

Enochian Healing

Manual

Use this manual as a reference to understand the spirits or Angels powers and as a beginners tool to begin working with the energies.

Enochian is the name we commonly give to the magick system created by John Dee and Edward Kelley in England in the late 1500's. The system is quite powerful, but also quite complicated as typically practiced. It uses an angelic language and script revealed by the angels. While some of the angels in the system are familiar to those who work in other systems such as Kabbalah, there are many angels and divine names that are unique. There isn't the time or space to cover the full history or system here. The main thing that you should know if you are completely unaware of Enochian is that it is considered to be very powerful by almost everyone who works with it.

The Attunement

The attunement is sent to you by way of a chi ball or chi balls that you can activate at your leisure. Chi balls never expire. Chi balls are invisible balls of energy that are delivered to you after I create them. After they are delivered to you, you must activate them. You are hence attuned. To be attuned means that your personal energy system is attuned to the energy of the spirit. This makes very real changes to your system of which you may notice physically.

Once the initiation is complete, anywhere from 20 minutes to 3 days, you can begin channeling the energy of the spirit. What I mean by channeling is that the energy of the spirit enters through the top of your head, passes through the different energy centers or chakras, and from your chest goes down your arms and out your hands. You can then direct it with your hands. It's important to recognize this isn't "channeling" like mediums do, you aren't letting the spirit take over in any way, it's energy is simply passing through you so you can direct it as you see fit.

Expectations vs Reality

It is important to keep your mind open, if you expect certain things from your initiation you will almost always be disappointed. This is a new experience for you, so don't go into it with a prejudiced point of view. Going in with certain expectations will almost always hurt your results, because you've already decided what will make you happy or unhappy. This is a powerful intention, and intention is the most important factor in working with energy.

For example, you get the attunement hoping to be able to hear the spirit speak to you more directly. This doesn't happen, so you feel like the attunement failed. But the spirit may have been wanting you to experience communication in some other way. But you've already shut down and refused to use the energy or experiment and so you lost out on that experience, that lesson, and all the brilliant magick you could have created together.

A good way to look at this is that you can channel the spirit's energy, you can direct it and even control it, but you do not control the spirit. Things will still manifest according to the way the spirit works. The best you can do is build a relationship based on the reality of your experiences and learn to work together to create the results that you desire.

Relationships take Effort

A big mistake a lot of new energy workers make is they think they don't have to do anything, the energy will do all the work. This is both right and wrong. When using the energy, you will set your intention for what you want the energy to do, and then your job is to get out of the way as best you can to let it do its thing. However, that doesn't mean you still don't have to do some work. The best example is with Reiki. It's mainly a healing energy, but people can get disheartened when they first start and can't cure a cold, much less cancer. It takes practice. You have to work with the energy regularly to get better with it. With regular use you will get better and better with it. Spend time with the spirit, meditate with it, continue to speak to it even if you don't think it's speaking back. You do have a very real connection with that spirit now. You are in a permanent relationship. Never forget that, even if things aren't working the way you wanted. Relationships seldom workout exactly the way we expect them to, but they can still be rich and beautiful. Don't turn your back on it, keep working and I promise you, that you will do amazing things.

Activating Your Attunement

Your attunement comes to you in a bundle of energy. These are traditionally known as chi balls. The energy in the chi ball will attune you to the Enochian energy. It will do this whenever you are ready to receive it. They do not ever go bad or expire. If you forget to do it for a year, it will still be there ready for you. This is an excellent way to give initiations because you don't have to try and coordinate times to pass the energy directly.

Enochian attunements come in only one level with a single chi ball.

You will want to set aside 30 minutes for the process. Get in a comfortable position.

When you are ready to activate the chi ball say, "I, (your name,) activate and welcome this attunement to Enochian Healing (name of the particular attunement) sent via chi ball by Lysa Brown"

You will say it with the intention of receiving the attunement. If you say it by mistake and you didn't want the attunement, don't worry, you won't accidentally set it off. It's your intention, not the words that actually do the activation. So if you mess up the words, but the intention is there it will still work.

For example, if your name was Bob and you were doing Enochian Healing, you would say, "I, Bob, activate and welcome this attunement to Enochian Healing sent via chi ball by Lysa Brown," with the intention of receiving the attunement.

It's a lot easier than it sounds!

You can create a ritual environment for yourself if you want and light candles and burn incense. Or you can do it in bed right before you go to sleep so you sleep through the side effects. (One side effect could be that it energizes you so you can't sleep, so be aware it's a possibility!) I've done one sitting in a car. Do whatever makes you most comfortable.

Side Effects

What happens after you receive the attunement will be very different from person to person, so I cannot tell you exactly what will happen. You may feel the energy enter you through the top of your head. You may feel it go through your whole body. Or you might not feel anything at all. You might get light-headed or dizzy. You may feel high. You might feel warm or cold. You might get the chills. You might get a ringing or clicking in your ear. Most of these effects will fade away in a few moments, but some may stay longer. When I got my very first Enochian attunement I was light-headed and had to go take a nap. These are by far the strongest attunements I have ever experienced.

The Enochian Attunements are very strong so expect the side effects to be severe. You may want to make sure that you do not have to do anything the rest of the day that you accept them and maybe even the next day. Don't worry, they are not permanent. They will pass. It can take 3 weeks in some cases. I just want you to be fully prepared.

Purging

Changes to your energy system can often free negative energy that has been clinging to things. This negative energy breaks free and moves through your system. This will

make you irritable. You may have unpleasant memories or be unusually angry or irritable. Again, this will vary person to person. The worst I ever had was about 3 days of being really pissed off at everything online. Others have gotten it much worse. The good news is that in the long run, it's a good thing. You will feel better having gotten it out of your system. Just recognize that this will probably happen and don't panic thinking the demon is tormenting you. It's a natural process.

It Worked!

Don't doubt the attunement working just because you don't feel anything! It worked. As long as you intended to receive it, it worked. This comes back to the expectations part. If you expected fireworks and didn't get them, it doesn't mean it didn't work. It did. I can't express how reliable this is. One of the most amazing things to me is just how reliable energy work is. If you intend for something to work, it will. You may not notice the results right away, but it worked.

Removing the Attunement

Because the effects of Enochian attunements are so severe and the energy so powerful I wanted to be sure that you could remove them if you felt like it was too much for you.

The removal of an attunement is easy and straightforward. Don't be fooled by its simplicity; this method is very effective.

The preparation for the attunement removal is the same as accepting an attunement. You should start by setting your intention to remove the attunement. Hold in your mind the name of the attunement and build the feeling of wholeheartedly wanting to remove the attunement. Create a calm and tranquil sacred space and find a comfortable position. When you are relaxed, with your wholehearted intention, state the following:

'I remove the (name of the attunement), including all connections, lineages and associations NOW!'

Let the energies flow for a few minutes while holding your intention. Please feel free to add any other variations to this intention statement. It will always work as long as you set a clear and specific intention.

I find that it is also helpful to give thanks to the energies, founder, or for any discoveries or enlightenment you may have gained. If the attunement was negative,

then perhaps give thanks for the insights and any discoveries. Remember, all experiences are beneficial if you gain insights and enlightenment.

Before Every Ritual/Session: Setting Your Intention

Before you begin any kind of ritual or session you must be very clear about what you want to achieve. We often call this “setting your intention.” Another way of putting it is deciding what you want to happen. Forming a request is a good way to get a clear intention. The best way to form a request is to condense your desire into a single simple phrase. “I get my dream job.” “Someone will go home with me tonight.” “I get a new car.” These are all examples of a request.

Something important to remember. Don’t focus on the problem in your request. Do not say anything like “I am out of pain,” or “I’m not poor.” These are still focusing on being in pain or being poor. Instead say something like, “I am wealthy, or money flows into my life” or “I am healthy or I feel good.” It’s a small thing that will greatly increase your success.

A note on tense. Some people say that requests should never be in the future tense as in “I will get a new car.” They say that it forces the magick to stay in the future and never manifest in your life. So you can keep things in the present tense, “I have a new car,” or use the past tense, “I got a new car.” I have had no trouble with future tense personally, so I know the angels aren’t so simple as to not understand what you mean. However, if you believe this, or more likely believe it on a subconscious level, then using the future tense will make your magick fail. So it is often safer to stick to past or present tense unless you know for sure you are ok with future tense for your requests.

When using the Manifestation Technique you will be using your imagination to visualize yourself receiving what you desire instead of just saying your request. So you may want to practice visualizing so you aren’t having to make it up on the spot. Take a moment before you begin by just daydreaming about getting your desire and imagining how it will make you feel. It doesn’t have to be super clear like a movie or anything, just a few impressions will work as long as you clearly know what you want.

Even before starting the Communication Technique, you should have your question(s) worked out ahead of time. Though like any conversation, you might find yourself talking about something altogether different, you should know ahead of time what your main goal in speaking to the angel is before you begin.

What About the Consequences?

One of the things you often hear from beginners is that they are afraid of negative consequences from magick. The old you ask for money so someone you love dies and leaves you a fortune cliché. This comes from the world of fiction and not actual magick. The spirits are not going to do anything that would hurt you to give you what you want. That's just not how it works. The results might now come the way you expect, but they will always be for your benefit.

Activating the Energy

To use the energy you must activate it each time before you can use it. This is basically like turning on the faucet so that the energy will begin to flow through you. (This is different from when you received the attunement by activating the chi balls. Don't get confused by the two uses of the word.) Activating the energy is very simple. You just begin repeating the name of the attunement. So for example you would say "Enochian Healing" if you want to activate Enochian Healing. Simple! It takes at least three

repetitions of the name to activate the energy and get it flowing, though sometimes it can take longer, so be sure to say it at least three times.

Begin to say or chant the name of the attunement either out loud or silently in your mind. Say it quietly and intimately as you would to a lover in bed.

Once activated the energy will flow down through your crown, third eye, throat, and heart chakras and then split off and go down your arms and out of your hands. Some people may be able to sense the energy in some way. Some may feel it as it enters as it shifts their consciousness slightly. Others may feel it in one or more of the chakras as it passes. Some people feel it as it comes out of their hands. It might feel like a sizzle or as waves. Everyone's experience is unique. Clairvoyant people may see the energy in some way, while those with clairience may smell a particular scent when it is active. The more you use the energy the more you will discover how it "feels" to you.

The energy will typically only flow as long as you continue to repeat the name or are actively directing the energy using one of the techniques described below. If you aren't consciously trying to work with the energy, perhaps because you are interrupted or become distracted, the energy will stop flowing and you will need to activate it again. The energy will otherwise continue to flow long enough to do the job and will usually stop itself.

The energy flows in cycles. One cycle is usually enough to do whatever you need to do. However, if you want to put a lot of energy into something, keep working with it after it stops and it will restart and do another cycle. It will keep doing this until you decide

to stop the flow which you do simply by deciding you are done and move on to some other task.

Receiving Visions

It is not uncommon to receive visions from the angels while the energy is active. The more experienced you are the more likely you will receive, or at least notice that you are receiving, a vision.

The movies have taught us that visions are disruptive, powerful, or overwhelming. This of course isn't true at all. Most of the time they are very subtle. Visions don't even need to be visual. They will often come in similar ways in how you perceive the energy. Maybe if you see the energy you may see an image or series of images that have meaning to you. But if you tend to feel it, you may feel something different along with an intuitive understanding of what that feeling meant. If you are lucky you will hear the spirit speaking directly to you in your mind. This will most often still be in your own voice, so you will need to trust that it's a message from an angel.

Visions come in many different forms, but the thing that will always be there is the intuitive feeling that this means something. Sometimes this feeling is very strong and you absolutely know it is true, and other times it is just a vague feeling. As a magician, it's important to trust your intuition. More often than not the vision is meant to help you get what you are asking for or they are trying to tell you a better way of working. These instructions are meant to simply get you started, as you work with the energy you will discover more personal methods that work best for you. Paying attention to and acting on these messages is the key to perfecting your personal relationship and methods of working with the spirit.

For me, I often get new ideas while the energy is active. It would be easy to think that these ideas are just coming out of me, bubbling up from my subconscious, but my experience has taught me that they are how the spirits speak to me and help me to be a better magician. So pay attention to any ideas that pop up or even any stray thoughts, even if they don't seem to have anything to do with what you are working on. Write them down in your journal as they may be important later.

You may also receive visions that are not about your request, or about how to work with the energy more effectively, or about building your relationship with the energy, but instead, the spirits are showing you areas you need to work on. These may be repressed memories you need to begin to face, past lives that require healing, or some other form of hidden information that you need to understand or work through in order to continue on your journey towards healing and growing in power.

Attuning Others

Attuning other people is simple. The person you are attuning has to be aware and agree to the attunement. All you have to do is lay your hands on them in any way. I have done it standing behind someone with my hands on their shoulders, I've also just held their hands, or held one hand while my other hand was on their leg. You want both of your hands touching them if possible. Your intention here is to attune the person to the energy. I phrase this as, "I attune (person's name) to Enochian (attunements name)." I just repeat this to myself over and over as the energy flows into the other person. The other person needs to be welcoming to the energy and may want to say to themselves, "I welcome this attunement." The energy will stop flowing on its own when it is done.

Many people expect attunements and attunements to be more exciting than this, so you can create a ritual out of it with candles and incense. You can make it as elaborate as you want. The theater of magick can be very important to some people. What's more powerful, an attunement you get from someone holding your hands for a few minutes in silence or an attunement during a mysterious ceremony? They're both the same in terms of actual effect, but the second one will make the experience more exciting and fun to remember and more importantly can make someone believe in it more strongly.

You can send attunements through chi ball from a distance. Chi balls arrive instantly after you send them and will wait forever, never going bad, until the person is ready to activate them. To send an attunement in a chi ball you say to yourself the same phrase as you would in person with the added "by chi ball" at the end. Instead of touching the person, you form the energy into a ball like in the Manifestation Technique. As you repeat the phrase form the energy into a ball. The energy will stop flowing on its own. The amount of energy is different from person to person, so don't be alarmed if one takes longer than another or if one is over very quickly. Once the energy stops flowing, simply say, "Go to (person's name.)" The chi ball will instantly go to the person you intend to attune. Then thank the spirit.

Whether you initiate someone in person or from a distance with a chi ball, please be sure to warn them ahead of time of the possible side effects and give them a copy of this manual.

Attuning an Object

You can fill an object with the energy of your attunement and give it a specific ability. You can make any number of objects of power, talismans, or amulets with any power that the spirit has. A purse that attracts money. A charm that radiates good fortune. A

stone that protects you. Set your intention, which in this case is deciding what power the object has and how it works. Then hold or touch the object and activate the energy and let the energy flow into the object. The item charged this way will only last so long before you need to recharge it. If you want to make the effect permanent you will need to attune the object which is really just as easy. Add "I attune this object to (attunement's name)" to your intention and repeat it over and over along with the short instructions on how it is supposed to work as you hold or touch the object. Take the money purse example. You would say, "I attune this purse to Enochian Prosperity so that it has the power to attract money," over and over as you hold it. The power will flow very strongly. Just keep holding the item and repeating the phrase over and over until the energy stops flowing on its own or if you don't feel anything give it five minutes.

Enochian Healing

Enochian Healing gives you the power to heal anything. It will help with physical healing, mental healing, emotional healing, and spiritual healing. You can heal yourself or another. You can also heal relationships. Anything that you can imagine using the word healing on you can heal with this energy. For example if the people you live with are tense or angry and the home environment is affecting you, you could heal the environment of your home. Same for your workplace.

Remember the key word here is healing, not curing. You aren't going to suddenly fix a broken leg with this energy. If you were to use the energy to heal a broken leg without first setting the bone, it would heal wrong. You aren't going to make a cold suddenly vanish, but you can speed up the time it takes for the body to beat the disease and recover.

This attunement combines the healing powers of the name of God Oro, the Elders Abioro and Haozpi, the name of God Bataiva, and Npat an Angel of the Elements of the East. You do not need to remember these names as the energy is activated by the name of the attunement and not these names.

The Techniques For Enochian Healing

There are several ways to use the energy to get what you want. The key difference between working with the angels in a ritual is that you are asking (or commanding, depending on how you work) the angels to fulfill your request. When working energetically you are working directly with the energy of the spirit yourself, controlling it with your intention. To fit all the different types of requests you may make I have identified several techniques to help you.

At the most basic level, all you are ever doing is sending the energy of the spirit into the world in some way and controlling it with your intention. The energy always obeys your intention. Always. It is very important that you understand that your intention is the most important thing. You can screw everything else up and still be successful if you have a clear intention. All of these techniques are to simply help you work with the energy with your intention. If they are too confusing or complicated, don't worry about it. Just figure out a way that works for you where you send the energy out to obey your intention.

Meditation Technique: This is a unique form of meditation in which you activate the energy as normal and then repeat the attunement's name over and over like a mantra. Do this to get to know the energy and begin building a relationship with it. I often think of this as "basking in the energy" which has little immediate practical value but helps your spirit in ways we can't fully understand. This technique is unique in that you don't need to set your intention. You might not be looking for specific results. Sometimes it's nice to just meditate without expectations. You may have a vision or insight, but you aren't looking for them. However, you can use this technique with intention. You might set your intention to awaken your unique healing abilities, or simply to sustain your good health for example. You can use this for any request where you are trying to empower something within you.

Communication Technique: This is very similar to the Meditation Technique only you are setting an intention of communicating with the angels in some way. Perhaps you want to receive guidance or maybe you need some information. Set your intention before you begin and then begin as you would the Meditation Technique. Let the energy flow for a few moments then begin talking to the angels. Ask your questions or make your request. Then remain silent, only repeating the attunement's name as a mantra. The answer or information may come as a vision as we talked about earlier, or it may come later in another way. It might come in a dream or it might come in a way you don't expect. One time I got an answer in a random video I saw online. As always, trust your intuition.

Direct Channeling Technique: With this technique, you are typically touching the person you are working with, usually for healing purposes. You can also do this to yourself for healing or just to sustain good health. As always, set your intention before you begin. The simple method is to just lay your hands on a person or yourself, activate the energy, and let it flow until it stops. This will work just fine. You may also touch the part of the body that needs healing. However, with energies like Reiki, it has become popular to channel the energy directly into the physical location of each chakra using different hand positions. This is helpful in being thorough and knowing

that the energy has gone all over. If you choose to do this you can easily Google “Reiki healing hand positions” for instructions on where specifically to put your hands.

Distance Channeling Technique: This is used for the same purposes as the Direct Channeling Technique only you are using it on a person from a distance. It works exactly like the Direct Channeling Technique only instead of actually touching the person you imagine them and imagine yourself touching them and channeling the energy into them. If you have trouble imagining you can use a teddy bear or doll and channel the energy into the doll. Just set your intention that the doll represents the person and the energy will go to them. Just trust that the energy will obey your intentions.

Manifestation Technique: This technique is used for making your desires come into your life. You can use it for literally anything you want to heal. You activate the energy as normal and then with your hands begin to make a ball out of the energy. Remember how you would make a snowball, packing in the snow and forming it into a ball with your hands? Do the same thing with the energy coming out of your hands. Imagine the ball getting larger and larger as you pack and form the energy. Keep adding energy and keep letting it grow, but about the time it gets the size of a baseball you should start to imagine getting whatever it is you want. For example, if you want to heal a relationship, imagine the other person apologising as they hug you. Importantly, also imagine what it would feel like reconnecting with that person. You can also heal someone in this way, imagine the person recovering from their illness and how that would make you feel. Take the images and the feeling and imagine you are putting them inside the ball of energy. Keep giving it energy until it stops on its own or if it's been over five minutes you can stop. The ball will be somewhere between the size of a softball and a volleyball. Send it out into the world to make your desire a reality. Imagine it flying away from you very fast.

Tendril Technique: If you want to use the energy on a person directly then you may want to use the Tendril Technique. This technique can be used at any distance. You can use it on someone across the room or someone on the other side of the planet. Time and distance are no limitations for 151 energies. You can use this if you are trying to heal a person's thoughts or feelings. You can also use it to heal people without touching them directly. As always, set your intention. Then activate the energy and imagine it coming out of your hands as a great tendril or tentacle. You don't have to actually do anything with your hands, just imagine the tendrils of energy growing out of your palms and then reaching out to the other person. Where you grab them is based on what you want to accomplish. If you are trying to affect their mind you will want to imagine the energy wrapping around and sinking into their head. Then imagine the healing energy you want to give them flowing out of you and into their

head and brain. If you are trying to heal a specific part of someone's body you can send the energy to that part. This technique differs from the Distance Channeling Technique only in that it feels more aggressive and is, therefore, better when using force. However, you can easily accomplish the same effect with the Distance Channeling Technique.

Energy Bubble (Aura) Technique: This technique is best for when you want to affect an area centered on the target. Examples would be a bubble of healing. An aura of emotional health where people are less likely to be toxic around you. You could also create an aura of spiritual health. Set your intention, activate the power, and then imagine the power filling a bubble around you, or the person or object you are targeting. Let the energy flow for a while so that it can fill the bubble fully. Bubbles of energy last

different amounts of time for each person but definitely drain faster the more people they are affecting. A good rule of thumb would be 12 hours and then perhaps boost it every so often if it's getting a lot of use. You can also use a variation of this and fill a room with a specific effect.

Conclusion

You are about to enter a new world or at least a new way of working with Enochian angels. I want to congratulate you for choosing to take this step. I wish you great things and hope you have a wonderful experience with your chosen spirit.

Lineage

Jareth Tempest

Lysa Brown

You!

****These energies were passed down to me via the 151 current system along with the manual with a few minor changes.**

***Attunement and Initiation are used interchangeably.**

Please allow 3-5 days to receive your attunement. You will be notified through email that your chi balls are ready to be activated

