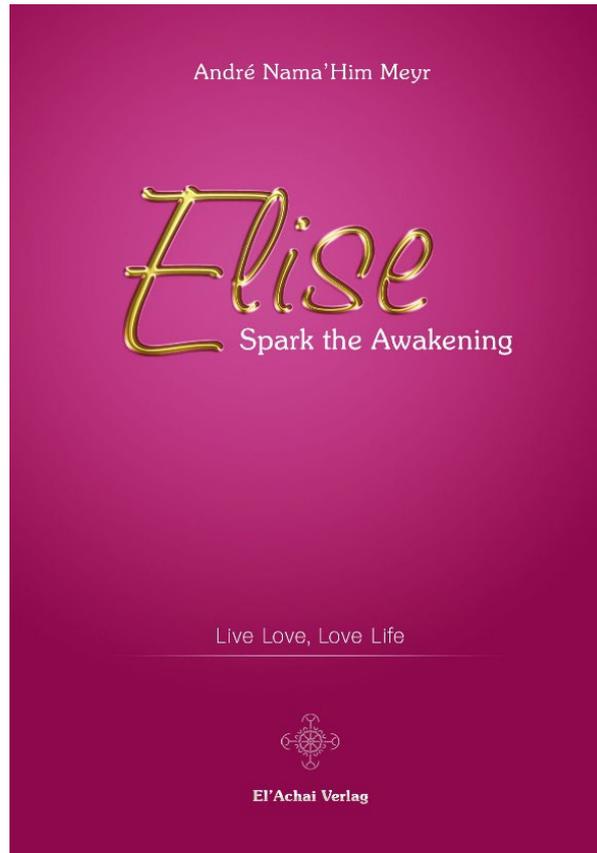
In contrast to other healing methods and practices, Elise energy has almost never been known to trigger an initial worsening of symptoms.

From the depths of my heart, I wish you much success on your path as an Elise healer. May abundance on all levels, joy and serenity be yours. Be blessed for your serving. You are immeasurably loved.

An'Anasha, your André Nama'Him

*Note: The healing work described in this booklet and recorded on the media files do not replace medical care. Nor do they justify discontinuing important medication. Any person applying this method of self-healing does so solely on their own responsibility.*

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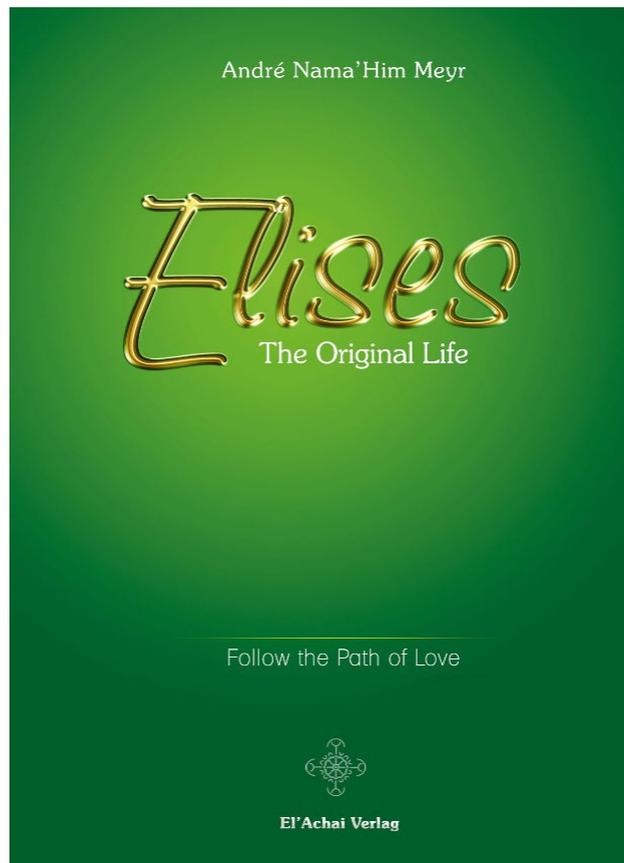
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