

The
Reiki/Sekhem
Personal Growth
Accelerator

Contents

| | |
|--|----|
| Introduction..... | 3 |
| Introduction to Universal Energy, Reiki and Sekhem..... | 4 |
| Receiving the Attunements..... | 6 |
| Adjustment and Detoxification Periods..... | 6 |
| Channelling in the Sekhem Energy..... | 7 |
| Releasing Trapped Emotions from the Past..... | 9 |
| Appreciation..... | 10 |
| Supplementary Section..... | 11 |
| What is an Attunement..... | 11 |
| Using The Personal Growth Accelerator to support work with the Law of Attraction..... | 11 |
| Releasing Trapped Emotions from the Past, and The Law of Attraction..... | 15 |
| Quotes about the Law of Attraction..... | 16 |
| Additional Reading..... | 18 |
| Acknowledgements..... | 18 |
| This manual may be copied / Free Attunement..... | 19 |
| Contact Information..... | 20 |

Introduction

The Reiki/Sekhem Personal Growth Accelerator is a system that raises your personal "energy vibration". Raising your energy vibration will in turn raise your consciousness, enabling you to experience life from an increasingly higher perspective. It will also lead you to automatically begin releasing trapped emotions and subconscious beliefs that can restrict your potential for personal growth and for achieving greater happiness, fulfilment, success, health and abundance in life.

This system is an excellent support aid for anybody wanting to work with **The Law of Attraction**. It is a powerful tool for removing subconscious negative beliefs and emotional baggage that can both (a) block the attraction of abundance and (b) cause The Law of Attraction to attract things you do not want. (See **Using the Personal Growth Accelerator to support work with the Law of Attraction** in the **Supplementary Section** towards the end of this manual.)

This program is very simple and easy to use. You do not need to have any previous experience with Reiki/Sekhem. It will not require you to read a lot of information and it will not require a lot of time input. The program has been designed so that it can be suitable and effective even for people who have very busy lifestyles and who do not have the time or energy to squeeze in much extra.

Your first step in this program will give you a Personal Growth tool, which is a complete self-healing system in itself, that you can use for the rest of your life.

The Personal Growth Accelerator system works by raising the vibration of the Universal life-force energy that is flowing through your body. It uses a series of "energy attunements" to raise the vibration of the Universal energy flowing through you. This is done step by step over time, at your own pace. (See **What is an Attunement?**, also in the **Supplementary Section**.)

These attunements will assist in increasing the amount of energy flowing through you by working on clearing and expanding your internal energy channels. A further effect of the ongoing attunement process is that it will strengthen your intuition - your sixth sense - which is the voice of your own Higher Consciousness guiding you through life. This can assist you in making better and more informed decisions that result in increased personal growth and success in life. The energy attunements can be sent to people anywhere in the world by a process known as "distance healing".

There are a total of 7 possible steps included in the program, each of which involves energy attunements. Many people may only need to take 1 or 2 of these steps. Each step is complete in itself and you need only take as many steps as you feel are appropriate for you. Each step will produce a shift in your energy vibration and your consciousness, taking you to a higher level. It is best not to move on to your next step until you really feel ready to do so.

After completing your first step, you will have a tool (the Sekhem Universal life-force energy) that you can use to assist you in continuing to raise your own energy vibration to further your own personal growth. You will have this tool and be able to work with

it for the rest of your life, regardless of whether or not you choose to go beyond your first step of the program.

Introduction to Universal Energy, Reiki and Sekhem

Quantum Physics has proven that at the finest and most basic level, everything in existence is composed of energy. Universal Energy is the fundamental building block of creation. Universal Energy itself embodies the *essence of creation* because everything in the Universe is created out of Universal Energy vibrating at different rates. Even thoughts and feelings are made of Universal Energy. In its higher forms, Universal Energy can be transmitted like radio waves, from one place to another. It can even be sent from one country to another.

We all have internal energy channels and we all already have Universal life-force energy flowing through these channels in our bodies. This is what sustains us. But the energy channels in the average person tend to be blocked up to some extent and the flow of Universal Energy through them tends not to be powerful enough to be perceivable. Therefore, most people are not aware of this energy and are not able to work with it.



Universal Energy flowing through the human body

Natural Healing systems have been developed that help to open and clear the energy channels in the body. They also help to increase the flow and raise the vibration of

Universal Energy in the body. These systems include methods for applying this energy to heal ourselves and others.

One of the most well known of these Natural Healing systems is **Reiki**. Reiki was developed in Japan and Reiki is a Japanese word meaning “Spiritually guided Universal life-force energy”. Reiki is primarily used to give hands-on treatments. The energy is channelled through the hands into the receiver, where it goes to work to heal on the physical, emotional mental and spiritual levels. The Reiki energy operates automatically under the guidance of the receiver’s own Higher Consciousness and always works for the receiver’s Highest Good.

Another of these Natural Healing systems is **Sekhem**. Sekhem (also known as Seichim) originates from Egypt. Sekhem is an ancient Egyptian word meaning “Power” and “Universal Energy”. Sekhem could be thought of as a very advanced form of Reiki. It works in a similar way to Reiki but operates at a higher vibration and heals on a deeper level. Sekhem carries within itself the energy of unconditional love and is very connected with the emotional heart centre. It has also been described as “Living Light Energy”.

The Personal Growth Accelerator system is based on Sekhem and involves attunement to the Sekhem energy. Sekhem is a powerful and advanced tool for releasing and healing blockages on the emotional and mental levels. Because it works under the direction of the receiver’s own Higher Consciousness, you don’t need to know exactly what subconscious blockages you have or how to fix them. Your Higher Consciousness knows what’s going on inside you at all levels. It knows about any blockages you may have and it knows how to release and heal them for you.

Whenever you release blocked energy, particularly trapped emotions from the past, you create more space within yourself to contain love and light. Because Sekhem embodies love and light, when more space becomes available within you it is able to channel in love and light to fill up that space. This also boosts your capacity for feeling **gratitude**.

Gratitude is the most powerful and important feeling of all to cultivate if you want to work with the Law of Attraction. The more love, light and gratitude you have within you, the more positively magnetic your vibration becomes. The Universe is always responding to your vibrational state, so the more positive your vibration is, the more powerfully and positively the Law of Attraction will respond to you.

Attunement to Sekhem develops your connection with **the Source** - the intelligent Universal creative force itself - on a deep level. It also raises your personal energy vibration and consciousness. The higher your vibration and consciousness become, the faster and more powerfully the Law of Attraction will respond to you.

Please be aware that personal growth sometimes involves "growing pains" and that this program and the related energy attunements are likely to bring about changes in you.

Visit www.vibrational-alchemy.com for information regarding the cost of your second and subsequent steps in this program.

Receiving the Attunements

There are 3 attunements for Step 1. Once your attunements are ready for you, you will be able to receive them at any time that suits you, just by asking for them. You will be given instructions by email on how to receive the attunements.

The attunements usually take about 30 minutes each. During the attunements, you may feel energy sensations in your body. Sometimes people have visions during attunements. Everyone's experience is different and whatever happens, it will be right for you. If you fall asleep during an attunement, don't worry – it will still work. Once an attunement has been initiated, it will happen automatically.

Please Note: Being attuned to the Personal Growth Accelerator energy (Sekhem) does not authorize or empower you to attune others to the Personal Growth Accelerator energy.

Adjustment and Detoxification Periods

Although it can take up to 2 months to fully integrate each step of the program, the most noticeable shifts will occur in the first 3 weeks. With each step of the program there will be an adjustment and detoxification period that occurs directly after receiving the attunements and lasts about 21 days. During this time, it is best to try and avoid taking in toxins (e.g. alcohol and coffee) as much as possible.

Over this period, your energy system will be expanding and rising in vibration. You may experience physical detoxification and/or the release of old emotions. You may notice that you are more thirsty than normal, which is a sign of detoxification. If you do feel thirsty, it is best to drink plenty of plain water. You may also notice that you have unusual dreams, which is a sign of release and adjustment taking place on the emotional, mental and spiritual levels.

It is especially important to practice the exercise below, **Channelling in the Sekhem Energy**, regularly over this 21 day period to assist with the adjustment and detoxification processes. The energy will support you through this time. Begin practicing the exercise the day you have the first attunement.

Channelling in the Sekhem Energy

The Personal Growth Accelerator system requires you to practice channelling in the Sekhem energy. This is extremely easy and can be done while you are lying in bed at night, before you go off to sleep. All you have to do is place your hands comfortably on your body, ask the energy to come through and then observe what happens.

People often find they can connect with the Sekhem energy using this exercise, even if they have not received the Personal Growth Accelerator attunements. If you have already received any of the Personal Growth Accelerator attunements, your connection with the energy will be a lot stronger when you practice this exercise. However, even without having received any attunements, you may find you can use this exercise to access the Sekhem energy and work with it to carry out self-treatments on yourself.

The Personal Growth Accelerator uses a combination of two forms of Sekhem energy. The first form is called Ka Shen Sekhem and the second form is called ALL LOVE. When you carry out the following exercise, you ask for both these forms of Sekhem to come through. As they are coming through, they will automatically combine and work together.

Below are detailed instructions for performing this exercise:

1. Lie on your back. (If that is not comfortable for you then lie on your side.)
2. Place your hands (palms down) comfortably on the upper part of your legs – with your left hand on your left leg and your right hand on your right leg. Or if you find it easier, place your hands on your stomach. Do not spread out your fingers and thumbs – keep them together. (If you prefer to lie on your side, you may find it is more comfortable to put your hands on other parts of your body instead. In this case, the exercise will still work.)
3. Say in your mind, as if you are saying a prayer, “I ask please for the Ka Shen Sekhem energy and the ALL LOVE energy to come through to heal me for my Highest Good.” **If you want to, you can also ask that the energy focus on healing a specific problem or issue.** The energy will know where to go and what to do.
4. Now just relax and observe what happens. Do not try to make the energy come through. Instead, just allow the energy to come through all by itself. The energy will begin channelling through your hands into your body. It will automatically go wherever it is needed within you. It may take a little while for the energy flow to build up enough for you to be able to feel it.

Do not try to control the energy – just observe it. The energy will work under the direction of your Higher Consciousness. It will know where to go and what to do. It can work on healing you on the physical, emotional, mental and spiritual levels and it will always work for your Highest Good.

Once the channelling process has begun, it will continue on as needed, as long as your hands remain placed on your body, even if you fall asleep. Try to remain awake and observe what happens for at least 15 minutes. (You can do it for much longer than 15 minutes if you want to. Let your intuition guide you as to how long is needed with each individual session.)

Some people will experience the energy as warmth and others will experience it as a tingling sensation. There may also be a feeling of something flowing. The energy may feel different at different times. As you observe what happens, you may notice that you can feel something going on in a certain part of your body for a period of time and then find the feeling will change and move on to another part of your body.

5. Finish the exercise by thanking the Ka Shen Sekhem energy and the ALL LOVE energy for coming through and working on you, and for the healing they will bring about in you. If you fall asleep before thanking the energy, try to remember to thank the energy later (for example, when you wake up in the morning, if you have been doing the exercise at night).

If you find you cannot feel the energy when doing this exercise, don't worry – even if you can't feel it, it will still be working. Some people find that it takes practice before they start feeling the energy.

Try to do this exercise at least 3 or 4 times a week. You will find that the energy will generally relax you and rejuvenate you at the same time. However, if you start to find yourself frequently laying awake at night and unable to get to sleep, this could also be due to the energy. If this is happening and it is a problem, you may need to work with the energy a bit less for a while.

If you like, you can do the above exercise sitting in a chair or while you are meditating. You can also put your hands on any part of your body that you feel needs energy, at any time of the day, if you are intuitively guided to do so. The energy will assist any kind of healing process. It will also help rejuvenate you whenever you feel worn, depleted or ill.

Any time you place your hands on any part of your body, your body will automatically begin drawing energy through your hands in that place. If you leave your hands in the same position for a little while, you will find that your body will draw in as much energy as it needs in that place. Then when it has taken in enough energy in that place, you will notice the energy flow will slow down or stop.

If you keep your hands in the same place even after the energy flow has slowed down or stopped, you may find that your body then starts to draw in more energy at the same place. In this case, the energy will most likely start travelling inside you to another part of your body that needs energy.

If at any time you feel like you have given yourself too much energy and you are getting “overloaded”, just take a break from using the energy for a few days or a week. Sometimes your system will need a break so it can digest the energy that has

already been channelled in. Sometimes time is needed to work through the healing processes that are taking place within you. Listen carefully to your feelings and your intuition – let them guide you as to when you need to take a break and also when it is safe to begin using the energy again.

Releasing Trapped Emotions from the Past

Trapped emotions from the past are one of the main things that restrict our natural emotional and psychological functioning and our personal/spiritual growth. They can also effect our interaction with other people in a big way although we usually don't realise this is happening.

Releasing trapped emotions from the past is a very beneficial thing to do and can greatly improve our quality of life. We all have trapped emotions from the past within us to some degree, unless we have already done a lot of work on ourselves to release them. Clearing out these old emotions is an ongoing process because they can only be dealt with bit by bit but every time something is released and healed, this leaves us a little clearer and a little freer. Or sometimes a lot clearer and a lot freer!

Because this system and this energy will work on releasing trapped emotions from the past, you may sometimes experience old emotions coming to the surface in an unexpected and unexplainable way. This is a natural part of the healing process. If you notice this is happening, try to just allow yourself to feel the emotions with the intention of letting them come up and out. Rather than becoming very attached to the emotions, try to be aware that it is just part of the healing process – try to just feel them naturally, witness them, acknowledge them and let them go.

When old emotions are coming to the surface, you may need to express them. Sometimes you may need to shout or cry. It may help to write down in words what you need to express. It could be helpful to have a journal that you can write in to express thoughts and emotions that need to be expressed and released. You may also find it helpful to have a friend you can talk to when you need to express things. Emotions need to be felt and expressed. The way to let them out is to feel them and express them. Emotions become trapped inside us when we are unable to allow ourselves to feel them and express them, and that is when they create ongoing problems for us.

If you feel you need to express your thoughts and feelings to a particular person who is related to the thoughts and feelings (for example, someone who was involved in an experience you had in the past that led to these thoughts and feelings), you may find it helpful to express your thoughts and feelings in a letter to them. By writing them down, this will help to release them. It is often not even necessary or appropriate to actually send the letter to the person. Instead you can ceremoniously burn the letter to release its contents.

See also **Using the Personal Growth Accelerator to support work with the Law of Attraction**, in the **Supplementary Section**, for more information about releasing trapped emotions from the past.

Appreciation

A person's first Step in the Personal Growth Accelerator Program is available **for free** from www.vibrational-alchemy.com. There are many people in the world who could benefit greatly from taking their first Step and no previous knowledge or experience with energy work is required. A person's first Step will give them a Personal Growth tool, which is a complete system in itself, that they can use for the rest of their life. If you personally find this program to be helpful, please show your appreciation by telling others about this opportunity.

Supplementary Section

What is an Attunement?

An attunement is a special procedure that a Reiki or Sekhem teacher (known as a Master) carries out on a student to enable them to channel Reiki or Sekhem energy. It is a kind of "mystical energy operation" that helps to open and clear the student's internal energy channels. It also "tunes the student in" to the Reiki or Sekhem energy frequency so they can then act as a receiver of the energy, much like a radio acts as a receiver of the signal transmitted by a radio station, once it has been tuned in to the radio station's frequency.

An attunement is both an initiation and a healing in itself. It is considered something special and sacred. People often have mystical and spiritual experiences while receiving attunements. Although the Master (teacher) goes through a specific procedure to bring about the attunement process, it is the energy itself that does the real work. Exactly what the energy does and how it does it is not fully understood but it is certainly effective and what it achieves is miraculous.

Once the student has their internal energy channels open and clear, and they have been "tuned in" to the Reiki or Sekhem energy frequency, they can then channel the energy through their body and out of their hands at any time. The attunement process connects the student up to an infinite supply of the Reiki or Sekhem energy.

Using the Personal Growth Accelerator to support work with the Law of Attraction

The Personal Growth Accelerator can be used as a powerful support tool for people working with the Law of Attraction to manifest abundance in their lives.

The Law of Attraction is a Universal law that says **“As soon as you begin to hold any particular thought in your mind, you begin to attract the thing you are thinking about into your life.”**

Or put another way, **“Thoughts manifest into reality. As soon as you create a thought and focus on that thought, the thought begins to manifest in the physical world, in your personal reality.”**

An important aspect of the Law of Attraction is that **feelings add power to thoughts**. This means that when thoughts are combined with feelings, they will attract things into your reality faster and more powerfully.

Thoughts send out vibrations that attract similar thoughts. Feelings send out vibrations that attract similar feelings. For example, if you are generating thoughts about some of the positive things that you have in your life, and you are generating feelings of joy and gratitude for these things, this will send out vibrations that will attract similar thoughts about other positive things you have in your life, and also attract similar feelings of joy and gratitude for these good things. And of course, all these positive thoughts and feelings will start attracting more similar positive things into your life.

On the other hand, if you are generating thoughts about some of the negative things that you have in your life, and you are generating feelings of anger, resentment or despair related to these things, this will send out vibrations that will attract similar thoughts about other negative things you have in your life, and also attract similar feelings of anger, resentment or despair. Needless to say, all these negative thoughts and feelings will start attracting more similar negative things into your life.

Gratitude is the most important factor when working with the Law of Attraction to attract abundance. The more you have gratitude for the positive things in your life, the more powerfully and easily you will attract more positive things and greater abundance into your life. If you want to effectively work with the Law of Attraction, it is very important to cultivate an **“attitude of gratitude”** in your daily life. Even if your life is far from the way you would like it to be, focus on any good things that you **do have** and feel gratitude for them. This will begin to attract more good things and initiate a “Law of Attraction chain reaction”. Things to feel gratitude for could be as simple as good health, a roof over your head or food in the fridge. (There are plenty of people in the world who do not have these basic things.)

By choosing our thoughts carefully, and by being very aware and careful about which thoughts and feelings we choose to focus on, we can effect what is being attracted into our lives. We can potentially control what we are manifesting for ourselves in the physical world. There are a lot of resources available about the Law of Attraction and how to work with it, including books, e-books, CDs and DVDs. You can use the Law of Attraction to attract abundance and manifest your dreams.

But the Law of Attraction can be influenced in a big way by our **subconscious beliefs**, our **feelings** and our **expectations**. The most common obstacles that can prevent the Law of Attraction from bringing us the positive things we want to manifest in our lives are our subconscious beliefs of unworthiness, our feelings of unworthiness and our fears.

More specifically, such beliefs and feelings as

- I do not deserve abundance.
- I do not deserve success.
- I do not deserve love.

The above beliefs and feelings stem from the basic fundamental belief and feeling of **“I’m not good enough.”** Feeling and subconsciously believing that “I’m not good enough” are a normal part of the human experience. These things have usually been set up in our past experiences, particularly in our early childhood, and can sit trapped within us at a very deep level. They can then give rise to a multitude of negative behaviour patterns and problems in our lives.

These subconscious beliefs and feelings can easily override the conscious thoughts we may be creating to try to use the Law of Attraction to manifest what we want. In fact, whether we realise it or not, our subconscious beliefs and feelings can be attracting into our lives things that we do not want. This is very common.

Let's say, for example, that you want to use the Law of Attraction to manifest financial abundance. If you subconsciously believe that you do not deserve financial abundance and you feel unworthy of financial abundance then this will automatically lead you to form the expectation that you are not going to have financial abundance.

And then there is also the issue of negative or limiting subconscious beliefs relating to **specific things** - for example, beliefs about money. Some subconscious beliefs that people often have about money, that prevent them from attracting money, are

- There will never be enough money.
- Money is the root of all evil.
- Money is dirty.
- Money causes inequality.
- Money has a bad influence on people.
- People do bad things because of money.
- People who have money are selfish.
- For reasons such as the above, it is better that I do not have a lot of money.

People usually don't realise they have these kinds of beliefs about money but they are actually quite common.

So no matter how hard you try to focus on thoughts of having financial abundance, any negative beliefs, feelings or expectations that you may have could override these thoughts and instead attract a lack of financial abundance.

Unexpressed and unhealed feelings from the past can remain trapped inside us indefinitely and this can affect the Law of Attraction in another way. Trapped negative feelings can create and perpetuate **negative conscious thoughts** which the Law of Attraction will respond to. Trapped feelings from the past can often be easily "triggered" (activated and brought to the surface) by events and circumstances in our everyday lives.

For example, a person who is carrying a lot of anger from the past may easily become angry in response to events and circumstances arising in their lives. People who are carrying a lot of anger are often considered by others to "have a very short fuse". (Alternatively, if a person is carrying a lot of anger but they continually suppress their anger because they do not want to allow themselves to become angry, the suppressed anger can transform into depression.)

Another example is fear. A person who is carrying a lot of fear from the past is likely to easily become fearful in response to events and circumstances arising in their lives.

Anger and fear are both powerful emotions that can easily disrupt and override our normal rational and intuitive thought processes. They can also easily overpower our

intentions and attempts to “think positive”. We may be fully aware that the Law of Attraction is constantly responding to our thoughts, so we may be making a conscious effort to monitor our thoughts and feelings and concentrate on creating positive thoughts and focus on positive feelings. But if we are carrying a lot of anger or fear from the past, we may find we are frequently swept of course by these emotions and are unable to achieve our goal of maintaining “positive thinking”.

Anger can stimulate us to create harmful and destructive thoughts. The Law of Attraction will pick up such thoughts and start manifesting them into things and circumstances in our personal reality.

Likewise, fear can stimulate us to create fearful thoughts. It is natural to project our fear into our imagination and create thoughts about negative possibilities that we think could eventuate. Again, the Law of Attraction will pick up such thoughts and start manifesting them in our lives. As far as the Law of attraction is concerned, feelings add power to thoughts. Because anger and fear are very powerful emotions, they have a powerful influence on the Law of Attraction.

Anger and fear are only two examples but it can be seen that unexpressed and unresolved feelings from the past can have a big effect on our conscious thoughts and feelings in the present moment. Therefore, such feelings can have a very big impact on what the Law of Attraction draws into our lives.

In order to clear the way for the Law of Attraction to more easily work in our favour and bring us what we want, we can work on removing **negative subconscious beliefs, negative expectations and trapped negative feelings from the past.**

So how can we release and heal trapped emotions from the past? How can we clear negative subconscious beliefs, especially when we usually don't even realise they are there or know how they came about? How can we clear negative expectations and fears?

The Personal Growth Accelerator is a powerful tool for doing exactly this. It will automatically work on clearing negative subconscious beliefs, negative expectations and trapped negative feelings from the past when you do the **Channelling in the Sekhem Energy** exercise. You can increase the degree to which the clearing process is supporting your work with the Law of Attraction by requesting that the energy focus specifically on removing any blockages you may have, related to attracting the particular thing that you want.

For example, at the beginning of each practice session, you could say “I ask please for the Personal Growth Accelerator Energy to come through to heal me for my Highest Good **and I ask for the energy to focus on clearing and healing any blockages I have related to attracting financial abundance.**” When you are working of clearing specific blockages in this way, you may need to spend a lot longer than 15 minutes on each session. Let your intuition guide you as to how long is needed with each individual session. If you only have time to do 15 minutes per session, the process will still work but it will take more sessions to get the job done.

The energy works in conjunction with your subconscious mind and your higher consciousness (or Higher Self), so it will know exactly where to go and what to do to clear the blockages. It may take many energy sessions spread over a period of time to completely clear all the relevant blockages but each session will result in some improvement on some level. The things that need to be released and healed can be held very deep within you. There can be many bits and pieces that have to be dealt with and they can be connected in complicated ways, so it may not be a straight forward process.

But if you are patient and persevering, you will get results and you will see huge changes in your life. The more you are able to clear your blockages, the more free you will be to attract into your life the things you really want. In fact, the more free of blockages you become, the more you will automatically attract wonderful things into your life without even trying.

Releasing Trapped Emotions from the Past, and The Law of Attraction

By working with the Personal Growth Accelerator, you may sometimes experience trapped negative feelings from the past being brought to the surface to be released. Remember to try to just allow yourself to feel the feelings (expressing them if necessary) and then let them go, as explained in the **Channelling in the Sekhem Energy** section.

If, instead of just allowing yourself to feel them and then letting them go, you become attached to them and start actively generating new negative thoughts related to these feelings, this will invoke the Law of Attraction and start attracting negative things into your reality. This is a choice you make in the moment and with awareness and practice it becomes easier to avoid.

For example, if you are feeling anger coming up, that is ok. It is ok to feel anger and express it but if you allow the anger to cause you to start creating new angry thoughts then you will be asking the Law of Attraction to spring into action. And of course, the Law of Attraction is going to start attracting what you are thinking about into **your reality**. You will be attracting **to yourself** what you are thinking about. If you catch yourself doing something like this, just stop and ask yourself “Is this really what I want to attract **to myself**?”

If you have been studying information about the Law of Attraction, you will probably have heard that it is important to feel positive feelings and to focus on positive feelings. This is because positive feelings affect your vibrational state and the Law of Attraction responds to your vibrational state. You will also probably have heard that when you notice yourself feeling negative feelings, this is a sign that you are starting to create and focus on negative thoughts. And that this is also a warning sign to you that you should change your focus to positive thoughts which will change your point of attraction back to the positive.

This is true but when you are using some form of therapy to work on releasing trapped emotions from the past, there can seem to be a conflict in the advice you are being given. Law of Attraction theory says “Avoid focussing on negative feelings and take negative feelings as a warning signal that you are walking into negative thought territory” whereas the therapy guidelines say “allow yourself to feel the feelings that are being released, so they can come out of you.”

The difference is that when emotions from the past are coming up to be released, they will be brought up automatically and usually seem to “appear” unexpectedly for no apparent reason. You have not actively created them by generating new negative thoughts. Try to notice and realise when this is happening, then just let yourself feel them without letting them drive you into creating new negative thoughts. You need to be aware, and to remain a little detached, so you can allow yourself to feel them and to observe them without getting hooked into them.

It can be a fine line between **allowing yourself to feel feelings that are being brought out of you** and **getting hooked into newly creating negative thoughts and feelings**. But if you are forewarned and prepared for such situations, you will be much more able to navigate your way through these experiences without creating more problems for yourself. It does take practice!

Quotes about the Law of Attraction

Everything that's coming into your life, you are attracting into your life. And it's attracted to you by virtue of the images you're holding in your mind.

- Bob Proctor

The law of attraction doesn't care whether you perceive something to be good or bad, or whether you don't want it or whether you do want it. It's responding to your thoughts.

- Bob Doyle

You attract to you the predominant thoughts that you're thinking in your awareness, whether those thoughts are conscious or unconscious.

- Michael Bernard Beckwith

The law of attraction is really obedient. When you think of the things that you want, and you focus on them with all of your intention, then the law of attraction will give you exactly what you want, every time.

- Lisa Nichols

Source of the above quotes: **The Secret**, by Rhonda Byrne, published by Beyond Words Publishing, Atria Books. Visit **The Secret** website at: <http://store.theseecret.tv/>.

* * * *

You have the power to achieve anything you desire.

- *Abraham*

You get the essence of what you think about - whether you want it or not - because the Law of Attraction is unerringly consistent - therefore, you are never only telling the story of “how it is now.” You are also telling the future experience that you are creating right now.

- *Abraham*

When you focus upon lack in an attitude of complaining, you establish a vibrational point of attraction that then gives you access only to more thoughts of complaint. The simple effort of looking for positive aspects will set a new vibrational tone and the Law of Attraction will begin the immediate attraction of thoughts, people, circumstances, and things that are pleasing to you.

- *Abraham*

A belief is nothing more than a chronic pattern of thought, and you have the ability - if you try even a little bit - to begin a new pattern, to tell a new story, to achieve a different vibration, to change your point of attraction. The Law of Attraction is responding to your vibration, and you can easily change your vibrational point of attraction by visualizing the lifestyle you desire and holding your attention upon those images until you begin to feel relief, which will indicate that a true vibrational shift has occurred.

- *Abraham*

Source of the above quotes by Abraham: **Money and the Law of Attraction**, by Esther and Jerry Hicks, published by Abraham - Hicks Publications. Visit the **Abraham** website at: <http://www.abraham-hicks.com/lawofattractionsource/>.

Additional Reading

For recommended books about the Law of Attraction and how to work with it, see:

The Secret, by Rhonda Byrne, published by Beyond Words Publishing, Atria Books

The Power, by Rhonda Byrne, published by Simon and Schuster

Money and the Law of Attraction, by Esther and Jerry Hicks, published by Abraham - Hicks Publications

For a recommended book about Personal Growth and healing negative beliefs, see **You Can Heal Your life**, by Louise L. Hay, published by Hay House, Inc.

You may be able to the above books from www.Amazon.com

For a recommended **free e-book** about attracting financial abundance (including working with the Law of Attraction), see **Attract Money Now**, by Dr. Joe Vitale, available free from www.attractmoneynow.com

Acknowledgements

Manual by Peter Chapman

“Universal Energy flowing through the human body” diagram by Paula McNally

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

Free attunement to
The Reiki/Sekhem Personal
Growth Accelerator
is available from
www.vibrational-alchemy.com

Contact Information

For further information about **The Reiki/Sekhem Personal Growth Accelerator**, please contact:

Peter Chapman

Phone: 03 9544 1604 (within Australia)

Email: peter@vibrational-alchemy.com

Web Site: www.vibrational-alchemy.com