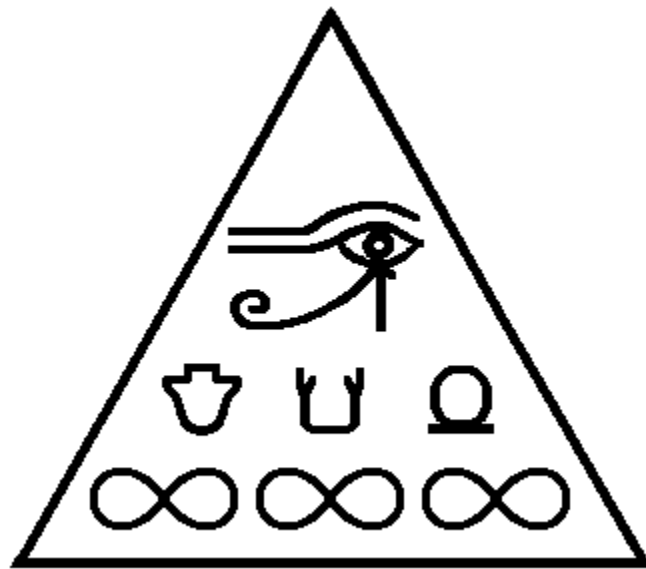


# Ka Shen Sekhem



Energy for healing the eternal heart and soul

## Level 2 Manual

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## **Introduction**

Welcome to Ka Shen Sekhem Level 2.

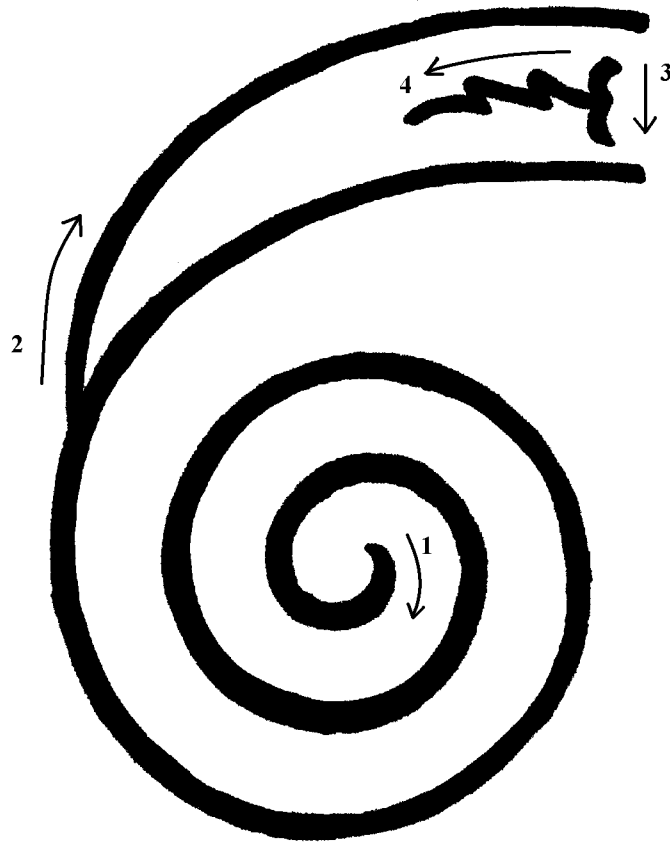
After receiving the Level 2 attunements, you will have a higher and deeper vibration of Ka Shen Sekhem energy to work with. You will also have a deeper connection with the ALL LOVE Sekhem energy. You will have 7 new symbols to use, plus the “Power Sandwich” technique for applying the symbols. Also included in Level 2 is an invocation to say at the beginning of each healing. These factors will make your treatments more versatile and a lot more powerful.

## **Using the Cosmic Healing Bank**

Because your treatments will now be more powerful, it will be more important to use the Cosmic Healing Bank (see Ka Shen Level 1 manual) with every treatment – both for hands on and distant treatments. This will enable you to deliver the maximum amount of healing with every treatment, while at the same time safeguarding against overdosing the receiver.

At the beginning of each treatment, ask that the receiver receive as much of the healing now as they need now (or if it’s a distant treatment, at the specified time), and that any extra be held in the Cosmic Healing Bank under their name, for them to receive automatically, as needed for their Highest Good, at the discretion of their Higher Self.

# Ka Shen Sekhem Level 2 Symbols



## **Dai Ko Myo**

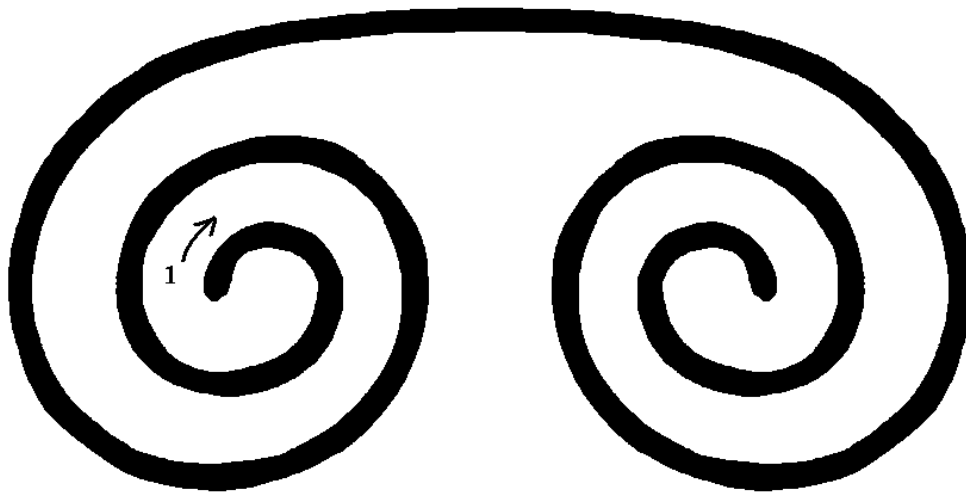
Pronounced “Die Ko Mee O”.

This is the modern spiral version of Dai Ko Myo - the Usui Reiki master symbol.

Dai Ko Myo operates on the Spiritual body and heals on the Soul level. This can lead to healing and transformation on all levels. Dai Ko Myo heals in the 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> auric bodies (the 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> levels of the aura) and these bodies hold the blueprints or templates for the physical, emotional and the mental bodies respectively. Healing at these levels brings healing at the root causes of dis-ease or dis-harmony, which may be have been inherited from previous lifetimes.

Dai Ko Myo can be used on all areas of the body and in all healing applications.





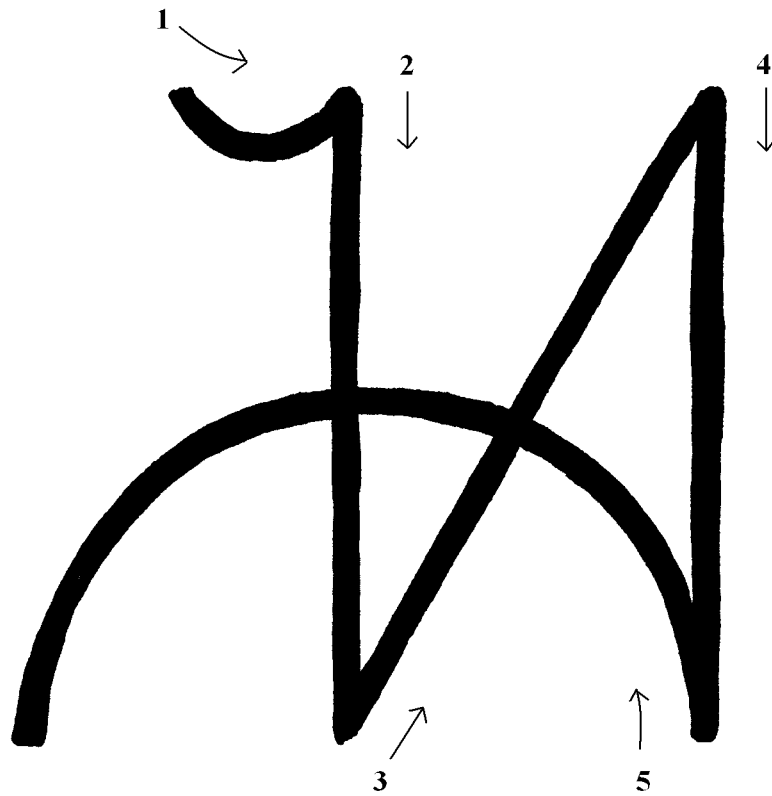
## Angel Wings

Angel Wings “gently inspires the realisation of a person’s full potential”.

It can also be used to seal and protect, including sealing a person’s aura, or protecting a person, object or room. Good to use on the receiver at the end of a treatment.

This symbol is believed to have been channelled/developed by Tom Seaman.

Draw in one continuous motion, starting at the inner tip of the left spiral.



## **Tamasurra**

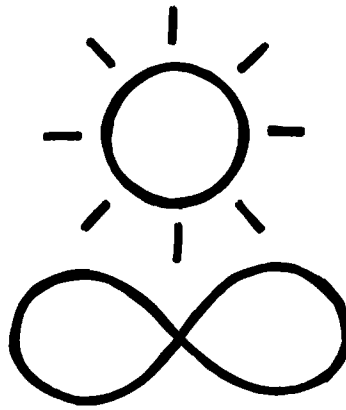
Pronounced “Ta-Ma-Soo-Ra”.

This symbol is of Tibetan origin and is used for healing fear and for working with fear related issues.

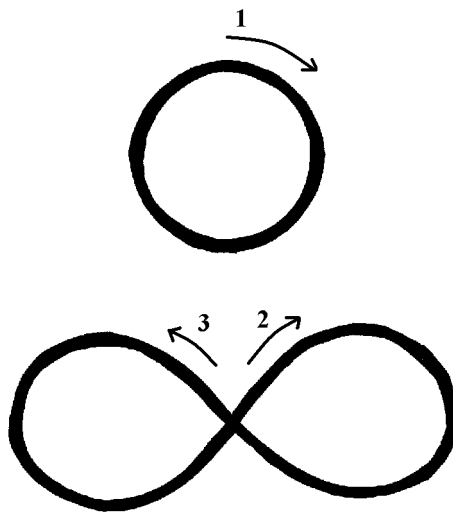
It can be used to dissipate/relieve fear and to work on releasing and healing issues that are at the root cause of fears.

It can be used to work on people who are fearful, stressed or anxious.

You can also use Tamasurra any time you feel intuitively guided to.



Heart of the Christos (visual representation)



## Heart of the Christos

Heart of the Christos represents the Source and contains the Love, Light, Power, Grace and Wisdom of All That Is. The circle with the rays coming off it is the Great Central Sun and is the one source of all universes.

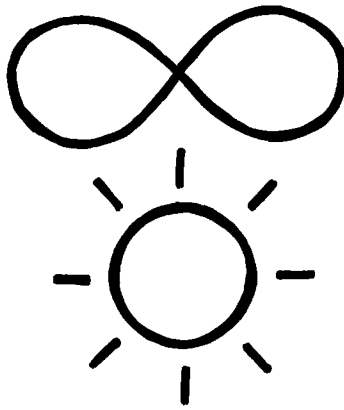
This symbol was channelled by Diane Shewmaker. It is a master symbol and it is from Diane's Sekhem-Seichim-Reiki system.

When drawing the symbol, do not draw the rays coming off the circle (unless you feel guided to do so).

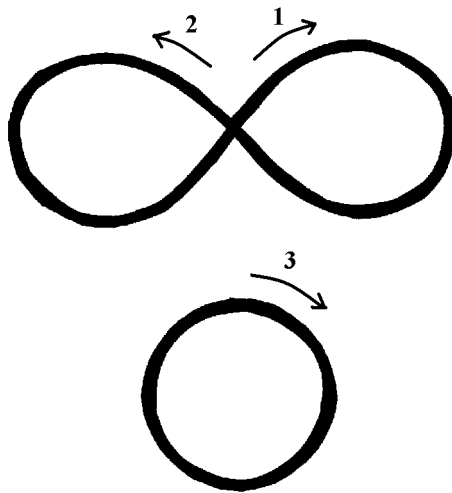
Heart of the Christos opens the Lotus Blossom of the heart to the indwelling Christ Consciousness and the I Am Presence. It assists in the ongoing process of balancing and integrating the physical, emotional, mental and spiritual bodies, and in developing the unified heart chakra. When Diane asked her guides about the specific uses of this symbol, she was enthusiastically told “APPLY LIBERALLY”.

Apart from its general use, in Ka Shen Sekhem, Heart of the Christos can be used to develop connection with Spirit and represents the connection from our heart upward to Spirit.

For more information about Heart of the Christos, see **ALL LOVE** by Diane Shewmaker, page 52. (See **Additional Reading** further on).



Heart of Gaia (visual representation)



## Heart of Gaia

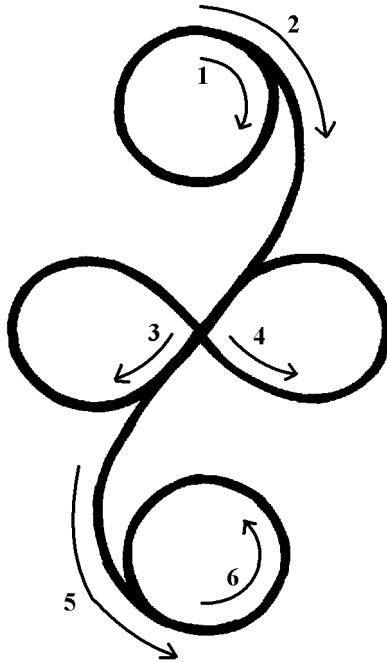
Pronounced Heart of "Gye-Ya", as in rhyming with tyre.

Heart of Gaia is an inversion and extension of Heart of the Christos. Gaia is the living, sentient consciousness and soul of planet Earth. This symbol was channelled by Lesley Stoune.

When drawing the symbol, do not draw the rays coming off the circle (unless you feel guided to do so).

Heart of Gaia can be used to develop connection with the Earth. It represents the connection from our heart down into the Earth. This symbol grounds the energy within a person and can be used for grounding in general.

For more information about Heart of Gaia, see **ALL LOVE** by Diane Shewmaker, page 53. (See **Additional Reading** further on).



## Divine Balance

Divine Balance is an extension of Heart of the Christos. In Ka Shen Sekhem, it represents Balance as well as a balanced connection with Spirit and the Earth. This symbol was channelled by Lesley Stoune.

When drawing the symbol, begin at the top with a complete circle drawn clockwise that then continues on down leading into the figure eight. The symbol finishes by moving out of the figure eight and continuing on down into a complete circle drawn counter-clockwise at the bottom.

Divine Balance is a powerful general balancing tool and can be used anywhere you feel balancing is needed. It works well over the heart, especially following the use of other symbols over the heart.

For more information about Divine Balance, see **ALL LOVE** by Diane Shewmaker, page 54. (See **Additional Reading** further on).

## The Power Sandwich

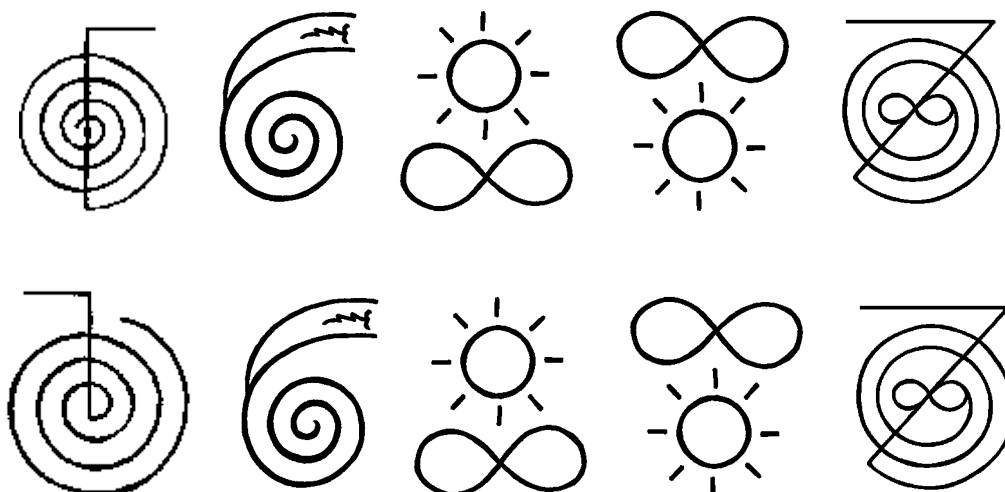
From Level 2 onwards, the “Power Sandwich” is a key part of the Ka Shen system. A power sandwich is a group of symbols used together to combine functions and vibrations. This technique enriches the energy coming through and increases its power.

The standard Ka Shen power sandwich begins with **Cho Ku Rei**, includes **Dai Ko Myo** and ends with **Cho Ku Ret**. This produces a rich vibration that can access all dimensions and levels.

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For example, with Ka Shen Level 1, you may have used **Cho Ku Rei** plus **Sei He Ki** when working on the subconscious mind. Now with Level 2 you can use a power sandwich of **Cho Ku Rei** plus **Sei He Ki** plus **Dai Ko Myo** plus **Cho Ku Ret** when working on the subconscious mind. Below are some common standard power sandwiches:

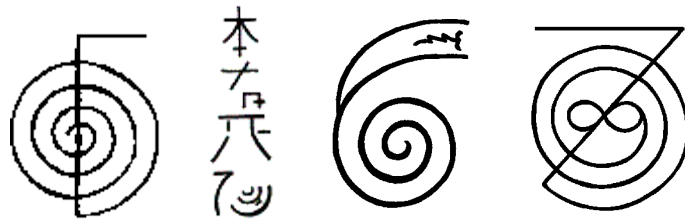
### General Healing



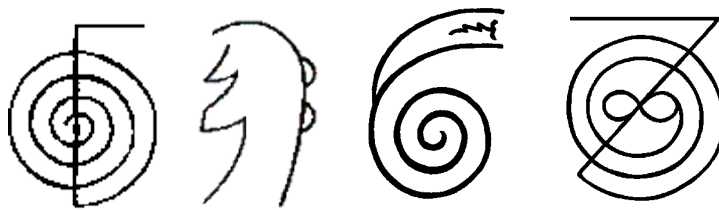
The above 2 power sandwiches produce a very complete, rich and balanced energy vibration that operates on the Spiritual body and heals on the Soul level. They are “general purpose” power sandwiches, designed to be used on all areas of the body.

The power sandwiches below are “special purpose” ones, to be used for particular purposes or any time you intuitively feel they are needed.

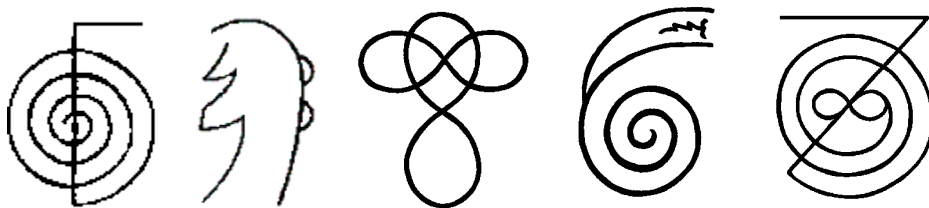
Distant Healing Connection



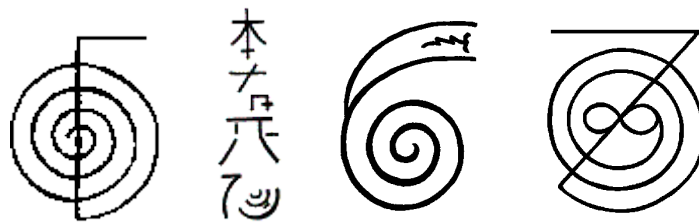
Working with Sei He Ki



Working with Sei He Ki  
for Deeper Emotional Healing

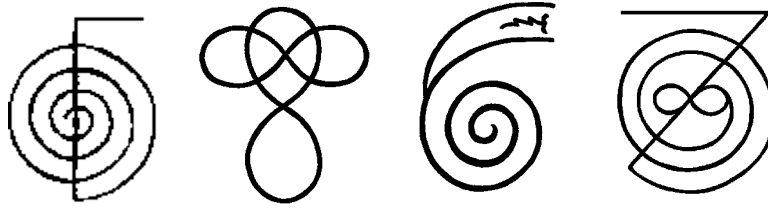


Working with Hon Sha Ze Sho Nen on the body



Use this power sandwich when you feel guided to use Hon Sha Ze Sho Nen on a particular part of the body.

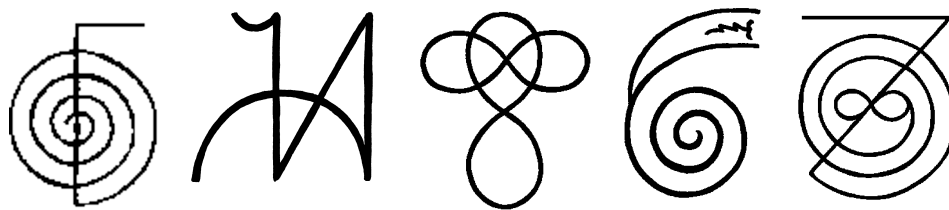
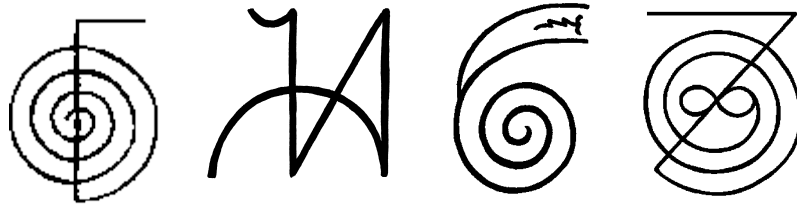
Working with Len So My



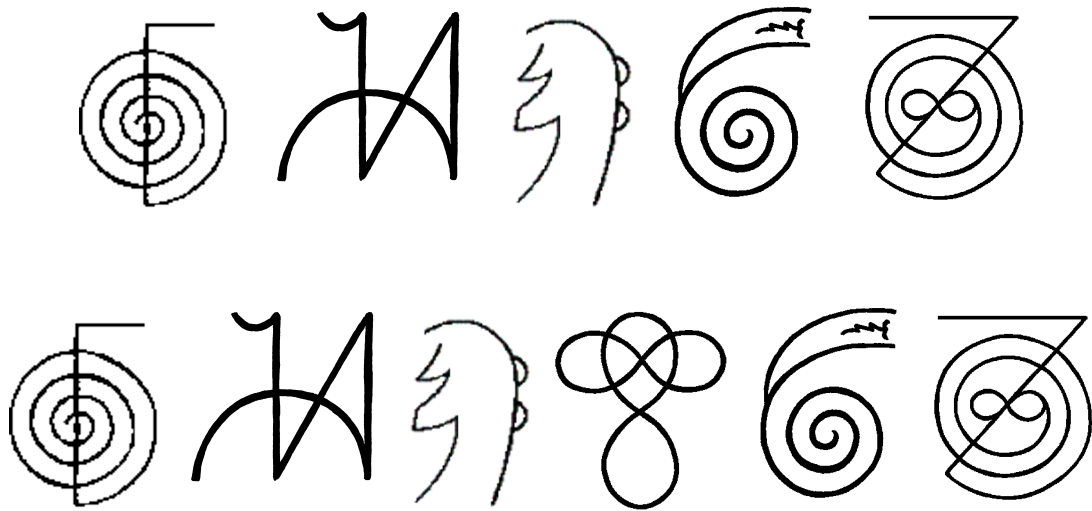
Working with Angel Wings



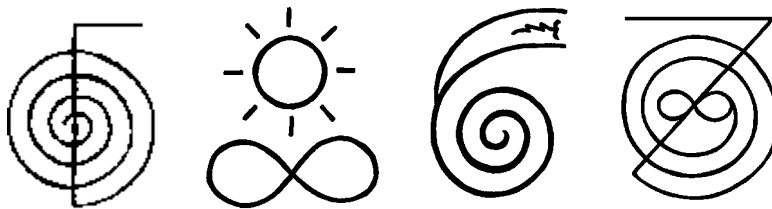
Working with Tamasurra



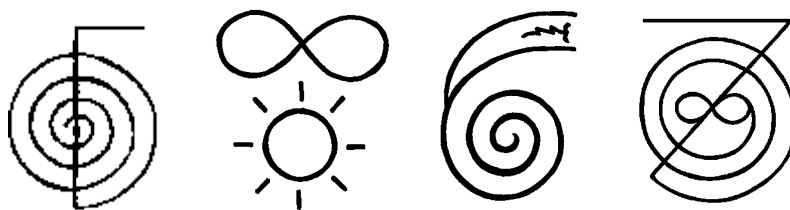
Working with Tamasurra for deeper healing



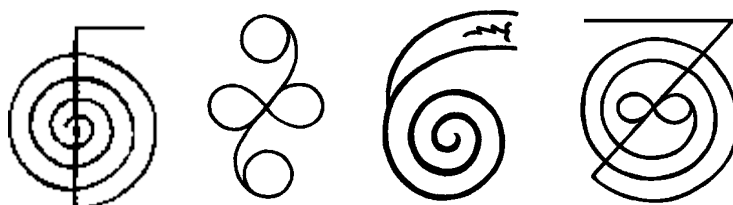
Working with Heart of the Christos



Working with Heart of Gaia



Working with Divine Balance



If you feel it is appropriate, you can add more than one extra symbol into a standard power sandwich.

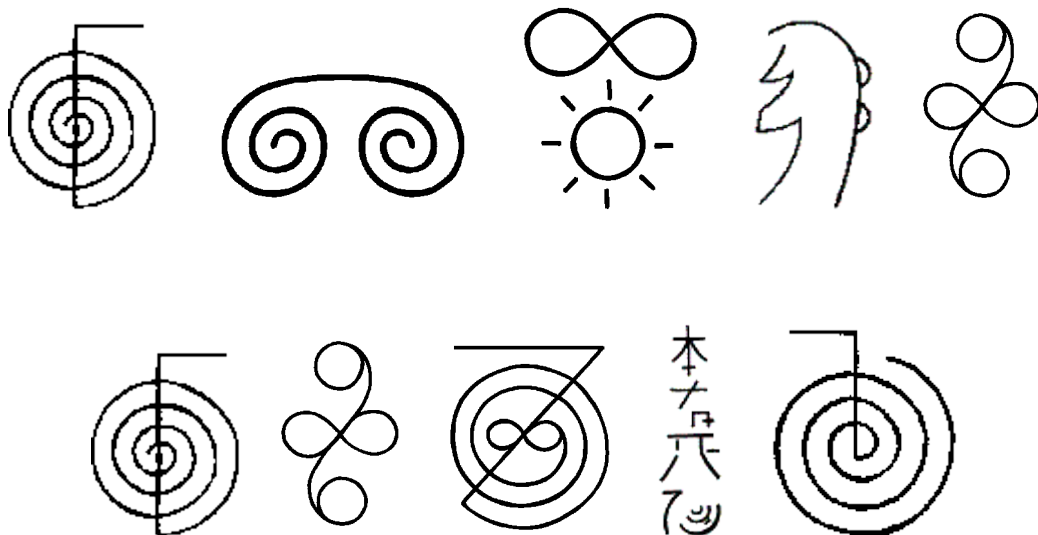
Also, if you intuitively feel the need, you can add a **Cho Ku Rei** onto the end of a power sandwich to magnify the energy.

### A Magnified Power Sandwich



These standard power sandwiches are just suggestions. They are a good starting point but you don't always have to use them. There may be occasions when something else seems more appropriate. You can allow yourself to be intuitively guided as to which symbols to use and where, as well as how to construct your power sandwiches. Below are examples of non-standard power sandwiches:

### Non-standard Power Sandwiches



## Invoking Power Sandwiches

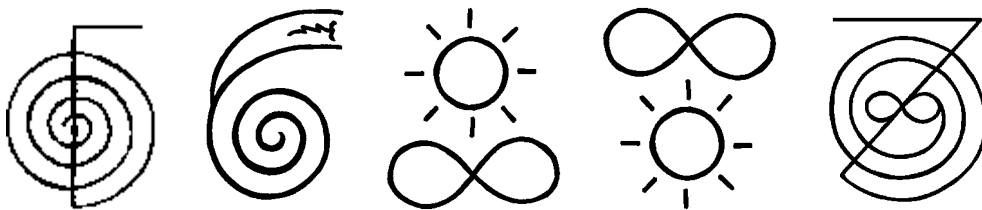
When invoking a power sandwich, the symbols contained in the power sandwich should be invoked in order, one after the other, on top of each other. Each symbol in the power sandwich should be drawn so as to cover the whole area to be worked on. As with Level 1, when each symbol is invoked, it should be drawn 3 times and its name should be said 3 times (i.e. once with each time it is drawn).

For example, if you are about to work on the stomach, draw each symbol in a large enough size as to cover the whole stomach. Before drawing the symbols, place one hand on the stomach and then draw the symbols with the other hand while keeping the first hand on the stomach. Once you have invoked your power sandwich, place your other hand down also on the stomach next to your first hand and the energy will begin coming through. Let the energy flow for as long as feels necessary.

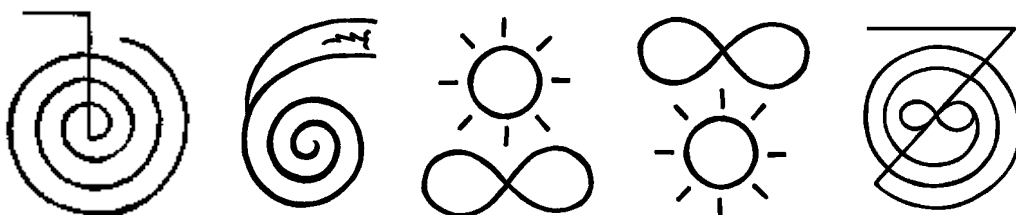
## A Standard Treatment Format

Below is a simple standard format for giving a Ka Shen Sekhem Level 2 style treatment. It is only a guide. You can follow this format and as you are doing your treatment, you can add to it or modify it as you feel intuitively guided. (Alternatively, you can use your own technique for giving treatments.)

Use the general purpose power sandwich below for each area of the body you want to treat:

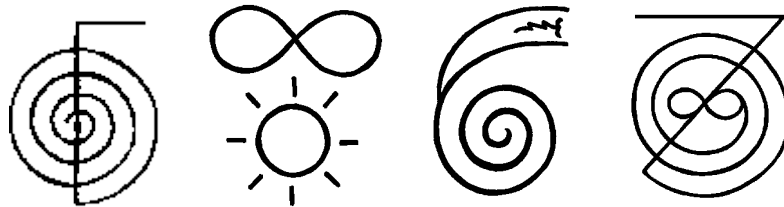


If you feel the need to use the dispersion version of Cho Ku Rei on a particular area, substitute the above for:

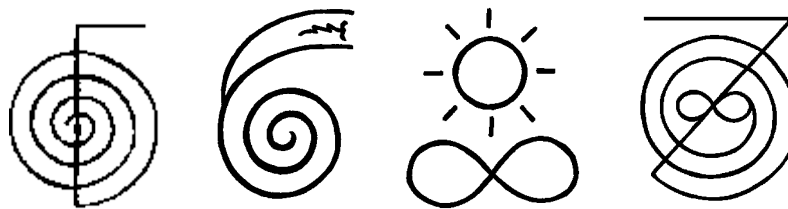


At the following points, after you have given a dose of energy using one of the above general power sandwiches, give an **additional** dose of energy using one of the following:

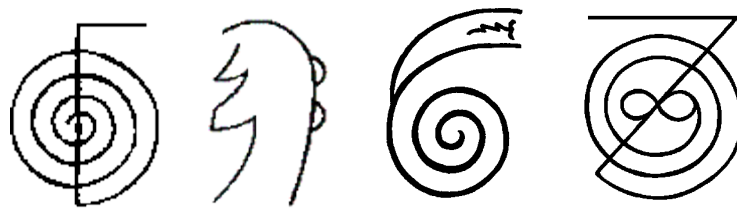
- For grounding and connection with the earth, at the **creases** (also called “hinges”, where the legs join onto the torso), at the **feet** and the **tailbone**, use:



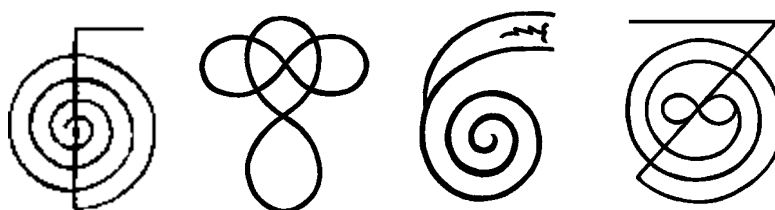
- For connection with Spirit, at the **crown** (top of head), use:



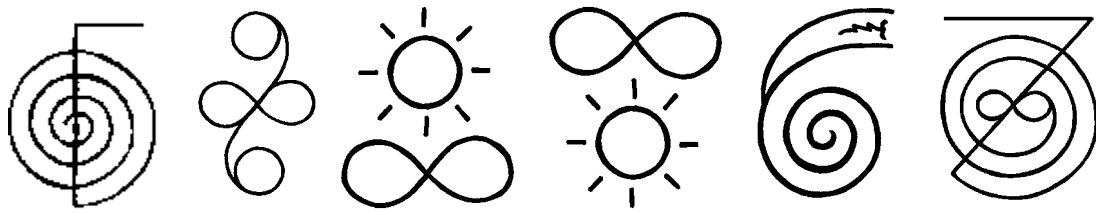
- For working on the subconscious mind, at the back of the head, use:



- For additional healing on the heart, you may want to use the following at the **back of the heart** and the **front of the heart**:



- For balancing the heart chakra and also to create a balanced connection from the heart to Spirit and from the heart to the earth, at the **back of the heart** and the **front of the heart**, use:



This is usually best used as the last dose to be done on the heart positions, so if you want use any other power sandwiches at either the front of the heart or the back of the heart, use them before this one.

## Healing at the Cellular Memory Level

The cells in our bodies can store memories of physical, emotional and mental trauma. If we experience trauma and it is too much for us to deal with at the time, the energy of the trauma can be automatically suppressed into cellular memory. Under normal circumstances, this trauma is released shortly afterwards, at a suitable time when we are more able to deal with it, and we experience the trauma then. However, if the trauma is too severe and overwhelming for us to deal with at all, it may not be released and may remain held in cellular memory indefinitely.

Trauma suppressed in cellular memory can restrict our ability to function freely and naturally on the physical, emotional and mental levels and it can also lead the body to develop physical illness.

Another kind of cellular memory exists at the DNA level. Each one of our cells contains our DNA which is a holographic blueprint for our physical body and for the emotional, mental and spiritual levels of our being. Our cells remember everything that we have been, in past lives and in our current life. We inherit our **patterns of being** from our past lives and our DNA can also contain patterns inherited from our parents, grandparents and ancestors. As we experience new things in our current life, these patterns are modified and our DNA is updated.

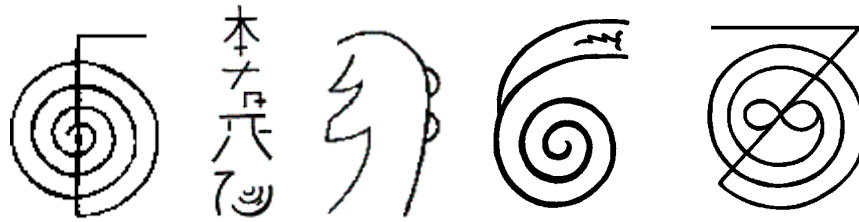
Most of what is held in these patterns is beneficial to us and gives us our abilities, strengths and understanding. However, some of the things held in these patterns are not beneficial and can restrict our growth and our ability to function naturally and to our fullest potential on the physical, emotional, mental and spiritual levels. Therefore, some of the patterns stored in our DNA need to be healed.

Ka Shen Sekhem can be used to work on healing cellular memory. It can be used to release and heal suppressed trauma as well as to heal patterns held in our DNA.

## Accessing Cellular Memory with Hon Sha Ze Sho Nen

As well as functioning to create a bridge across time and space to enable distance healing, the **Hon Sha Ze Sho Nen** symbol has another function within Ka Shen Sekhem. It can also be used to provide access to the cellular level of the body. When used in this way, it brings forth a different kind of energy vibration from the energy it invokes for distance healing. Using this function of Hon Sha Ze Sho Nen, it is possible to work on cellular memory to heal suppressed trauma and to heal at the DNA level.

To work on healing cellular memory, use the following power sandwich:

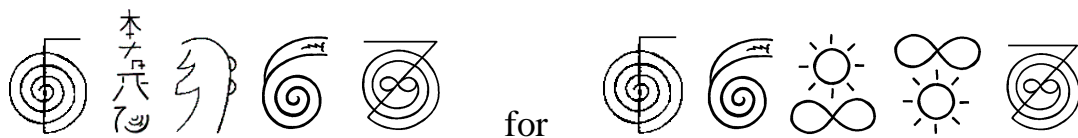


When working on healing at the cellular level, use the above as a general purpose power sandwich on all areas of the body. Hold the intention for the **Hon Sha Ze Sho Nen** symbol to bring forth its “cellular access” function instead of its normal “distance healing connection” function. The energy will know what to do to heal the receiver for their Highest Good. If desired, you can ask that the treatment focus on healing a particular problem or issue.

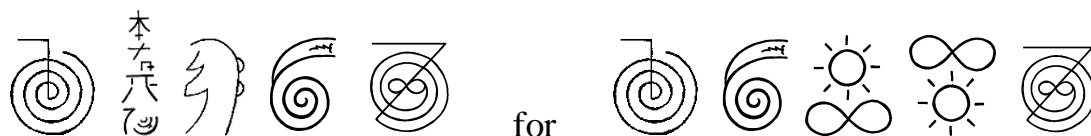
When you feel intuitively guided to do so, you can alternatively use the above power sandwich with the dispersion version of Cho Ku Rei, on particular areas of the body, to further help disperse and release negative, painful or blocked energy. See below:



To give a healing focused on healing at the cellular memory level, use the Standard Treatment procedure (described above in the section called **A Standard Treatment Format**) but substitute:



and substitute:



**Please Note:**

Working at the cellular level can accelerate the healing process, bringing much faster and more effective results than normal level healing. It can also bring about deep healing and may result in deeper releases and bigger “healing shifts” in the receiver

than are experienced with normal level healing. Therefore it is recommended to use cellular level healing when someone is wanting deep healing. If they are not ready for deep healing or not wanting deep healing, it may be better to avoid cellular level healing and use Ka Shen in the standard way for their treatment.

## The Opening Invocation

The following is an invocation to say at the beginning of each healing. This invocation opens the central light column and chakras of both the giver and receiver of the treatment, as well as invoking all planes of existence to assist in the healing session. It is recommended that you use this invocation with all treatments, as it will increase the effectiveness of the healing. It can also be used at the beginning of a meditation.

The invocation below was channelled by Alice Bailey from the Ascended Master Djwhal Khul and later modified by Diane Shewmaker:

### The Opening Invocation

I am the Soul.

I am the Monad.

I am the Light Divine.

I am Love.

I am Will.

I am Perfect Design.

If you are working on yourself, say the invocation as it appears above but if you are giving someone else a treatment, substitute “We are...” for “I am...”.

The invocation should be said at the beginning of your treatment, after placing your hands on the receiver (or on yourself if it is a self treatment). If the treatment is a distant healing, make the distant healing connection with the receiver before saying the invocation.

Say the invocation **3 times** in a row, from start to finish. Each time you repeat the invocation, pause for a moment at the end. When you pause, wait to see if you notice any change in the energy coming through your hands.

For more information about this invocation, see **ALL LOVE** by Diane Shewmaker, page 65. (See **Additional Reading** further on).

## **Additional Reading**

For an excellent book on Sekhem/Seichim, please see **ALL LOVE – A Guidebook for Healing With Sekhem-Seichim-Reiki and SKHM**, by Diane Ruth Shewmaker, published by Celestial Wellspring Publications.

This book is highly recommended and includes further information about many of the symbols used in Ka Shen Sekhem. It also contains comprehensive information about the rediscovery and development of Sekhem/Seichim.

You may be able to get **ALL LOVE** from [www.Amazon.com](http://www.Amazon.com)

Please note the in **ALL LOVE**, Diane describes an energy called **Sekhem** which she channelled. Diane uses this energy together with Reiki and Seichim, and explains that it unifies Reiki and Seichim as one. Diane's Sekhem is something different from Ka Shen Sekhem. Ka Shen Sekhem is generally used on its own, rather than together with Reiki and Seichim.

This manual may be freely  
copied and passed on to  
others, provided that it is not  
modified.

Free attunement to  
Ka Shen Sekhem  
Level 1

is available from

[www.vibrational-alchemy.com](http://www.vibrational-alchemy.com)

**People can be attuned to Ka Shen Sekhem even if  
they have no previous Reiki experience.**

## **Contact Information**

For further information on Ka Shen Sekhem, please contact:

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Web Site: [www.vibrational-alchemy.com](http://www.vibrational-alchemy.com)