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Elle Ayat: Life without medicine and disease

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The basic elements for practice Elle Ayat and Farkhat ata is the method of self-improvement and open consciousness. This technique contains the following components: (i) The Formula of Life and Love (ii) Viewing the Sun (iii) Drinking Etkin Tea.

(i) Reading the Formula of Life: Below is the text of the Formula of Life as it is to be said. After speaking the Formula, then you may ask the Creator for what we want and need in life. (Never ask for money!)

Elle Nina ana Creator Farkhat Ata
Elle Ayat 37 40 6 8 10
Elle LEZZET Universe
Elle Uyghur Ayat Elle
Ah-l-Yah Nina Ah-na Creator Farkhat Ata
Ah-l-Yah Ayat 37 40 6 8 10
Ah-l-Yah L-yah-zot Universe
Ah-l-Yah Uyghur Ayat Ah-l-Yah

After saying the Formula of Life the channel from Creator is opened burning the negativity within us and the negativity departing from within. The stream remains open for some time and then closes so as not to restrict the freedom of the individual.

The Creator does not work violently and he will work only when we ask, i.e. by saying the Formula of Life. The more often we repeat it, the greater the amount of work that Creator will perform in our bodies and consciousness. The word Elle (Ah-l-yah) also possesses a powerful force. If spoken right after the occurrence of a negative idea or statement it will neutralize its consequences and prevent the negative idea the opportunity to materialize or happen. For example: If you say "I feel sick", follow it immediately with Ah-l-Yah. If someone says something negative, "You look awful", respond Elle (Ah-l-Yah).

(ii) Sun contemplation: It is necessary to look at the sun as often as is possible, daily, but no more 3 minutes at one time. Before looking at the Sun it is necessary to say the Formula of the Life and talk to the Creator about the issue whatever you have. Thus we contact with Creator on a straight line that repeatedly increases the effect. If, in the beginning, it is painful to look at the sun, it is possible to lightly shade your eyes and/or look at the sun in the morning and evening. If the sun is too bright you can look at the sun filtered by leaves or allow a solar beam to pass through your fingers. After a while, you will begin to take pleasure in looking at the Sun.

(iii) Drinking Etkin Tea: Etkin tea is regular tea with milk and salt, no sugar. Use black tea, not green. Brew the tea, add milk to your taste and then add salt, approximately 1/8th of a teaspoon to a mug of tea. Use non-iodized salt. The first cup of the day should be drunk, in its entirety, on an empty stomach, if possible. Successive cups can be accompanied by foods. During this treatment, the damaged, sick and mutated cells are burnt by macro-micro elements of the sun and poisonous slag forms in the body which must be washed away. Etkin tea and only Etkin tea washes away these poisons and the rest of the destroyed sick cells from the body. If the patient does not seriously consider the importance of the tea to treatment, many different unpleasant sensations or side effects will be encountered in connection with the decay of the destroyed cells. It is important to drink 6-8 cups of Etkin tea daily, i.e. 1.5 – 2 liters daily.

Biography

Anna Koziol was born in Estonia, finished his degree from University in Kaliningrad, Russia. When his daughter was born he needed to find something to help her because of health issue. Searched and tried many ways of traditional medicine, alternative, holistic. He found this method called Elle Ayat. This method started at the end of 20 century and known in Europe and Asia. The founder is Farhat ata from Kazakhstan. Basics of the method are gazing at the sun, reading the formula of life, drink Etken tea and cleaning your consciousness.

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