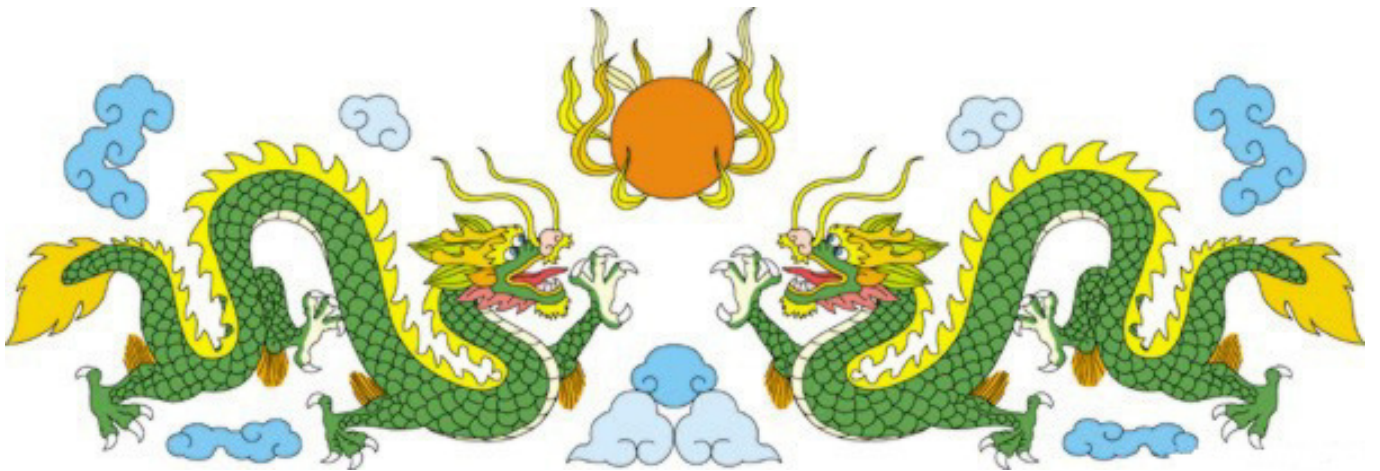


# INTERNATIONAL LIGHTWORKERS



## Udines Attunement

### The Water Elementals

LightWorker™ Series



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

## Udines Attunement (LW™ Series)

We have had El\* as our LightWorker™ system house artist for quite some time, before we knew that she had also made "write-ups" 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 minds 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.

The actual attunement is also a part of El's own **Messenger of Spirit Series**. 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)

Angelic Cellular Healing (Eileen "El" Brooks) (LightWorker™ Series)

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

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

Archeia Faith 2nd Level (Eileen "El" Brooks) (LightWorker™ Series)

Archeia Holy Amethyst Attunement (Eileen "El" Brooks) (LightWorker™ Series)

Archeia Mary Attunement (Eileen "El" Brooks) (LightWorker™ Series)

Assiel 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)

Lady Portia 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)

Sacred Feminine Returns 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)

**Udines Attunement (The Water Elementals)** (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 ...

## Undines Attunement (The Water Elementals)

The Nature Spirits of Water are called Undines. Since their purpose is to direct the flow and course of the waters of the planet, they live in coral caves, fountains, lakes, marshlands, rivers, seas, waterfalls, and underneath lily pads.



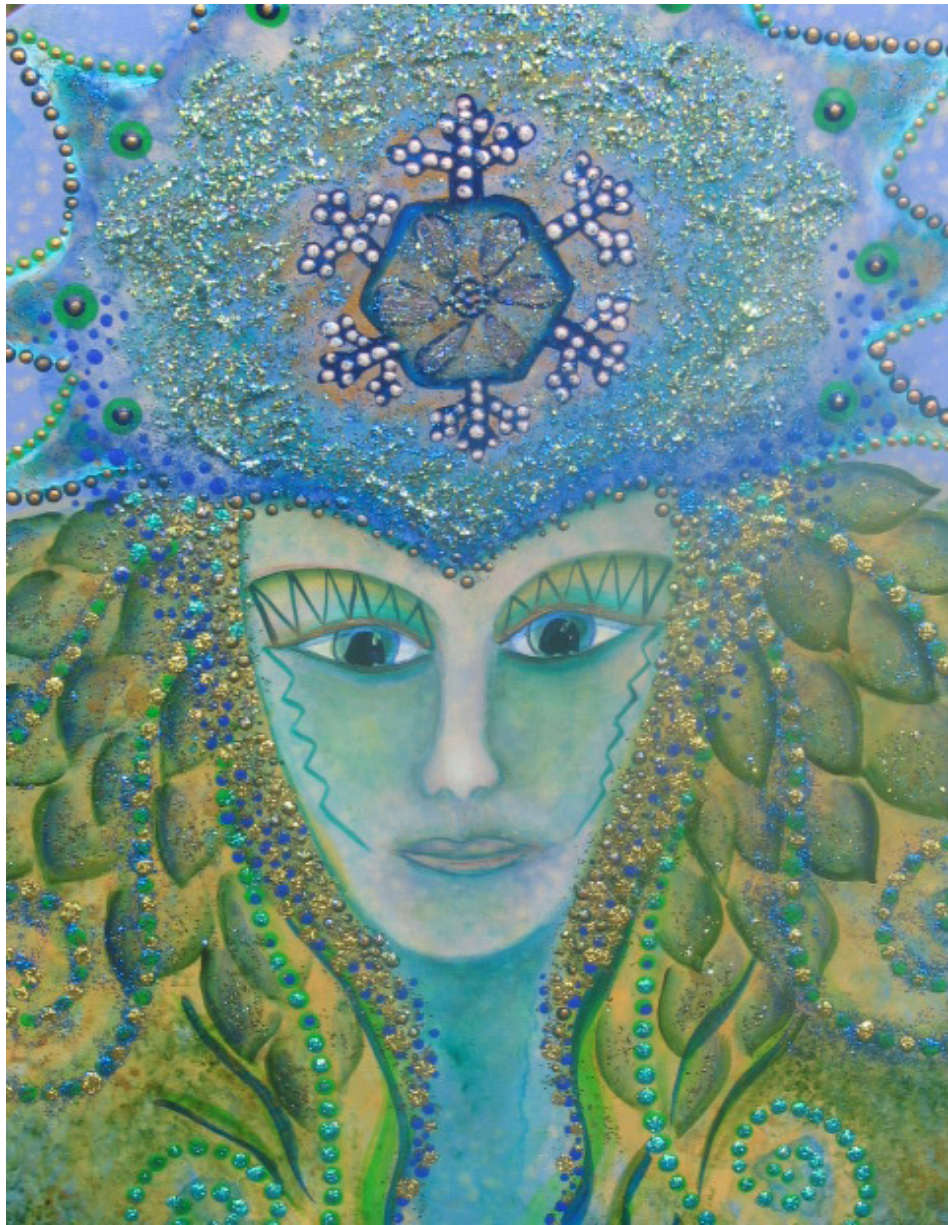
Besides caring for plants both above and below the surface of the water, the Undines are concerned with the movements of water and how they relate to human emotions and soul responses. They also are responsible for working with the fundamental quintessences and vital fluids of animals, humans, and plants.

Undines are beautiful, emotional, and graceful Nature Spirits who dress themselves in greenish, sea coloured garb that has both a shimmering consistency and a watery texture.

In appearance they resemble humans, except for the Undines that inhabit the smaller ponds and streams who are of lesser stature.

Undine came to me... very concerned about the state of the water on the planet.... She warned me that we all needed to take extra care of our water and start treating it with respect.....

The undines are the elemental beings that compose water. They are able to control, to a great degree, the course and function of the water element.



Etheric in nature, they exist within the water itself and this is why they can't be seen with the normal physical vision. These beings are beautiful to look at and are very graceful.

Undines are believed to be the classic water nymph or mermaid of mythology. The sea, springs, streams, wells, marshes, waterfalls, lakes, rivers are all places they frequent. They are present anywhere that water is\*\*\*

They are often seen riding the waves of the ocean. They can also be found in rocky pools and in marshlands. They are clothed in a shimmery substance looking like water but shining with all the colors of the sea, with green predominating. The concept of the mermaid is connected with these elemental beings.

The undines also work with the plants that grow under the water and with the motion of water. Some undines inhabit waterfalls, others live in rivers and lakes. Every fountain has its nymph. Every ocean has its oceanids.

The undines closely resemble humans in appearance and size, except for those inhabiting smaller streams and ponds. The undines often live in coral caves under the ocean or on the shores of lakes or banks of rivers. Smaller undines live under lily pads.

The undines work with the vital essences and liquids of plants, animals, and human beings. They are present in everything containing water. There are many families of undines.....

The smaller undines are often seen as winged beings that people have mistakenly called fairies. Those winged beings are seen near flowers that grow in watery areas. They have gossamer wings and gossamer clothing.



The ruler of the undines is a called Necksa. The undines love, serve, and honor her unceasingly. They are emotional beings, very friendly and open to being of service to human beings.



**\*\*\*NECKSA\*\*\***

**\*\*\*SHIMMERING BEING OF THE DEEP\*\*\***

**EMOTIONAL CHARGE OF FLOW**

**CLEANSE US**

**CLEAR US**

**BLESS US WITH YOUR PRECIOUS**

**WATERY CARESS**

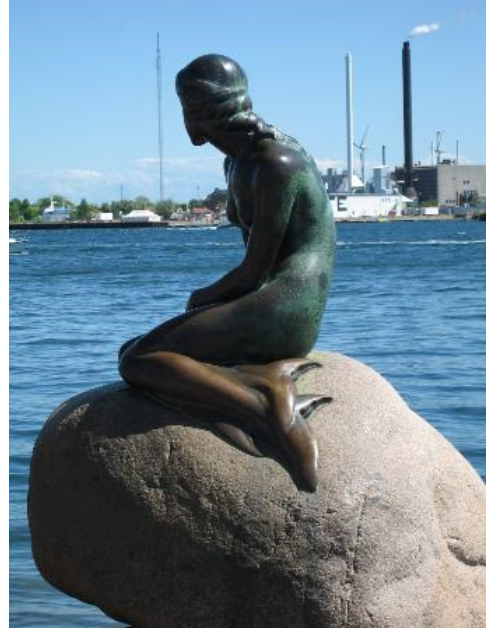
**WE AWAIT FOR YOU**

**WITH RESPECT**

Undine, Undines, Undina, or Ondine are sometimes interchangeable terms used for our watery friends...

## THE UNDINES

As the gnomes were limited in their function to the elements of the earth, so the undines (a name given to the family of water elementals) function in the invisible, spiritual essence called humid (or liquid) ether. In its vibratory rate this is close to the element water, and so the undines are able to control, to a great degree, the course and function of this fluid in Nature. Beauty seems to be the keynote of the water spirits. Wherever we find them pictured in art or sculpture, they abound in symmetry and grace. Controlling the water element - which has always been a feminine symbol - it is natural that the water spirits should most often be symbolized as female.



There are many groups of undines. Some inhabit waterfalls, where they can be seen in the spray; others are indigenous to swiftly moving rivers; some have their habitat in dripping, oozing fens or marshes; while other groups dwell in clear mountain lakes. According to the philosophers of antiquity, every fountain had its nymph; every ocean wave its oceanid.

The water spirits were known under such names as oreades, nereides, limoniades, naiades, water sprites, sea maids, mermaids, and potamides. Often the water nymphs derived their names from the streams, lakes, or seas in which they dwelt.

In describing them, the ancients agreed on certain salient features. In general, nearly all the undines closely resembled human beings in appearance and size, though the ones inhabiting small streams and fountains were of correspondingly lesser proportions. It was believed that these water spirits were occasionally capable of assuming the appearance of normal human beings and actually associating with men and women. There are many legends about these spirits and their adoption by the families of fishermen, but in nearly every case the undines heard the call of the waters and returned to the realm of Neptune, the King of the Sea.

Practically nothing is known concerning the male undines. The water spirits did not establish homes in the same way that the gnomes did, but lived in coral caves under the ocean or among the reeds growing on the banks of rivers or the shores of lakes. Among the Celts there is a legend to the effect that Ireland was peopled, before the coming of its present inhabitants, by a strange race of semi-divine creatures; with the coming of the modern Celts they retired into the marshes and fens, where they remain even to this day.

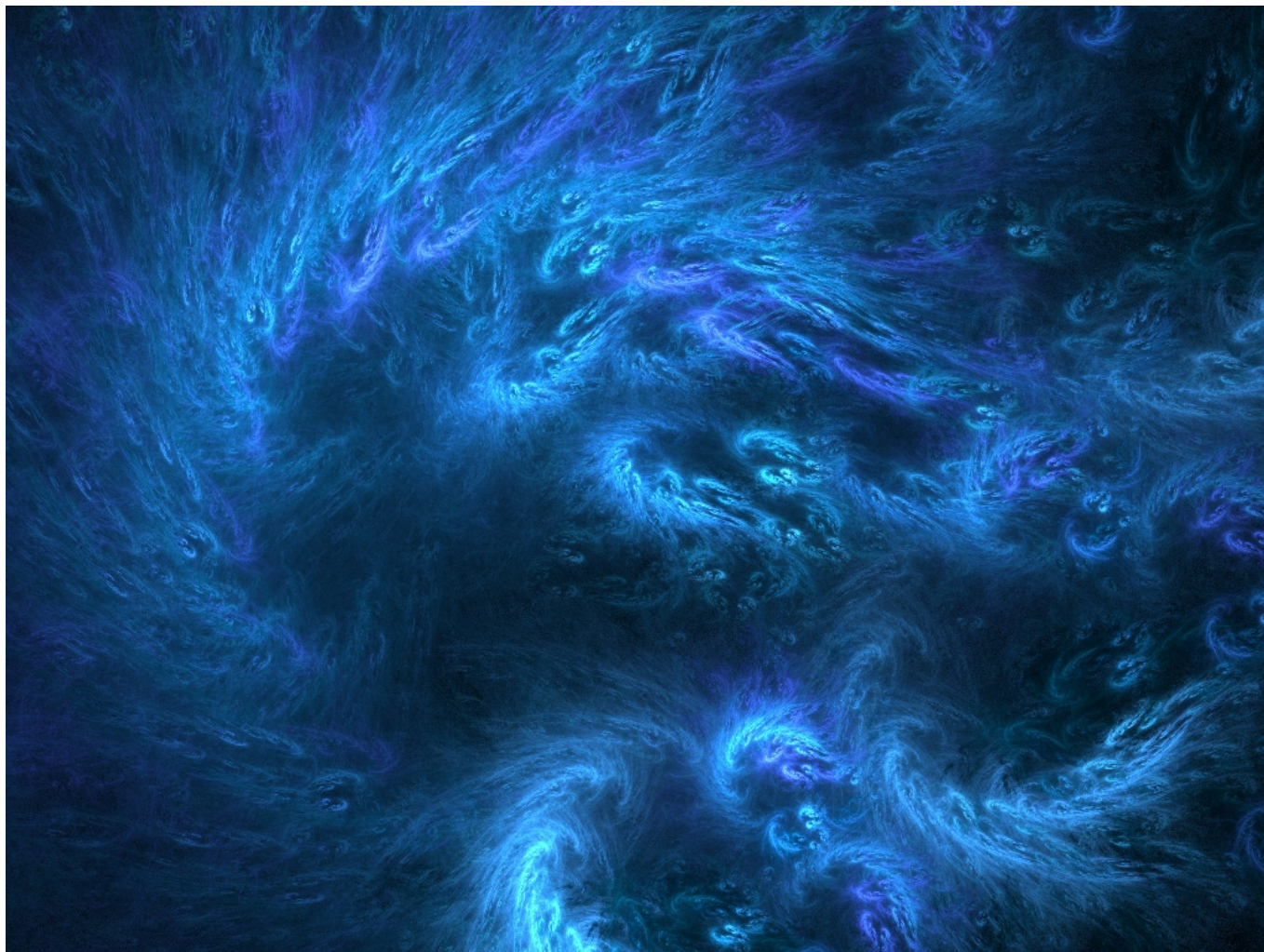
Diminutive undines lived under lily pads and in little houses of moss sprayed by waterfalls. The undines worked with the vital essences and liquids in plants, animals, and human beings, and were present in everything containing water. When seen, the undines generally resembled the goddesses of Greek statuary. They rose from the water draped in mist and could not exist very long apart from it.

There are many families of undines, each with its peculiar limitations, it is impossible to consider them here in detail. Their ruler, Necksa, they love and honour, and serve untiringly. Their temperament is said to be vital, and to them has been given as their throne the western corner of creation. They are rather emotional beings, friendly to human life and fond of serving mankind. They are sometimes pictured riding on dolphins or other great fish and seem to have a special love of flowers and plants, which they serve almost as devotedly and intelligently as the gnomes. Ancient poets have said that the songs of the undines were heard in the West Wind and that their lives were consecrated to the beautifying of the material earth.





### **\*\*\* Meditation for Connection with the Water Elementals \*\*\***



**Take up your usual meditative space and position...**

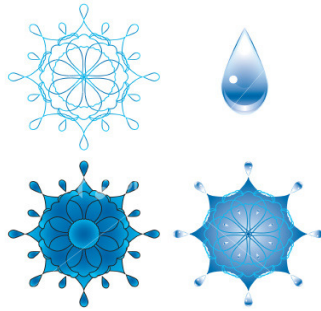
**Visualise the most beautiful green/blue surrounding you... There are shimmering of the rainbow... and gold within this green/blue\*\*\***

**Breathe the colour... deeply.... rythmically... place your tongue behind your top fron teeth.... breathe in with your nose.... Take your tongue back and exhale firmly through your mouth\*\*\***

**Take your time.... repeat this sacred breath... til you feel you are in the right space.... relaxed.... very aware.....**

**Close your eyes and imagine you are swimming in the colours.... Feel the healing presence of your Angels and Guides.... They are receiving information to pass on to you from the Water realm.... Be open.... and receptive to receive....**

**BREATHE>>>>>>**

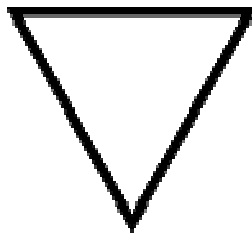


Feel appreciation and love for these elemental beings....  
Give thanks....

You may be unaware on a conscious level.... of any communications....

Know..... You are in contact now.... Your intent will assist you to be  
more mindful... of water and all it's teeming elementals....

There is much rejoicing in these realms... That we humans wish to  
communicate and relay Love to them... There is much awareness for  
LightWorkers here\*\*\*



Information channelled and also some text from the Internet  
encyclopedia...

Thank you for joining us to connect with these wonderful Elemental  
Friends...



NAMASTE.....  
EI\*