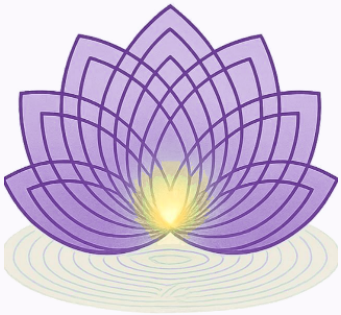


E L A N U R A

Resonance and Remembering

My path from nearly ten years of symptoms to research into structured frequency environments — and why I believe that listening to yourself is the first step of any recovery.

www.elanura-dao.international

Nathalie Olaerts

Version November 2026 · Free ebook

READ THIS FIRST

Honesty upfront

> **This ebook is not a medical document.** Elanura is a non-medical research initiative: no diagnosis, no treatment, no therapy. The device and the environments I describe are research prototypes — not medical devices.
>
> **What I share is my personal story.** One experience (n = 1) is not scientific evidence, and no promise of results. I claim no cure — not for myself, and certainly not for others. I describe what I experienced, and the questions it gave me.
>
> **With health complaints: stay under your doctor's care.** Never stop medication or treatment without consulting them. The story in this ebook can never replace that.

The historical figures I mention in chapter 4 — Royal Raymond Rife and Nikola Tesla — I do so as context and inspiration. Their work is partly contested, partly unproven, and forms no scientific foundation for any medical claim. I refer to them because their questions made me ask my own — not because their answers have the last word.

FOREWORD

Why this ebook

People who know me from Elanura mainly know me from protocols, devices and Field Logs. But it all began much more ordinarily: with a body that did not stop signalling for ten years.

This ebook is the story of those ten years — and of what I went on to build. I write it because I keep getting the same question: *how did you actually get here?* The answer does not fit in one message. It is a story about discomfort, patience, awareness — and ultimately about resonance.

You will also find a few references here: to two men from history who coloured my thinking about frequency and resonance, and to the places where you can follow Elanura. Read everything with a critical, open mind — as I wrote it.

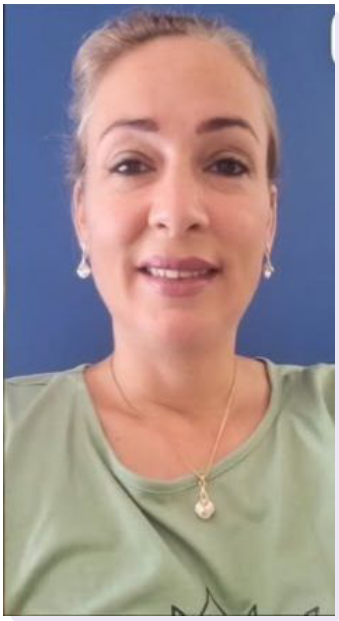
I take you into what I experienced. What it means for you, you decide yourself.

CHAPTER 1

How I came to frequency

For nearly ten years I had chronic hives. For anyone who does not know it: a rash, itching and swelling that come without a clear reason and go when they please — day in, day out, year after year. The last year of that period was the worst. My body gave signals on almost every front.

Then the rest came: intestinal problems that dictated my days, joints that became painful with any exertion. In that last year, sport was no longer possible. I had hay fever — banal in itself, but it stacked up. There was a growth in my throat. My lungs did poorly. And there was a cyst on my knee.



The founder of Elanura

Four doctors, ten years, a folder full of results. And every time the same message: we see it, we cannot fully explain it, and we can manage the symptoms — sometimes. I did not dismiss that care; I am grateful for it. But I was left with the feeling that somewhere there was a pattern no one saw — because no one took the time to listen to the whole.

Then what happened next I can only describe as a shift — in the summer of 2025. After nearly ten years of complaints I discovered frequencies: not as the promise of a miracle, but as a question that stuck. I went to investigate — reading, listening, testing, observing. And honestly: even after that insight it took a while before I actually began a first session. Knowledge comes before action. Step by step my own protocol took shape: a personal, structured way of working with my environment, my rhythm and my resonance.

But what is frequency, actually?

The question I was asked most often then — and which I also asked myself — is actually the simplest: what is frequency, really? It sounds complicated, but it is not. Put on your favourite music, that one song that immediately makes you calmer or happier. Do you feel that? That is frequency at work — vibrations that reach you and change something in you, without you having to do anything.

And it reaches further than what you hear. Everything that exists — cells, tissues, moods, thoughts — vibrates and moves in waves. So we humans are built from frequency too, and just as no two voices sound identical, everyone carries their own unique frequency. The saying “everyone is unique” is therefore literally true — down to the level of vibration. That was the door that opened for me: if my body has its own vibration, then perhaps it asks for its own kind of listening.

What I discovered and understood in that, I describe in chapter 2. What I want to say here already is the outcome, because the whole story rests on it: today, none of those complaints are present. The hives, the intestinal problems, the joints, the hay fever, the growth in my throat, the lungs, the cyst on my knee — all of them gone.

I write that sentence with the greatest possible caution. It is my experience, in my body, in my life. It is not proof, not a protocol that you can copy, and not a promise. But it is the reason this ebook exists.



Back in my own rhythm — forest, silence, resonance.

CHAPTER 2

The insight

If I have to name one thing that made the difference, it is this: I began to see frequency as more than a “heal-thing”.

Everywhere I looked — in materials, in sound, in thoughts, in habits — I saw patterns that repeat. Vibrations that amplify or fade, depending on what they meet. Resonance turned out to be not a marginal phenomenon from physics, but a language my body and my environment already spoke. I only began to understand it when I stopped suppressing symptoms and started asking: what is resonating here, and with what?

The second insight is harder to put into words, and I deliberately set it down as a personal working hypothesis: in my process, the resolution of trauma went hand in hand with the resolution of illness. Not as cause and effect in a laboratory sense — I have no evidence that strong. But in my own experience, body and past followed one another. As I acknowledged old burdens and let them go, my body became quieter, calmer, and eventually free of complaints.

I learned that recovery does not begin with a device or a frequency, but with remembering — who you were before everything you learned to believe about yourself.

That combination — raising awareness, recovering memory, and consciously using frequency environments — became the core of what I later began to research in a structured way. First on myself. Then, very cautiously, together with others.

CHAPTER 3

From experience to research

A personal experience is a beginning, not an endpoint. The question that kept haunting me was: can resonance-based work be structured and made observable? Not as a promise, but as a research question. Around that question Elanura grew — a non-medical research and activation framework with its own prototypes, documentation and field observations.

The first prototype — since September

Since September, the first prototype of the Elanura device exists. What I am most pleased about at this early stage is something that is often overlooked: geometry. The shapes and their arrangement within the device determine how it resonates inside — geometry is not a detail, but a carrier of the frequency story. In this first prototype, that geometry has been deliberately included in the design.

Further prototypes are currently being worked on: refinements in construction, tuning and observability. Step by step, with documentation of every iteration — because research without recording is not research.

Gratitude

This work would not have been possible without the people who trusted and supported it early in the trajectory. To all contributors — your identity remains private, as promised — gratitude that is large for three words. Thanks to you there is material, momentum, and above all: the courage to continue.

> Once again, because it matters: the Elanura device is a research prototype. It treats, cures and diagnoses nothing and no one. Elanura explores structured frequency environments for observation and research — nothing more, and nothing less.

CHAPTER 4

Historical references

I am not alone in my questions about frequency and resonance. Two names from history coloured my thinking — one as a brilliant engineer, the other as a cautionary example that inspiration and evidence are two different things.

Nikola Tesla (1856–1943)

Engineer, inventor and physicist — the father of the alternating current system and the Tesla transformer. Tesla thought in waves, vibrations and resonance: he demonstrated wireless energy transfer and built systems in which frequency was the core of the design. Where I place him in this story is as evidence that thinking in resonance can yield serious engineering — the unit of magnetic flux density carries his name.

nl.wikipedia.org/wiki/Nikola_Tesla

Royal Raymond Rife (1888–1971)

American inventor of optical microscopes, who claimed to be able to immobilise pathogens with a frequency device through resonance. His name lives on in the bioresonance world. I mention him with two thoughts at once: his story shows how attractive the idea of “frequency as remedy” is — and at the same time the scientific status of his healing claims is contested, and his important instruments have largely been lost. I refer to him as historical context, not as substantiation.

nl.wikipedia.org/wiki/Royal_Raymond_Rife

Read both with the same attitude I ask for throughout this ebook: curious and critical. Inspiration is welcome; evidence must be earned.

CHAPTER 5

Follow & connect

Elanura grows step by step — open to anyone who wants to read along, think along or contribute. You will find everything via the website, and progress appears regularly in the Field Log on Telegram.

My Field Log is about more than Elanura alone — the whole ecosystem and my thinking pass by. But **every Monday** there is an Elanura update in the channel.

Website & logo: www.elanura-dao.international — the overview of the research, the environments and the credentials.
Telegram — Elanura Field Log (every Monday): t.me/elanura_field_log
Instagram: instagram.com/elanura_field_log
TikTok: tiktok.com/@elanura_field_log
Facebook: facebook.com — Elanura

Contributing to the research is possible — voluntarily and by arrangement; Elanura is carried by the voluntary support of contributors, and contributor identities remain private. Everything about participation you read on the website.

This ebook you share gladly — in its original form, with these disclaimers intact.

COLOPHON

Resonance and Remembering — the personal story behind Elanura.
First edition · version November 2026 · free to distribute in original form.
Elanura is non-medical: no diagnosis, no treatment, no therapy.
This ebook contains personal experiences (n = 1) and no medical advice.

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