



Connecting

with the

Sekhem Energy



Introduction

Sekhem (also known as SKHM or Seichim) is an ancient Egyptian form of channelled healing energy. It is similar to Reiki but operates on a higher vibration and heals on a deeper level. Sekhem heals on the physical, emotional, mental and spiritual levels, with a focus on the heart centre.

The re-emergence of Sekhem began with Patrick Zeigler in 1980. Whilst spending the night in the Great Pyramid of Giza, Egypt, Patrick experienced a spontaneous initiation. A swirling electric blue light appeared and descended into his heart, where it remained, moving in a figure-eight infinity pattern. This initiation empowered Patrick with a form of spiritual healing energy which he came to call Seichim.

"Seichim" comes from the ancient Egyptian word Sekhem, meaning Power or Might. More recently, Patrick switched to the name SKHM, which is an alternative spelling of Sekhem. Several healing systems, using various forms of this energy, have been developed under such names as Seichim, Sekhem and SKHM. Sekhem has been described as "living light energy". In ancient Egyptian hieroglyphics, the word Sekhem is represented by the Sekhem Sceptre, symbolising power and authority.

Connecting with the Sekhem Energy

This is an exercise that may help you connect with the Sekhem energy. This technique uses a form of Sekhem called **Ka Shen Sekhem**. People often find they can connect with the Ka Shen Sekhem energy using this exercise, even if they have never received any attunements to Sekhem or Reiki.

This exercise is taken from the Ka Shen Sekhem Level 1 manual. If you have already received attunements to Ka Shen Sekhem, 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 Ka Shen Sekhem energy and work with it to carry out self-treatments on yourself.

Ka Shen Sekhem is also connected with **ALL LOVE**. (ALL LOVE is a very powerful and advanced form of Sekhem, developed and taught by Patrick Zeigler.) The Ka Shen Sekhem energy vibration has been designed and developed to integrate with the ALL LOVE energy and to work together with it during treatments. You may find with this exercise that you can also connect with the ALL LOVE energy.

This is a simple technique that does not require the use of any symbols and it is suitable for people who have no previous experience in working with channelled healing energy. It is extremely easy and can be done while you are lying in bed at night, before you go off to sleep. Or alternatively, you can do it lying down (or even sitting in a chair), at any time of day. All you have to do is place your hands comfortably on your body, ask the energy to come through and then observe what happens.

Below are more 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 – some people may not be able to connect with the Sekhem energy until they have received some form of Sekhem attunement or initiation. Also, some people find that it takes practice before they start feeling the energy.

If you find that you can feel the energy in some way and you enjoy using this technique, you could try practicing this exercise 4 times a week. The energy will generally relax you and rejuvenate you at the same time. However, if you start to notice yourself frequently lying 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. The energy will assist any kind of healing process. It will also help rejuvenate you whenever you feel worn, depleted or ill.

You can give yourself a treatment using this technique by keeping your hands in the same place for the entire treatment because the energy will automatically go wherever it is needed within your body. Alternatively, you can place your hands on various different parts of your body throughout the treatment. 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.

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

Free attunement to
Ka Shen Sekhem
is available from

www.vibrational-alchemy.com

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

Contact Information

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