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## TESTIMONIALS

"Like this fully opened crystal lotus I am holding, you are each a brilliant diamond, gradually unfolding to your full divine potential."



## WHAT PEOPLE ARE SAYING:

**Elana Joan Cara** is a true luminary with ancient wisdom and a compassionate heart; and an extraordinarily gifted spiritual guide. She is able to help one access their own deep knowingness and come to the point of clarity and personal power. I found that after working with Elana, I was able to know myself at a much deeper level. My self-awareness has increased many times over through this work, and I eagerly recommend her to anyone willing to make the journey of self-discovery. **Rev. Mother Carol Calvert, Church of Antioch Santa Fe, New Mexico**

A spiritual medium without an agenda, Elana has pure, clear insights that she shares with love and compassion. To be honest, I have never wanted to have a reading of this kind from anyone before. For me it seemed that the person doing the reading was simply pushing their opinion onto you - but not so with Elana. I truly felt listened to and received such vibrant and relevant information that I was able to feel an incredible shift in my perceptions and bring forth these gems into my life to make great changes. My endless thanks go out to her for being such a bright, fabulous, and light-filled being. I will definitely have more sessions with her in the future and cannot recommend her work highly enough. **Melinda Elwell, Ten Thousand Waves Intl Spa**

Any and every conversation I have with Elana is uplifting and enriching to my heart and soul. Elana is a balm of light and love for my aching heart. **Charles Tichenor, Musician, Playwright, Santa Fe, NewMexico**

It's hard to put into words all the benefits I've received from working with Elana. My life just seems to be flowing more smoothly and easily. Elana seems to know exactly what I most need to hear at the time. She has an inspiring way of encouraging me to be my best self and accomplish my cherished goals including getting a contract to publish my book. I feel very fortunate to have her wise counsel. **Lois DiMari, Theta Practitioner, Teacher, Author, Austin, Texas**



## WHAT SINGERS ARE SAYING:

Elana has been amazing in several ways. She helped me to develop not only my voice and my ear, but she also helped me to develop as a person. Her devotion to serving others and focusing on the needs of others taught me so much about myself. She shares her love of music with all her students and helped me develop my voice in big band jazz era singing. Every lesson was personalized to my needs and I could feel and hear progress each time we met. Elana gives so much with her lessons and she helps her students to understand all the aspects to their voice so so they can truly discover the voice of their soul. Sarah Rodriguez-Aguilar, **Phoenix, AZ**

I have studied with Elana for several years. She is a magnificent teacher, healer, and transformational coach. I can truly sing her praises from the mountaintops! **Carol Calvert - Santa Fe**

Whether you're a complete beginner, a professional singer, or anywhere in between, Elana's teaching methods will guide you to a deeper awareness of how to express your true voice. I've studied voice and done transformational coaching with her for the past year, and I always leave each session feeling nourished and inspired. **Virginia Gilstrap - Santa Fe**

Elana has helped me overcome my fears of being seen and heard. When I started singing I avoided eye contact and my words were unclear to my listeners. As I've learned the technique of supporting my voice with my breath and making space for the sound to really come

out, I've realized that the psychological aspect of singing is just as important. Elana's enthusiasm, positivity, support, and her clear instruction have given me a better understanding of these technical and mental aspects and have allowed me to sing so that my songs can be understood and enjoyed. Now I've gone from merely dabbling in music to realizing my true passion for performing and communicating through song. After 6 months of working with Elana I feel much more comfortable with my voice, not only when I'm singing, but in my life. Elana has helped me free my voice and my self from the fears, doubts and insecurities that have held me back, and my voice is really beginning to shine. Elana has inspired me not only with her teaching, but by her lifestyle and her passion. Working with Elana is one of the best things that has happened in my life, and I highly recommend her to anyone who wants to discover and share their true voice and their true selves with others.

**Melissa Klein - Santa Fe**

When I started to study, I had very little understanding of music, and no idea of how to sing. With her unlimited humor and understanding, Elana has taught me so much more than I could have ever imagined: how to really use my breath, listen, read and interpret music, and how to build confidence in myself as a performer. All the skills I have learned thru these lessons, I use not only for singing but everywhere in my life. Studying the art of singing is not only for those who want to be on the stage; it is for everyone who needs to do presentations, train others, or feel confident in front of a room. Elana is truly one in a million, and I am blessed to have found her. **Melinda Elwell - Santa Fe**

Elana helped me to discover my voice. Studying with her is one of the best things I have ever done. She creates a very safe space for self expression to unfold. She is truly a wonderful teacher. **Seva Khalsa - Santa FE**

