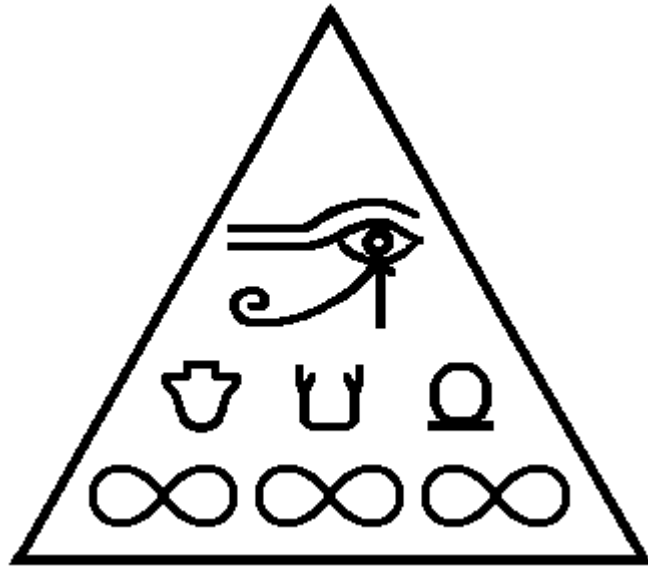


Ka Shen Sekhem



Energy for Healing the Eternal Heart and Soul

Level 1 Manual

Free Basic Version

Manual Version: 07.04.20

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Introduction

Ka Shen is a new form of Sekhem. 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. Elements of Patrick Zeigler's ALL LOVE / SKHM, Phoenix Summerfield's Seichim and Diane Shewmaker's Sekhem and have contributed to the development of Ka Shen. 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.

Ka Shen Sekhem connects one with Spirit and the Earth, develops the heart chakra and heals on the physical, emotional, mental and spiritual levels. The Ka Shen Sekhem energy embodies unconditional love and can come through in a variety of healing vibrations.

The Ka Shen Sekhem system has 7 levels. Level 1 is functionally equivalent to Reiki II. Each level is complete in itself and you need only do as many levels as feels appropriate for you. Each level changes, raises and develops the vibration of the energy and brings in more symbols.

Level 1 gives you a simple system and establishes a base form of the Ka Shen Sekhem energy vibration. Levels 2 - 7 introduce a powerful range of deeper and more exotic vibrations, based mainly on the Seichim symbols used by Tom Seaman and Phoenix Summerfield.

The energy form that you get with the **free Basic Version of Level 1** is less powerful than the energy used in the full version of Level 1 yet it is still quite effective.

Ka Shen Sekhem is also connected with **ALL LOVE** and attunement to Ka Shen helps connect you with the ALL LOVE energy. (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.** Each level of Ka Shen will continue to help strengthen and deepen your connection with the ALL LOVE energy.

Each level takes a **minimum of 1 month** to integrate (from the time you have finished receiving all the attunements for that level) before you can begin the next level. **This includes taking a minimum of 1 month between receiving the basic version of Level 1 and beginning the full version of Level 1.** You can wait longer than 1 month between levels if you feel you need to. It is best not to move on to the next level until you really feel you are ready.

As well as being a healing modality, Ka Shen is a spiritual development program for personal transformation. Each level brings about a shift in a person's consciousness and vibration. As they use the energy and work their way up through the levels over time, a person will go through a healing process of ongoing psychological, energetic and spiritual transformation towards greater wholeness. This process develops the heart chakra and increases psychic perception.

An important aspect of Ka Shen is working with a balance of Father Spirit and Mother Earth, and a balance of Masculine and Feminine energies. The attunement process establishes a balanced connection with Spirit and the Earth. The Ka Shen energy itself works with a balance of Spirit energy and Earth energy (which could also be described as Universal energy and Earth energy), and a balance of Masculine and Feminine energy.

Ka Shen is very good for focusing on specific issues. If desired, when giving a treatment, you can ask that the treatment concentrate on healing a particular problem, situation or issue. The guides and energy will be able to determine and locate the causes or factors related to the chosen issue and will be able to work on them to bring healing for the receiver's Highest Good.

Although the system is called Ka Shen, this is an abbreviation of its Egyptian hieroglyphic name (see cover) which means "Energy for healing the eternal heart and soul". The ancient Egyptians regarded the heart as being the centre of all consciousness.

What is the difference between the free Basic Version of Level 1 and the Full Version of Level 1?

The basic version contains exactly the same symbols and functionality as the full version but it uses a milder form of the Ka Shen Sekhem energy.

The form of attunement used in the basic version of Level 1 is different from the form of attunement used in the full version of Level 1 (and all the levels beyond Level 1). The basic version uses a form of attunement called a **Spontaneous Initiation attunement**. This "Spontaneous Initiation attunement" is a process that is performed automatically by the energy itself, in accordance with your specific needs at the time. It is something that you **request directly from the energy itself**.

During a Spontaneous Initiation attunement, the energy will work together with your own Higher Consciousness (your Higher Self) to connect you up with the Ka Shen

Sekhem energy and to help connect you with the ALL LOVE energy. It will also provide additional healing that you may be needing for your Highest Good at that time.

For the basic version of Level 1, you receive 3 Spontaneous Initiation attunements. As mentioned above, you request these attunements directly from the Ka Shen Sekhem energy itself. The way to request these attunements is explained in **Receiving the attunements for the Free Basic Version of Level 1** on page 7.

The full version of Level 1 involves 4 attunements. These attunements are different from the attunements used in the basic version. They are more of a traditional form of attunement and they are not requested directly from the energy itself. These attunements are deeper and more powerful than the Spontaneous Initiation attunements. (In order to request the attunements for the full version of Level 1, you will need to email Peter Chapman. See **How to request the Full Version of Level 1** on page 28.)

The Ka Shen Sekhem energy used in the full version of Level 1 is composed of a broader range of frequencies and is richer and more powerful than the energy used in the basic version of Level 1. The Level 1 symbols work more powerfully in the full version than in the basic version. The full version also gives you a stronger, deeper and more powerful connection with the ALL LOVE energy.

The Ka Shen Guides

There are four main healing guides associated with Ka Shen – Sekhmet, Isis, Quan Yin and Gaia. **Sekhmet** is the lion-headed Egyptian goddess of destruction, regeneration and healing. **Isis** is an Egyptian moon goddess, embodying femininity, motherhood, magic, healing and power. **Quan Yin** is an eastern goddess of mercy, compassion and healing. **Gaia** is the living, sentient consciousness and soul of planet Earth. Any or all of these guides can be called upon to assist in Ka Shen treatments and unless you feel intuitively guided to do otherwise, it is recommended that you always call upon all of them.

Please Note: Being attuned to Ka Shen Sekhem does not authorize or empower you to attune others to Ka Shen Sekhem.

The initial version of Ka Shen Sekhem was developed in Australia by Peter Chapman over the period of 2006 - 2009. Further developments in the Ka Shen Sekhem energy vibration and system have taken place since 2009. For the story of the development of the system, see <http://www.vibrational-alchemy.com/kashen/intro.htm#development>

For more information about Ka Shen, including the cost of the full version of Level 1 and also the cost of Levels 2 – 7, please visit www.vibrational-alchemy.com.

Seichim/SKHM lineages that contributed to the Creation of Ka Shen

Seichim Practitioner Attunement - 1992

Patrick Zeigler
Tom Seaman
Phoenix Summerfield
Marsha Burack
Margot Deepa Slater
Peter Chapman

Seichim Master Attunement - 2006

Patrick Zeigler
Tom Seaman
Phoenix Summerfield
Mary Shaw
Christine Henderson
Bruce Way
Ken Bradley and Kerry Talbot
Rev Marian Fullbrook
Rhonda Mellor
Peter Chapman

Sekhem-Seichim-Reiki (SSR) Master/Teacher Attunement – 2012*

SSR Sekhem Component

Patrick Zeigler
Diane Shewmaker (SSR founder)
Peter Chapman

SSR Seichim Component

Patrick Zeigler
Tom Seaman
Faun Parlman
Phoenix Summerfield
Daverna Shields Gabriel
Kay Hudson Wohl
Sandra Koppe
Liliana Kilgallen Shenk
Diane Shewmaker (SSR founder)
Peter Chapman

* Sekhem-Seichim-Reiki Master/Teacher training
completed with Diane Shewmaker in 2013

All-Love/SKHM Initiations – 2005, 2010, 2011, 2012 and 2013

Patrick Zeigler
Peter Chapman

Receiving the attunements for the Free Basic Version of Level 1

Before beginning these attunements, please ensure you have read pages 3 to 5 and 7 to 8 of the manual. This will give you some necessary background information.

As mentioned in the Introduction, the form of attunement used in the basic version of Level 1 is called a **Spontaneous Initiation attunement**. This "Spontaneous Initiation attunement" is a process that is performed automatically by the energy itself, in accordance with your specific needs at the time. It is something that you **request directly from the energy itself**.

During a Spontaneous Initiation attunement, the energy will work together with your own Higher Consciousness (your Higher Self) to connect you up with the Ka Shen Sekhem energy and to help connect you with the ALL LOVE energy. It will also provide additional healing that you may be needing for your Highest Good at that time.

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. **The attunements are programmed so that you can only receive as much of an attunement as you need at that time.** If you do not need all of an attunement at once, then you will only receive as much of it as you need and the remainder will automatically come to you as you need it over time. You may or may not be consciously aware that you have received a remaining part of an attunement at a later time but it will happen all by itself, at a time that is right for you.

There are 3 Spontaneous Initiation attunements for the free basic version of Level 1. This means that you request the "Spontaneous Initiation attunement" 3 times, on 3 separate occasions. These 3 attunements will not be exactly the same because the energy and the process will be automatically adjusted in accordance with what you need each time.

When you want to request the 1st attunement, just lay down, get relaxed and ready, and then ask in your mind (like saying a prayer) "**Can I now please receive the Ka Shen Sekhem Spontaneous Initiation attunement.**" Then the energy will respond to you and the attunement will begin. The attunement goes for about 50 minutes. (If you accidentally say the words slightly wrong, don't worry - it will still work.)

Some people may not feel anything during an attunement but that does not mean it is not working. Just trust and be patient. If you do not feel anything, wait and see if you

notice anything unusual or different in your life over the next few days.

Once you have received the 1st attunement, you will then need to practise working with the energy on yourself for **at least a week** (so that you can be adjusting to it) before you receive the 2nd attunement. Practise working with the energy either using the symbols (see **The Ka Shen Sekhem Level 1 Symbols** on page 12) or using the **Simple Self-Treatment Technique** on page 9.

Be careful not to give yourself too much energy at a time - listen to your intuition - because if you give too much, you may find you can't sleep at night or that your system is getting overloaded. By working with the energy, your system will start changing in vibration. You can wait longer than 7 days between the attunements if you want to. Listen to your intuition and wait as long as you feel is needed.

Once **at least 7 days** have passed since receiving the 1st attunement, and you feel ready, have the 2nd attunement. Again, just lay down, get relaxed and ready, and then ask again in your mind "**Can I now please receive the Ka Shen Sekhem Spontaneous Initiation attunement.**" Then it will come to you. You will then need to practise working with the energy on yourself for **at least another week** before you receive the 3rd attunement.

Once **at least 7 days** have passed since receiving the 2nd attunement, and you feel ready, have the 3rd attunement. Again, just lay down, get relaxed and ready, and then ask again in your mind "**Can I now please receive the Ka Shen Sekhem Spontaneous Initiation attunement.**" Then it will come to you.

Then keep practicing regularly with the energy over the next month, to assist the integration process. The energy will continue to increase in strength over this month. It takes time and practice for the energy to settle in properly. **The energy from the attunements will not be fully installed and grounded within you until at least 1 month from the time you receive the 3rd attunement.**

If you find that you have had a powerful experience with one of these attunements and then the next one **does not seem to do anything much at all**, this could be because you needed to wait longer before receiving that next attunement. This can happen if your body and system were still working on digesting the previous attunement and therefore you were not ready to take on the next attunement yet. If you think this may have happened, just allow some more time to finish digesting the previous attunement (e.g. wait another week) and then ask for that next attunement again when you feel the time is right.

Simple Self-Treatment Technique

This is a simple technique you can use to practice working with the Ka Shen Sekhem energy on yourself. It does not require the use of any of the symbols and it is suitable for people who have not completed Reiki Level 2 or who have no previous experience with Reiki at all. People who have completed Reiki Level 2 may also find this technique useful.

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. 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.

This technique 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 – 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.

If this is the only technique you are using for working with the Ka Shen Sekhem energy, try to do this exercise at least 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.

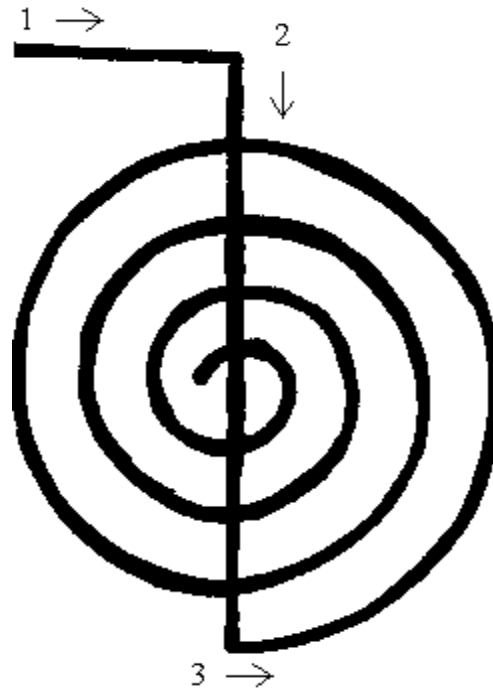
Any time you place your hands on any part of your body, your body will automatically begin drawing energy through your hands in that place. If you leave your hands in the same position for a little while, you will find that your body will draw in as much energy as it needs in that place. Then when it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

Ka Shen Level 1 Symbols



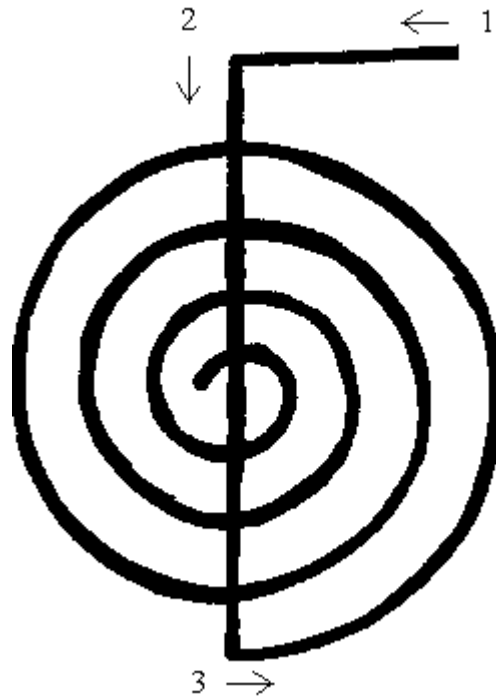
Cho Ku Rei (Intuitive Creative Version)

Pronounced "Cho Koo Ray".

This is the "power symbol" that activates and magnifies the energy. It can be used on its own and also to empower all other symbols.

This version of Cho Ku Rei brings through the Ka Shen Sekhem energy in a fresh, young, gentle, loving and playful form. This energy is great for general healing, emotional healing, restoring youthfulness and reconnecting you with your inner child. It also develops your intuition, creativity and receptivity to Divine Inspiration.

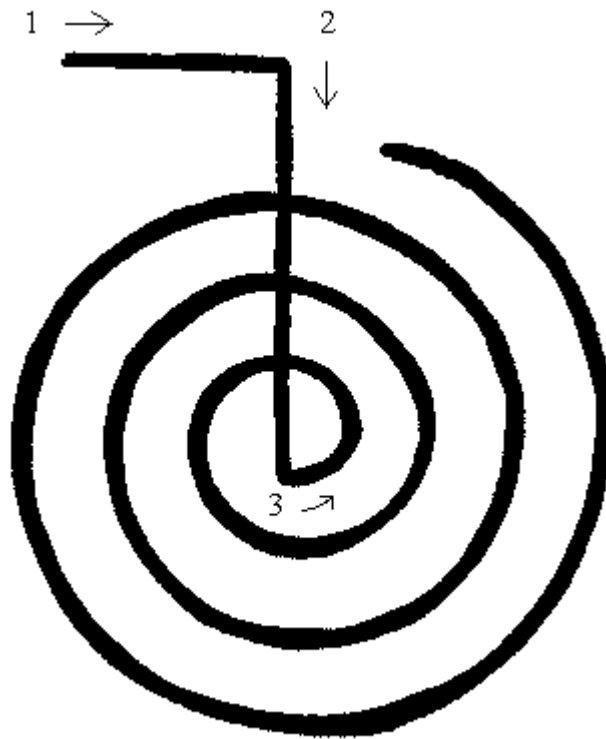
This version is recommended as the main Cho Ku Rei to use when working with Ka Shen Sekhem.



Cho Ku Rei (Standard Version)

This is the standard Sekhem version of Cho Ku Rei and it can be used as an alternative to the Intuitive Creative version. It is also a “power symbol” that activates and magnifies the energy. It can also be used on its own and to empower all other symbols.

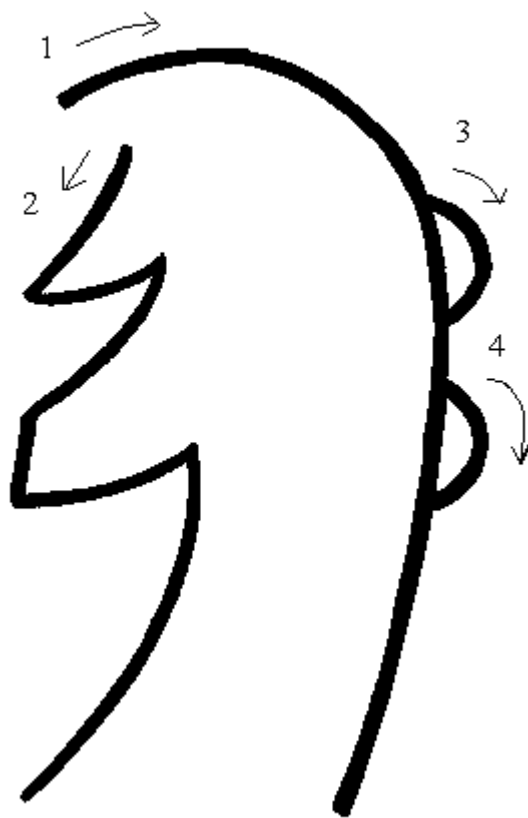
Use this version of Cho Ku Rei when you intuitively feel guided to, or if you find you prefer the feel of it to the Intuitive Creative version.



Cho Ku Rei (Dispersion Version)

This version of Cho Ku Rei has the same functions as the Standard Version, with the added ability to assist in dispersing and releasing negative, painful or blocked energy in the physical, emotional, mental and spiritual bodies. Use this version in place of the Intuitive Creative Version or the Standard Version when you intuitively feel it is necessary.

This symbol is good for pain relief and releasing stress and built up emotions such as sadness, anger and depression. It energetically opens up the area it is applied to, allowing undesirable energy to be freed and released more easily.

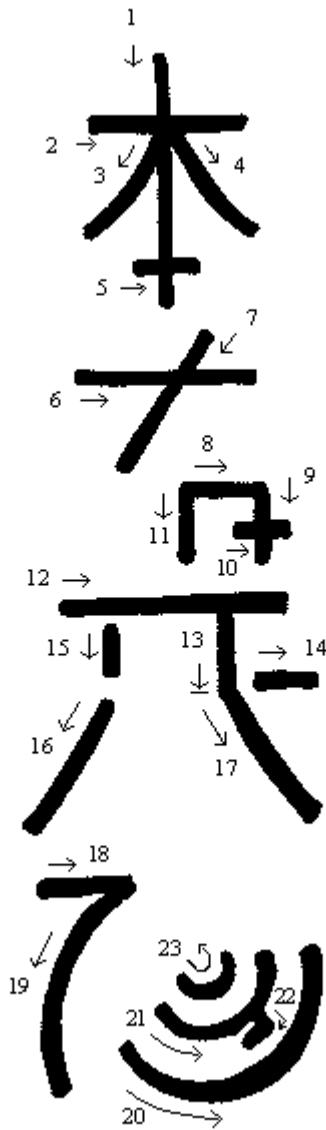


Sei He Ki

Pronounced "Say Hay Kee".

Sei He Ki is used for healing on the Subconscious and Emotional levels, and can be used for connecting with the Subconscious Mind. It can be used for releasing and reprogramming of physical, emotional and mental patterns within the cellular memory.

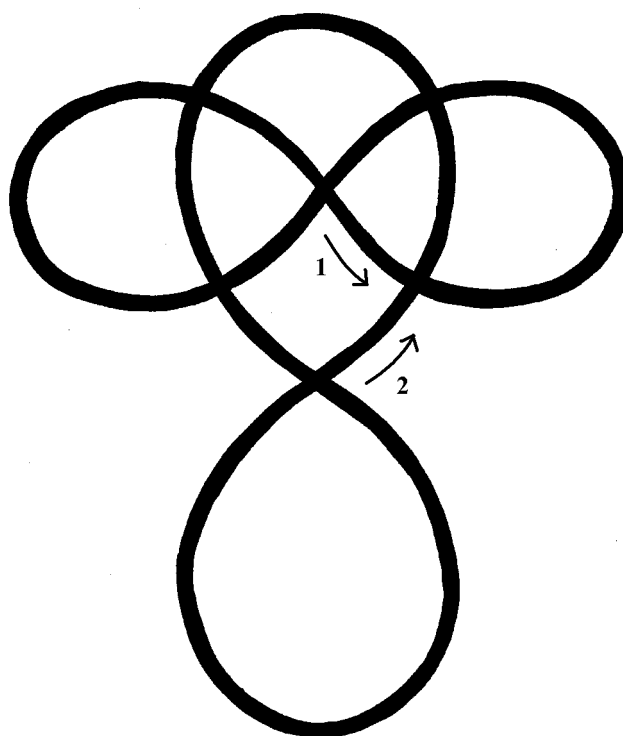
Sei He Ki can be used for protection against negative energies and influences, and helps create inner feelings of safety and security. It can also be used to help untangle constrictions and blocks that restrict the free flow of energy, like a comb untangling hair.



Hon Sha Ze Sho Nen

Pronounced "Hon Shar Zay Show Nen".

Hon Sha Ze Sho Nen is used (together with Len So My) to establish a connection across time and space, for the purposes of sending distance healing. (See also the Len So My symbol, regarding distance healing connection.) It can also be invoked over an area of the body at any time during a treatment when intuitively guided to do so.



Len So My

(Pure Love)

Pronounced as “Len So Mee”.

Draw the horizontal figure eight first. Begin at the centre and move down and around to the right, continuing on around the full figure eight. **Go around the full horizontal figure eight a total of 3 times.** Next, draw the vertical figure eight. Begin at the centre and move up and around to the right, continuing on around the full figure eight. **Go around the full vertical figure eight a total of 3 times.**

The horizontal figure eight is made up of 2 circles – male and female, solar and lunar – which are equal, balanced and united. It represents a balance and union of Masculine and Feminine energy. It is a symbol for infinity and also represents eternity and the higher spiritual powers.

The vertical figure eight represents balance between the spiritual and material worlds, and the coming together of Heaven and Earth. It also represents the infinite circle of

Pure Love flowing down from Father Spirit and up from Mother Earth through the human energy system.

Sekhem energy is known to move in a figure eight infinity pattern. The figure eight infinity symbol is often used to represent Sekhem energy and especially the ALL LOVE energy.

Len So My brings forth the energy of Pure Love. It connects in very nicely with the ALL LOVE energy and is a very important symbol in Ka Shen Sekhem. **Len So My is recommended to be used as a general purpose healing tool on all areas of the body when giving treatments.** It also has a balancing effect and can be used as a balancing tool.

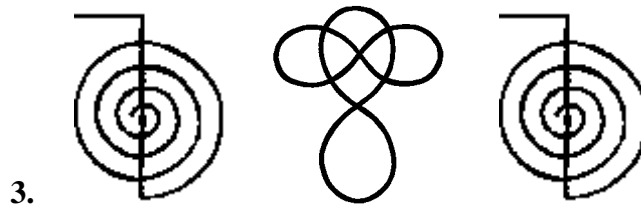
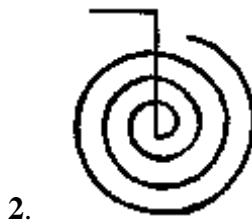
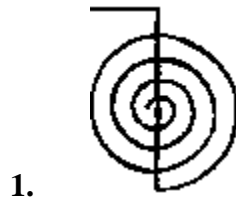
Len So My is recommended to be used together with Hon Sha Ze Sho Nen, in establishing the **distance healing connection**, when sending distance treatments. This will make the connection stronger than it would be if you use Hon Sha Ze Sho Nen only.

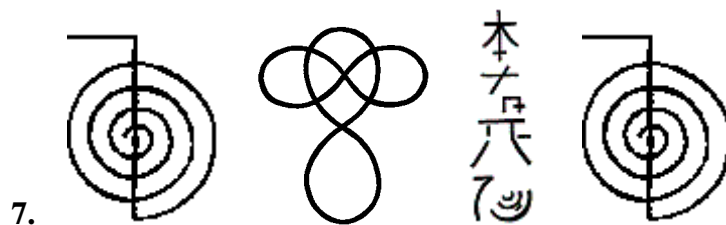
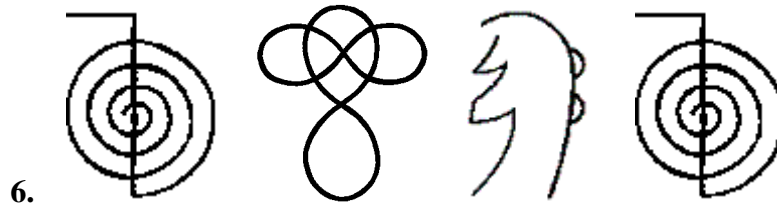
Len So My can also be used whenever and wherever you intuitively feel the need for pure, unconditional love. Len So My is helpful in working with low self-esteem issues. It is also helpful in healing feelings of being unloved, needy, not good enough, lost, abandoned, rejected, neglected or unwanted.

Invoking the Symbols

To invoke one of the symbols above, draw it once and say its name 3 times. For example, to invoke Cho Ku Rei, draw the symbol once and then say "Cho Ku Rei, Cho Ku Rei, Cho Ku Rei". It is not necessary to say the name aloud. Usually when giving treatments, the name would be said in your head only, so as not to be heard by the receiver of the treatment.

Any of the Cho Ku Rei symbols can be used on their own but other symbols are to be used together with Cho Ku Rei. Other symbols (or combinations of symbols) should be preceded by a Cho Ku Rei and followed by a Cho Ku Rei. See the examples shown below:



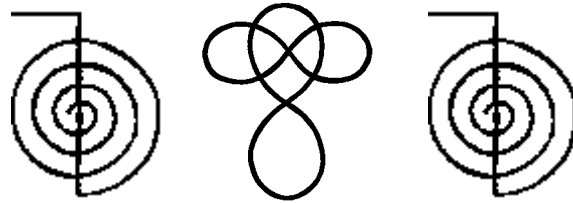


One or more symbols may be invoked over any part of the body you are about to put your hands on as follows:

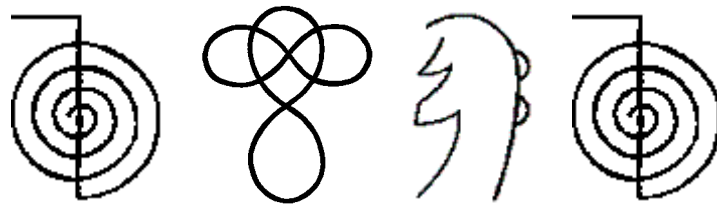
Draw the symbols as though you are tracing them on the body, using the flat of your hand facing down with your fingers together but instead of actually drawing them on the body, draw them in the air a few inches above the body.

When invoking more than one symbol at a time, each symbol should cover the whole area to be worked on. 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. (Draw them one on top of the other, as opposed to side by side.) 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 symbols, place your other hand down also on the stomach next to your first hand and the energy will begin coming through.

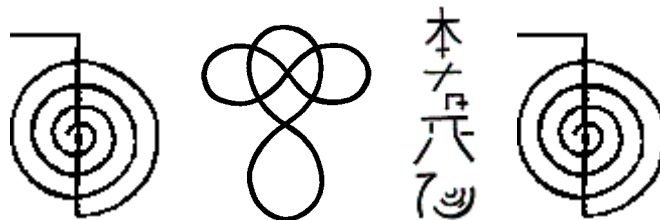
Below are some suggestions for using Len So My in combination with other symbols:



For general purpose healing on all areas of the body.



For subconscious healing or deeper emotional healing in a particular area.



To establish the distance healing connection, when sending a distance treatment. Can also be used in a hands-on treatment when you feel the energy needs to penetrate more deeply in a particular area.

Why are some of the Ka Shen Sekhem Level 1 symbols

the same as the Reiki Level 2 symbols?

People sometimes ask this question. The reason is that Ka Shen Level 1 is functionally equivalent to Reiki Level 2. Therefore it uses the symbols that provide those same basic functions. However, because these symbols will be working with Sekhem instead of Reiki, they will have deeper effects than they would have when they are being used with Reiki.

From Level 2 onwards, Ka Shen contains many more non-Reiki symbols, including the symbols that are generally regarded as the major **Seichim symbols**. These non-Reiki symbols provide functionality beyond what is found in Reiki Level 2.

Hands-on Treatments

1. Call upon Archangel Michael and ask for his protection for yourself and the receiver during the treatment. Call upon the Ka Shen Sekhem energy and symbols, the ALL LOVE energy and the guides Quan Yin, Sekhmet, Isis and Gaia. I also recommend calling upon your Higher Self as well as the receiver's Higher Self. Ask for those called upon to come through to heal the person for their highest good. If desired, you can ask that the treatment focus on healing a specific issue.

2. Call upon the Cosmic Healing Bank (see The Cosmic Healing Bank further on). I recommend that you always use the Cosmic Healing Bank with hands-on treatments, to safeguard against overdosing the receiver with energy. This also allows for the maximum amount of energy to be given during the treatment even though the receiver may not need it all immediately. Using this technique, you can “add value” to your treatments and explain to the receiver that if necessary, additional energy may come to them at a later time (perhaps over the next week).

3. Ask that the receiver receive as much of the treatment now as they need now, and that any remainder be placed in the Cosmic Healing Bank for them, under their name, to be automatically administered to them later as needed, at the discretion of their Higher Self.

4. Optionally, if desired, ask that the treatment concentrate on healing a particular problem, situation or issue. When doing this, it is important to add “...**and related issues**” because it is likely that there may be certain other important factors, that are tied in with the chosen issue, that also need healing. For example “I ask that this treatment focus on healing the problem with Mary’s right knee, and related issues.” Once you have given a general indication of the issue you want the treatment to focus on, the guides and energy will take care of the rest.

5. You can carry out the treatment by working through a standard set of hand positions or intuitively decide which areas of the body to treat as you go along. I find that treating just the front of the body is usually enough but you may treat the back as well if you feel guided to do so. Be aware that Ka Shen can be a lot stronger than Reiki and therefore you generally won’t need to give as much energy in a treatment as you would with Reiki.

Invoke the symbol combination **Cho Ku Rei + Len So My + Cho Ku Rei** over each area of the body you are about to work on (as you move from one position to the next) and let the energy flow for as long as feels necessary at that point.

At any point on the body, you can also add in a dose of another symbol combination if you feel guided to do so. For example, you could give a dose of

Cho Ku Rei + Sei He Ki + Cho Ku Rei

on the back of the head. To do this, place your hands on the back of the head and invoke Cho Ku Rei, followed by Sei He Ki, followed by Cho Ku Rei. Then the new vibration will start coming through.

To return back to **Cho Ku Rei + Len So My + Cho Ku Rei** (to continue treating the rest of the body), you would need to re-invoke that symbol combination again over the next position.

6. When the treatment is complete, thank all those you called upon to help in the treatment, including the Ka Shen Sekhem energy, the ALL LOVE energy and the Guides.

Distance Healing

The Basic Technique

1. Sit in a chair with a cushion on your knees. Call upon Archangel Michael and ask for his protection for yourself and the receiver during the treatment. Call upon the Ka Shen Sekhem energy and symbols, the ALL LOVE energy and the guides Quan Yin, Sekhmet, Isis and Gaia. I also recommend calling upon your Higher Self as well as the receiver's Higher Self. Ask for those called upon to come through to heal the person for their highest good. If desired, you can ask that the treatment focus on healing a specific issue, as described in Hands on Treatments (above).

2. Call upon the Cosmic Healing Bank. I recommend that you always use the Cosmic Healing Bank with distance treatments, to safeguard against overdosing the receiver with energy. This also allows for the maximum amount of energy to be given during the treatment even though the receiver may not need it all immediately. Using this technique, you can “add value” to your treatments and explain to the receiver that if necessary, additional energy may come to them at a later time (perhaps over the next week).

Invoke the Cosmic Healing Bank, and specify the circumstances under which the receiver is to receive the treatment from the bank, as described in The Cosmic Healing Bank further on.

3. Place your hands face down on the cushion, side by side. Do not spread out your fingers – keep them together.

4. Picture the receiver in your mind or look at a photo of them, and tune in to them. The receiver can be yourself.

5. Now, as you are picturing their face, say to the receiver **3 times**: (e.g. if it was to send to Peter) "Peter, can I please have your Thought Form in the cushion beneath my hands". You should notice an energy connection forming between your hands and something in the cushion.

6. Lift off one hand and invoke **Cho Ku Rei** (over the cushion), followed by **Len So My**, followed by **Hon Sha Ze Sho Nen**, followed by **Cho Ku Rei**. Now place that hand back on the cushion next to your other hand. This will establish the Distance Healing Connection, and you should notice the energy begin to flow. Wait a little while for the energy to build up before continuing.

7. Now to start the actual treatment. You can either work through a standard set of hand positions or intuitively decide which areas of the body to treat as you go along. Lift up one hand again and invoke **Cho Ku Rei** (over the cushion), followed by **Len**

So My, followed by **Cho Ku Rei**, then put your hand back down. Now the energy will begin flowing and the treatment will be underway. From here, just imagine in your mind placing your hands on an area of the receiver's body. Let the energy flow at that point for as long as seems necessary. Then imagine in your mind moving your hands to another place on their body. When you imagine moving your hands to the next place, you should feel the energy start up again. Just continue working like this until you've done all the positions on the body that you want to include, and then the treatment will be finished.

At any point on the body, you can add in a dose of another symbol combination if you feel guided to do so. For example, you could give a dose of

Cho Ku Rei + Sei He Ki + Cho Ku Rei

on the back of the head. To do this, just imagine your hands are on the back of the head and then invoke **Cho Ku Rei** (over the cushion), followed by **Sei He Ki**, followed by **Cho Ku Rei**. Then the new vibration will start coming through and be sent to the back of the receiver's head. To return back to **Cho Ku Rei + Len So My + Cho Ku Rei** (to continue treating the rest of the body), you would need to re-invoke this symbol combination again over the cushion.

8. When the treatment is complete, thank all those you called upon to help in the treatment, including the Ka Shen Sekhem energy, the ALL LOVE energy and the Guides.

This is the basic Distance Healing technique. I recommend first trying it on yourself. People often find they get more visual/psychic messages when they do distance healings as opposed to direct hands on treatments.

The Cosmic Healing Bank

The Cosmic Healing Bank is a place where treatments can be sent, to be received at a later time. It is available to everyone and anyone can use it. This can be done when working with Reiki, Sekhem or other similar healing systems. The four main ways of using the Cosmic Healing Bank are as follows:

- To send a healing to someone, for them to receive when they ask for it.
- To send a healing that is to be received at a certain time.
- To send a healing for the receiver's Higher Self to administer as needed.
- To give a hands on treatment, from which the receiver will take as much as they need at the time, with the remainder being saved in the Cosmic Healing Bank to be received later as needed.

To place a treatment (or partial treatment) in the Cosmic Healing Bank, specify before beginning the treatment that it is to be placed in the Cosmic Healing Bank for <receiver>, under <receiver>'s name, and the circumstances under which the receiver is to receive it. From there, carry out the treatment as normal.

For example, with distance healings, "I ask that this healing be placed in the Cosmic Healing Bank for David, under David's name, ..."

- "... for David to receive when he asks for it."
- "... for David to receive at 10pm on Wednesday, 30/11/05."
- "... to be administered to David as needed, at the discretion of his Higher Self."

Sometimes the receiver may not need to receive all of the treatment at once.

Therefore, if it is a distance treatment and the treatment is to be received when the receiver asks for it or at a specified time, as in the first two examples above, it is recommended that you add the following instructions: **Specify that the receiver is to only receive as much as they need at that time, with the remainder being kept in the Cosmic healing bank, to be automatically administered as needed, at the discretion of the receiver's Higher Self.** Use this technique also with hands-on treatments. Ka Shen and Ieb Sekhem can be a lot stronger than Reiki and it is possible to accidentally overdose your receiver. This method is an effective safeguard that will prevent the receiver from overdosing on energy.

For example, with hands on healings,

"I ask that David receive as much of this treatment now as he needs now, and that the remainder be placed in the Cosmic Healing Bank for David, under David's name, to be automatically administered as needed, at the discretion of his Higher Self."

If you want to send a treatment to someone who has not consciously given their permission to send them healing, you can send the treatment into the Cosmic Healing Bank, specifying it is to be administered as needed, at the discretion of the receiver's

Higher Self. In this way, the Cosmic Healing Bank can be used as a safety mechanism to prevent someone receiving healing that they truly do not want.

How to request the Full Version of Level 1

If you want to receive the full version of Level 1, you first need to complete the basic version of Level 1. This is because the basic version will provide a good foundation for the full version. It will prepare you for the full version and enable you to get greater benefit from the full version than you would be able to get if you did not first receive the basic version.

As mentioned in the Introduction, each level takes a **minimum of 1 month** to integrate (from the time you have finished receiving all the attunements for that level) before you can begin the next level. **This includes taking a minimum of 1 month between completing the basic version of Level 1 and beginning the full version of Level 1.** You can wait longer than 1 month between levels if you feel you need to. It is best not to move on to the next level until you really feel you are ready.

In order to request the attunements for the full version of Level 1, you will need to email Peter Chapman at: peter@vibrational-alchemy.com

In order to send you your attunements for the full version of Level 1, I will need to know your first name and surname, and your location (city and country). For example: Mary Thomas, Melbourne, Australia.

Please let me know how long it has been since you received the 3rd attunement for the basic version of Level 1. Please also let me know what level of Reiki you have been attuned up to previously.

When you are requesting the full version of Level 1, I would be interested in any feedback you may have on your experiences while receiving the attunements for the basic version of Level 1 and your experiences in working with the basic version of Level 1. Feedback is very helpful to me. Thank you in advance.

For information on the cost of the full version of Level 1 and also the cost of Levels 2 to 7, please visit www.vibrational-alchemy.com.

Appreciation

The basic version of Ka Shen Sekhem Level 1 is available for free to people anywhere in the world. If you personally find the basic version of Level 1 to be helpful, please show your appreciation and give something back to the energy by telling others about this opportunity.

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

Please note that in **ALL LOVE**, Diane describes an energy called **Sekhem** which she uses together with Reiki and Seichim, and explains that it unifies Reiki and Seichim as one. Diane's form of Sekhem is something slightly different from Ka Shen Sekhem.

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

If you have not completed Reiki Level 2, you can still be attuned to Ka Shen Sekhem but you will need to use a simplified version of the system called the Reiki/Sekhem Personal Growth Accelerator. Please see www.vibrational-alchemy.com for further details.

Donations

The Basic Version of this system has been made available free of charge, to anyone who would like to try it. However, if you would like to make a donation in return, it is possible to do so on the following webpage:

<http://www.vibrational-alchemy.com/donations.htm>

It does take work to provide this service, so donations will always be greatly appreciated.

If you are considering making a donation, it is recommended that you first receive the free attunements and try working with the system. This is because this system will not suit everybody. It is best to make sure that the system works for you and that you are happy with it before you go ahead and make a donation.

Contact Information

For further information on Ka Shen Sekhem, please contact:

Peter Chapman

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Web Site: www.vibrational-alchemy.com