

Sekhem Seichim Reiki

## **Introduction**

Seichim is a powerful and beautiful healing energy and is channelled in the same way as reiki or many other healing modalities. It may be used alone or to compliment reiki treatments or in conjunction with other complementary therapies. Seichim is uncomplicated and requires no beliefs, when you are attuned to seichim you may simply use it to give healing to others or yourself.

There are four main symbols to be used in Seichim; these are used as a focus to access specific aspects of the seichim healing. There are many variations on the symbols; however, they all work, as it is the intention that counts. I have also included additional symbols for you to try.

Seichim should be used intuitively. There are no rules and regulations, I find that the seichim leads me and tells me when to use a symbol, where to place hands.

In my experience, attunement to Seichim is a life changing and profound experience and tends to increase self-confidence and self-esteem. You may find you begin to express your feelings more than you did before your attunement.

Many people report feeling very certain of themselves and their aspirations, seichim removes limits and allows us to increase emotional fulfilment in our lives. It heals insecurities and leads to self-acceptance and of those around us.

This is a brief manual compared to my reiki first, second and master degree manuals as much of the understanding and information needed to work with Seichim or any other modality should already be understood from attunement to reiki. Seichim should only be given to those who are attuned to Usui master level. As a result you should already be familiar with attunements, distance work and concepts of energy work and healing.

If you are not very confident with these issues, you may benefit from reading my other manuals, in which case, arrange to view them.

# Seichim

## What is Seichim?

Seichim (pronounce say-keem) is channelled living light energy from the source; it is another aspect or vibration of the universal life force energy and is a healing modality like reiki.

When you channel seichim you may feel a difference between this and the traditional Usui reiki you have been used to. Where reiki is the great, white, divine light, seichim may be understood as the rainbow, both energy systems come from the same place but feel different.

Seichim is an Ancient Egyptian Healing often incorporated with Reiki. Seichim is the feminine healing energy and Reiki tends to be more masculine.

Seichim is a wonderful way of accessing the energy of mother earth and a path to deeper self-realisation and empowerment. It balances the yin-female aspect of our beings on all levels.

Seichim and reiki work together as a unification of sacred healing energies to completely balance and harmonise a person's physical, emotional and spiritual bodies.

Seichim master degree compliments traditional Usui reiki and comes from the word, "sekhem," it is also known as SKHM, seichem and sekhem seichim.

## History of Seichim

Seichim is the healing spiritual energy that the Egyptians used and was taught in the temples of ancient Egypt. Reiki master, Patrick Zeigler rediscovered seichim in 1984 in a similarly mystical way that Mikao Usui discovered reiki.

Patrick was led to spend the night locked in the Great Pyramid of Giza. He fulfilled his childhood dream by finding a hiding place in the Pyramid and then coming out after the tourists and guards were gone. During his overnight stay in the Pyramid, Patrick lay in the King's sarcophagus and while there experienced many initiations including an electric blue-white ball of light entering his heart.

After leaving the Pyramid the next morning, Patrick spent the next several days in the Sudan with a group of Sufis. The spiritual leader of the Sufis was an Egyptian Sheik who passed on to Patrick the teaching that went with his Pyramid experience and called the energy "Seichim

Seichim is associated with the Eastern goddess of compassion and mercy, Kwan Yin. The origin of Seichim is ancient Egypt, particularly Karnac, which, in ancient times, was a place of learning.

The symbols for this powerful are found carved on the sides of the great Egyptian tombs and pyramids, also inside some of the tombs. There are many references to Sekhem in numerous scrolls found in ancient tombs and ruins of temples.

## **The Attunements**

There are two levels in Seichim, first degree and master degree; I usually offer both together as they provide a complete picture. It is necessary to be a reiki master in order to receive your seichim attunements.

The first degree and master attunements may be given one after the other, no interval of time is required between them. Attunements may be given directly to a student who is present or distantly, both are as effectively as the other.

### **Preparation For the Attunements**

Set aside at least half an hour for receiving your attunement, ensure that you will not be disturbed in this time, it is important that you are able to relax and enjoy the attunement process.

Some people like to meditate prior to attunements, this is not necessary for the attunement to work and you do not have to do this, however, it is beneficial to be in a relaxed and slightly meditative state.

You may wish to play relaxing music or burn incense, this is personal choice; the most important thing is to do what feels right for you.

Sit on a comfortable chair to receive your attunement and drink plenty of water before hand as attunements can be quite dehydrating. Also make sure that you have water to drink during the attunement in case you experience any dizziness and for afterwards.

Place your hands on your thighs with the palms facing upwards and close your eyes. Make any affirmations you feel are appropriate; also state that you wish to receive the seichim attunement.

You do not need to do anything else, just relax and enjoy the attunement.

## **Perceptions Resulting From The Attunement**

Attunements are always an individual experience and will vary from person to person; there are no rights or wrongs. These are some perceptions that are widely experienced during seichim attunements. You may experience, some or all of the following or your experience may be different.

- Heat in the hands
- Colours, these may be bright and intense or soft and pastel
- Emotions, seichim does bring up issues and can be a moving experience.
- Visions, you may see images through your third eye, all attunements can cause this to happen, but in my experience, seichim often does.
- Muscle twitches, this is caused by the seichim clearing energy blockages.

If you experience any dizziness I suggest you simply relax and drink plenty of water.

## **After the Attunements**

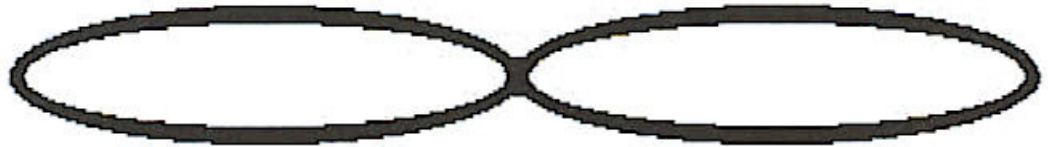
When the attunement procedure is over, bring yourself back to normal slowly and ground yourself by standing up to make contact with the floor with your feet. Also drink water as this will help to ground you and send anything that has been brought up as a result of the attunement to earth.

It is a good idea to use the energy straight away after the attunement as this helps to settle the changes within you.

You may experience some cleansing after the attunement and will likely experience some changes of attitude, these will be extremely positive and pleasant.

# Seichim Symbols

## Infinity



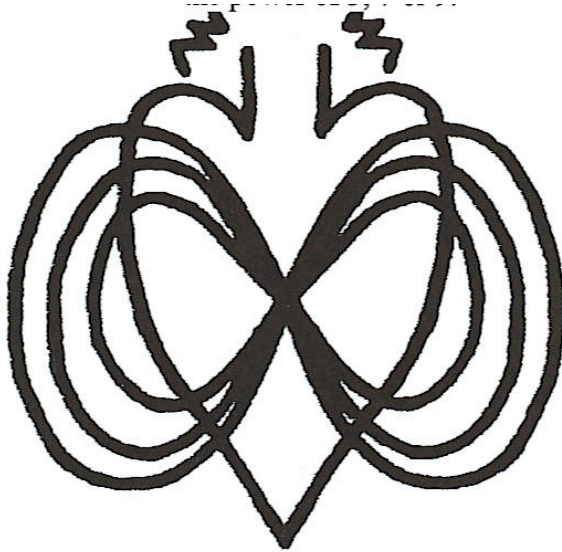
**Pronounce:** As it sounds

**Alias:** Flowing of creation

**Summary:** Aligns oneself to God, nature and the inner self, activates the flow of seichim energy.

The Infinity symbol empowers and enforces the true flowing of creation through the divine Ying and Yang, which has no end. This may be used at the beginning of a healing session. You may sign it in the air or on your palms to activate the energy.

## Mai-Yur-Ma



**Pronounce:** May yer ma

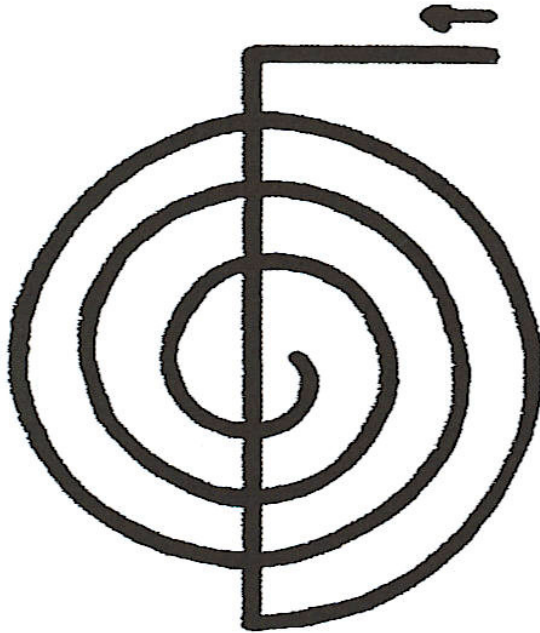
**Alias:** The heart

**Summary:** Mai-Yur-Mar is used for healing relationship issues, and opens up the heart centre.

The Mai-Yur-Ma symbol heals the heart, it opens up the heart and clears away emotional trauma. It can bring in trust and understanding and promotes a positive reaction from the client.



## Seichim Cho-Ku-Rei



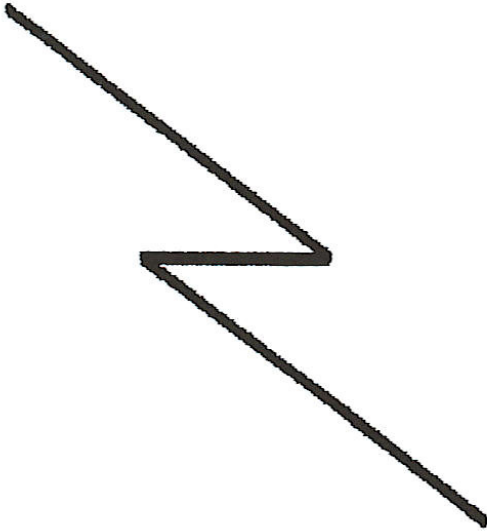
**Pronounce:** Chow Koo ray

**Alias:** The magnifier

**Summary:** Very similar to the reiki symbol but it is drawn slightly differently.

The seichim Cho-ku-rei is different from the reiki symbol as it empowers and magnifies all other symbols, it also activates the properties of making things whole.

## Lightening Bolt



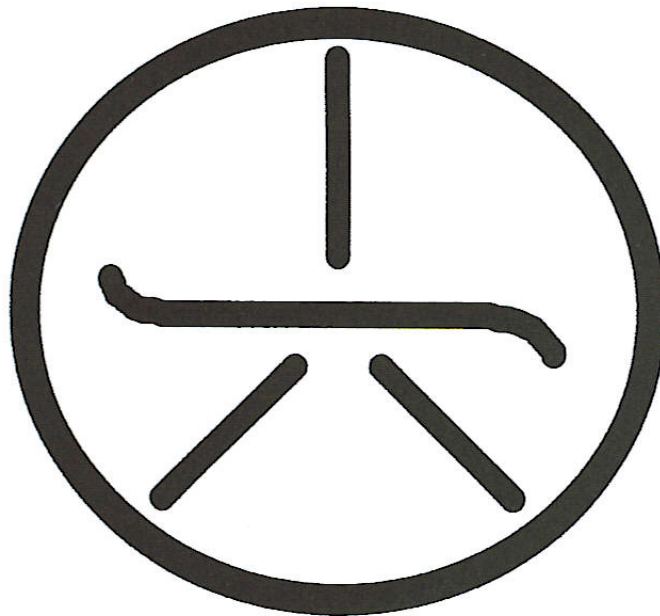
**Pronounce as it sounds**

**Summary:** Excellent for aiding the removal of energy blockages.

The lightening bolt symbol is a powerful way of removing negative energy blocks or attitudes; it is also useful for relieving physical pain.

## Additional Symbols

### Tam-a-ra-sha



**Sounds Like:** Tamara sha

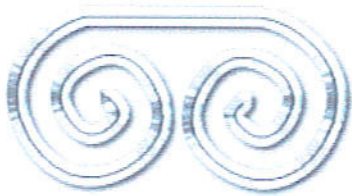
**Alias:** The balancing factor

**Summary:** Grounds and balances the energy, helps unblock the energy chakra centres allowing energy to flow.

Simply sign it over the painful area. It is also useful to use when you are grounding yourself or a client, I like to use it during attunements.

### **Angel Wings**

Summary – Self-realization of your potential - "to give it wings". This symbol brings in energy to help the person/situation reach its highest possible potential. This can be used in every treatment as it connects you with the universe.



### **Cho Ku Ret**

Sounds like – “cho (as in blow) koo ret”

Alias “Zara” ”

Summary – This symbol empowers the world around you – it will awaken the things/objects/people around – awaken the consciousness within and around. This can be used everywhere you go, just experiment.



## **HIGH – LOW GOD SYMBOL**

Summary – This symbols helps to align the Higher, Lower and God aspects of someone so they all work together for the highest good of the individual. This can be used balancing, gaining clarity over an issue or just prior to a healing session.

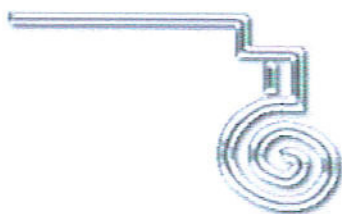


### **Eeef Tchay**

Sounds like – “if ter cha”

Alias “Endless Inner Wisdom”

Summary – This symbol is commonly used to open the Brow chakra/Third Eye. It’s an aid to achieving Inner Sight. It’s said it allows one to see through the different veils of illusion to see things as how they really are.



### **Male/Female balance**

Summary – This symbol helps to remove the duality that prevails in all things. It helps to find balance in ourselves. Some of us are too “yin” and others are too “yang” (i.e. *Too much one thing*) so in essence this symbol addresses that and re-aligns/balances the energy. This can be useful in healing emotional issues for yourself or your client.



## **Using The Symbols**

The symbols are basically a point of focus for your intent so that you may tune into the Seichim energy for a specific purpose. You may find with experience that you do not need to use the symbols; you will just make the intention and it will work as you wish it to.

The symbols may be used during a treatment and are used to pass attunements.

During a treatment you may use your intuition to decide which symbols to use and where, when you are familiar with them, experiment and you will get to know them well.

You may also use them in conjunction with other symbols you already use; for example, in distance work you may also use the hon sha ze sho nen you are already using from your Usui Reiki.

When you use a symbol, it can be helpful to say the name of the symbol three times. You do not have to say it out loud, just inside your mind, this brings forth the intention and you will notice the energy flow.

## **Signing**

You may sign the symbols with your hand in the air, perhaps above your client or a specific area you are working on. You may sign either with your open palm or a finger. The choice is yours, I prefer to sign with my palm, but work in a way that suits you.

## **Visualisation**

Sometimes you may prefer to visualise the symbol. You may close your eyes and see the symbol in your third eye, or you may visualise it above your client.

## **Drawing on the Palms**

Sometimes it is good to draw a symbol on your palm.

## Passing Seichim Attunements

I have included instructions for passing Seichim attunements to first and master degree. These are a popular method for passing this attunement but when you are familiar with the symbols and procedures you may develop your own methods. What really counts is the intention.

The instructions below are for giving direct attunements, for example to a student who is present. The process is similar for giving a distance attunement, use the same procedure and in the same order but include hon sha ze sho nen (the distance symbol) at the beginning. State your intentions and give the attunement.

With distance attunements you may wish to use a similar method that you will have used when working with Usui reiki or other healing modalities, for example:

- Proxy method (teddy bear)
- Finger method; trace the symbols with your finger and imagining the student is in the palm of your hand.
- Visualisation, if you are used to giving attunements to others you may simply visualise the student in front of you and work as you feel comfortable.



## Seichim Level 1 Attunement

1. Stand behind initiate & put your hands on their shoulders

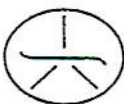
2. Sign Seichim cho-ku-rei to the power of 9



3. Sign Reiki cho-ku-rei once & say mentally three times



4. Sign tam-a ra-sha once



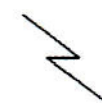
5. Sign dai-ko-mio once



6. Sign Seichim cho-ku-rei to the power of 9



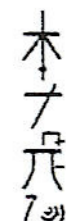
7. Sign Lightning Bolt once & if any other symbols come to mind use them also



8. Sign Seichim cho-ku-rei to the power of 9



9. Sign hon-sha-ze-sho-nen once



10. Sign Seichim cho-ku-rei to the power of 9



11. Place your hands on initiates head until you feel the need to finish. If symbols appear, use them

12. Put your hands on back of neck then:

- a. left hand on back of neck - right over throat
- b. left hand on back of neck - right over heart
- c. left hand on back of neck - right over 3rd eye

13. Pause & visualise throat, crown, 3rd eye.

14. Sign Seichim cho-ku-rei to the power of 9



15. Move to front & cover initiates hands with yours & visualise the mai-yur-ma to the power of 9 and any other symbols that come to you

16. Sign Seichim cho-ku-rei to the power of 9 to crown, heart, throat.



17. Blow to crown, heart, & throat.

18. Advise initiate that they are attuned to Seichim Level 1

## Seichim Master Attunement

1. Stand behind initiate  
& put your hands on  
their shoulders

2. Sign tam-a-ra-sha  
three times



3. Sign Reiki cho-ku-  
rei once



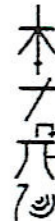
4. Sign dai-ko-mio once



5. Sign Reiki cho-ku-  
rei once



6. Sign hon-sha-ze-sho-  
nen once



7. Place your thumbs  
on the base of neck and  
pump energy in using  
Lightning Bolt.



8. Move to side & sign  
a Reiki cho-ku-rei to  
crown, heart, & throat



9. Move to front & take  
initiates hands and  
pump in energy using  
Lightning Bolt.



10. Visualise tam-a-ra-  
sha in both their hands



11. Sign Reiki cho-ku-  
rei to crown, heart &  
throat.



12. Blow to crown,  
heart & throat.

13. Advise the initiate  
that they are attuned to  
Seichim Master Status.

