

INTERNATIONAL LIGHTWORKERS



Bedaliel Attunement LightWorker™ Series



Manual by Eileen "El" Brooks
Layout by Jens "Tehuti" Søeborg

Bedaliel Attunement (LW™ Series)

We have had El* as our LightWorker™ system house artist for some time, before we knew that she had also made "writeups" for most of her beautiful paintings. Those *writeups* could easily be transformed to manuals, and the contact could equally easily be transformed to attunements. So now El* has made her attunements available for us along with these manuals. El* has a very different writing style, filled with a lot of light. I am sure that you will enjoy her attunements as well as her artwork.

All colour and design work is given to El* in the form of claircognisance. She is then told step by step - what to do and which colours to use. El* has a picture in her mind's eye. Often she will revisit some work, which she has already completed and see coded information not previously consciously noted by her. This is the way El* works - she does not necessarily grasp All at once - it is an ever evolving process for us all. The LightWorker™ manuals normally contain some nice pictures, but these series bring to you an extra dimension to the attunements, because they are enhanced through this inspired artwork. They are all provided **free of cost** and placed as a part of the ...

LightWorker™ Artwork Series (Art & Attunements by Eileen "El" Brooks)

Angel of Love and Healing Attunement (Eileen "El" Brooks) (LightWorker™ Series)

Archea Amethyst Attunement (Eileen "El" Brooks) (LightWorker™ Series)

Archea Charity Attunement (Eileen "El" Brooks) (LightWorker™ Series)

Archea Faith Attunement (Eileen "El" Brooks) (LightWorker™ Series)

Azuriel (Angel of Blue Light) Attunement (Eileen "El" Brooks) (LightWorker™ Series)

Balance Attunement (Eileen "El" Brooks) (LightWorker™ Series)

Barbedo (Angel of Abundance & Goodness) Attunement (Eileen "El" Brooks) (LW™ Series)

Bedaliel (Angel of Energy & Vitality) Attunement (Eileen "El" Brooks) (LightWorker™ Series)

Eloa (Angel of Jesus' Tear) Attunement (Eileen "El" Brooks) (LightWorker™ Series)

Great Spirit Mother Attunement (Eileen "El" Brooks) (LightWorker™ Series)

Isodora (Angel of the Violet Ray) Attunement (Eileen "El" Brooks) (LightWorker™ Series)

Lady Nada (Ascended Master) Attunement (Eileen "El" Brooks) (LightWorker™ Series)

Muriel (Angel of Emotions) Attunement (Eileen "El" Brooks) (LightWorker™ Series)

Pendulum (Swings for Female Energy) Attunement (Eileen "El" Brooks) (LightWorker™ Series)

Rose Deva Attunement (Eileen "El" Brooks) (LightWorker™ Series)

Sophia (Wisdom Mother) Attunement (Eileen "El" Brooks) (LightWorker™ Series)

Starseed Transmissions (Eileen "El" Brooks) (LightWorker™ Series)

Tempaii (Buddha Consciousness) Attunement (Eileen "El" Brooks) (LightWorker™ Series)

Three Sisters (of the Celestial) Attunement (Eileen "El" Brooks) (LightWorker™ Series)

Zadkiel (Archangel) Attunement (Eileen "El" Brooks & Jens "Tehuti" Söeborg) (LW™ Series)

Zechiel (Angel of Harmony & Joy) Attunement (Eileen "El" Brooks) (LightWorker™ Series)

Zenos (Starman) Attunement (Eileen "El" Brooks) (LightWorker™ Series)

And more to come ...



Bedaliel.... angel of Vitality and Body Energy.... comes to share her wisdom with you.... Bedaliel tells us that when we are born to this earth plane, we bring with us numerous gifts bestowed upon us by the Creator.....

Vitality and Body energy being two of these gifts.... Nurture these gifts.... Come to know and realise yourself at all levels of being.... Understand that providing balance for yourself in all these areas.... is the platform for the basis of excellent health.... Many roads may lead to the same desired destination... energise yourself to maintain your vitality....

Eat well, nutritiously and in appropriate amounts.... Be mindful when eating... be in the present moment..... pay attention to your own nutritional time clock within... eat when hungry and be grateful for the food and the energy and vitality of the food.... Food that is blessed prior to eating is the most desired in beneficial effects.... Nature provides us the food and herbs to cure us of our ills... In this case we say prevention is better than cure.... foods can be our medicine.... there is much to learn in this area....

Rest yourself.... maintain adequate sleep patterns.... encourage deep sleep... relax before retiring... meditate or read peaceful passages.... play music to soothe the soul... Call upon the angels to protect yourself, family, property... when you sleep....

Herbs and essential oils may enhance relaxation and vitality, also crystals... energizing and balancing the self at all levels.... physical/emotional/mental/spiritual/light bodies...

Meditation plays a key role... as does sleep... in renewal of the body and revival of its functions.... Slowing the busy Beta impulses of the brain, in its everyday consciousness.... and providing alpha, delta and theta brainwave states, in the meditative state.... is a wonderful way of becoming more in tune with self and the universe.... and providing a peace and calm... that in turn promotes healing at all levels....

Listening to classical and new age healing music also provides a means to rest the brain and provide the soothing of the Soul that is so often overlooked in the hassle and bustle of everyday modern, urban living..... Visiting large bodies of water... lakes, rivers or the sea.... even a bath or shower.... can soothe jaded nerves and promote emotional flow..... increasing vitality.....



Vitality..... is the means by which we are able to distinguish the “non Living” from the Living..... It is the capacity to live and develop and in form is an energy that can be recognised quite easily by us all.... It is a knowing we have that lets us know if all is well.... we are able to see that this energy is essential (vital) to the existence of any quality of life.... Bedaliel promotes this vitality within our “human frame” and sees to it that there is a balance of vital energy between our subtle and gross bodies....This in itself is healing.... bringing to the “Self” integration and connection.... balance in all areas on an energetic level..... The Divine aspect of Vitality is tied into that of Divine Will....

Bedaliel speaks to us through our intuition, clairaudience, claircognisense, clairesentience and clairvoyance.... She helps us to see and make choices that will uphold our quest for vitality and energy... Living in this manner makes connection with the higher aspects of ourselves easier.... Making wise life style choices leads to less toxicity within our systems.... our cellular structure is less polluted, bringing in the light of the Divine is more able to take place on a regular basis.... one that supports the highest good not only of our self... but of the “Whole”....



When we are feeling energised.... vital.... we are emitting a vibrational tone that is receptive and indeed encouraging to many higher aspects of creation..... The doors to lower energies and negative traits is closed..... we entertain an exuberance to all life.... If this is mingled with heartfelt gratitude.... a state of Grace is experienced..... this in turn brings great love both for and consciously recognised from the Creator.... and an internal Peace and Harmony that goes beyond all longing and dreams.... We are in truth Blessed.....

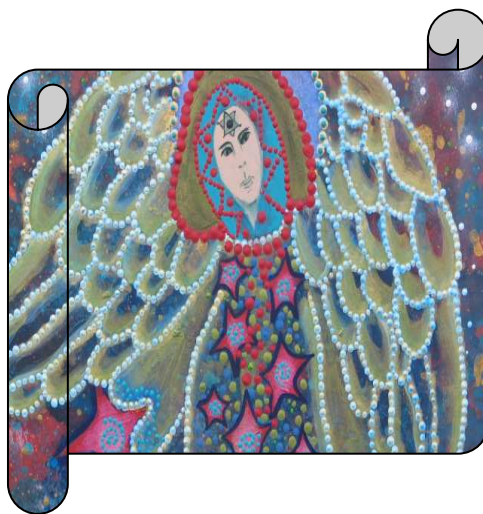
Spending time in nature.... enjoying a sunrise or sunset.... spending time near flowing water.... will revitalise a tired body and spirit.... Spending time in a peaceful and receptive state we are able to call upon our Angelic Hosts.... Bedadiel asks that we spend time in communion with her.... and treat ourselves to the understanding and wisdom for our well being that she has to share....

Bedadiel gives Great Thanks to us, as LightWorkers.... who actively seek to improve ourselves... to live as our Highest Selves.... to help and teach others.... to heal ourselves and others and the Planet... at this Great Time of Evolution..... She acknowledges that we are playing an active role in bringing about positive change and making the path clearer for those behind us..... Bedadiel tells us that For the Highest Good of All.... we are succeeding in our earth-plane missions.... we are well supported and graciously thanked for all..... Our own individual missions are accomplished with much greater ease when we look to filling ourselves with the Vital Energy Vibrations.... We have more stamina.... strength..... are less governed by emotions..... less influenced by fear/negativity..... We are able to maintain the highest vibrational form for longer and longer periods of time.... thus bringing in much information for service and healing for self and all.....

All is energy and vibration.... At a vibrational level we are all unique.... we are all expressions of the same source.... although we maintain our individuality.... When we experience the vibration of good health, peace, love and light in our lives.... we are living as "Vital humanbeings". Simply by recognising this, we are starting to live the process....

Stop thinking for a while and allow yourself to feel....feelings tell us so much... can you feel what is vital to you and your own well being? Are you happy to be well and energised?

By not wasting our precious energy on that which is unworthy of us.... we open ourselves up to living with the joy that is our birthright.... and indeed the vitality that living in this way, does bring.....



Bedadiel is saying that she is one of many angels with you at this present time.... She is talking to you at a soul level... helping you with any vital choices!!!

Her colours depict the colours of the heart and communication... She radiates peace and integrity towards you....*

Bedadiel asks us to remember that Service starts with the Self....Be kind to yourself...Love yourself....treat your body, mind, emotions and spirit with respect.....show appreciation both for and of yourself....In doing so we are creating a greater understanding of ourself...this leads to a greater understanding of others....

Adopting an attitude of gratitude instead of an attitude of judgment is one of the Greatest things we can do for ourselves.... Loving ourselves... where we are at... and what we do are equally as important..... Bedaliel intrinsically ties the vitality of our form... both physical and on etheric levels.... with the love we anchor on the earth plane... and the Grace in which we exist in our daily lives....

Simple changes in our daily routine can bring about big changes in vitality, energy and vibration.... By the Grace of this beautiful Energy.... Bedaliel.... we may seek to know which way is best for us..... she helps us to tune into the wisdom inherent in us all..... she helps us to see our own answers.... and gives us strength and the courage of conviction.... to bring these Vital changes about!

BEDALIEL***

Vital Being of Grace.... Angel*
Honour us with Your Presence
Guide us
See us through our transformations
Let us see ourselves as you do....
In Perfect Light*
Help us bring in the Vital Energy we need
For Our Service in this Form***



Namaste,
El*

