In the Beginning

Sekhem is a form of Ancient Egyptian Healing. Sekhem has developed over the centuries and was taught as part of the spiritual practices in the Temples of Ancient Egypt. Egypt was then the cultural centre of the world where everyone sought wisdom and learning, and scholars came far and wide to study in the temples. However, few made it through the arduous process of initiation into the Priesthood. Some did succeed and took their teachings back to their homelands where they taught others the sacred art of healing of mysticism. Over the years, the teachings changed as the teachers developed and grew with their philosophy until each system had its own distinctive feel and energy.

The Sekhem energy is associated with the Egyptian lion-headed Goddess Sekhmet, the Guardian and Protector of this energy. She is strongly linked with the star Sirius, the brightest star in the sky and, according to myth and legend, was present at the creation of our universe. This Goddess is the Bringer of Destruction and Healing, as she is both the Patroness of War and Healing Sciences, and despite the many myths of destruction, she is also considered to be the Goddess of Regeneration and Healing. Sekhmet destroys that which no longer serves us, so that we can build on a new foundation. Sekhmet also helps us with the transformation in our lives and breaking down old worn out patterns, which no longer serve us.

Sekhem means the Power of Powers and it is connected with our own empowerment for both healing and spiritual development. Once initiated, all our healing work improves exponentially. In a spiritual sense, it equates with Chi, Ki and Prana.

Hence today there are many systems, which are all very similar, yet have their own distinct vibration frequency. There is only one source; all these are just different ways of accessing it.

Although similar to Reiki in that it is channelled energy from source, Sekhem is channelled in a different way and has a much higher vibration. When you go to the Temples, they are covered in hieroglyphs of the Gods receiving healing sessions and initiations into different sacred orders. References have been made to Sekhem in the Egyptian Book of the Dead and in ancient scrolls found in the ruins of the temples and the pyramids.

How does Sekhem work?

Sekhem works to harmonize and balance all aspects of a person's being - physical, mental, emotional and spiritual, thus supporting the bodies' own natural healing processes.

Healing with the hands, where energy passes through the healer and into the patient's energy field and body, has been used for centuries to improve people's health. All life generates an energy field around it. This field contains information...
about the physical form it surrounds: the state of a person's body, mind, and emotional and spiritual development. A Sekhem healer can sense or tune in to this field and read this information. They then direct Sekhem energy into the field to promote healing and well being.

The physical body and the different layers of the energy field are connected by the chakras, rotating energy centres situated at the core. Each of these centres is connected to a particular layer in the energetic body and to specific organs, glands and systems in the physical body. They also relate to a person's psychological patterns, such as relationships with our family and friends, our self-esteem, our ability to show unconditional love and our willingness to express our feelings. Just like the individual layers of the energy field, each chakra contains information, which can be read by a Sekhem practitioner.

In Sekhem healing, a person is viewed as a whole energetic system with the physical body at the core. However, a Sekhem healer would work more specifically in the energy body, or aura, as it is here that illness first begins as a blockage in one of the energetic bodies or layers. In Sekhem, healing is seen very much as a two way process. It is a way of supporting a person during their own healing journey. The Sekhem energy is taken by the client at the level of the higher self, so only the exact amount needed is taken. Sekhem cannot be given if it is not wanted, and neither can a Sekhem practitioner heal a person if that person chooses (for whatever reason) not to be healed.

Illness is the way that our higher self shows us that something in our lifestyle is not working, or serving us well, and until we acknowledge that, our body will not heal. This is why Sekhem practitioners often use some form of counselling alongside the hands-on-healing, as each process supports the other. In this way, Sekhem can be a wonderful personal development tool. This aspect of Sekhem is taken even further if a client wishes to attend a Sekhem course. People become empowered when they are able to direct subtle energies to affect their own healing. Sekhem employs 3D symbols, which are linked to the science of the pyramids. This energy is fundamentally unconditional love in its pure form. The symbols include access to inter-dimensional portals. In healing sessions, the practitioner will place their hands on or near to the body and passes the Sekhem energy to the recipient. Although from a very high level, it is also grounding as a bridge is formed between Heaven and Earth. The experience is inspirational, healing and sometimes profoundly spiritual.

During a treatment I will place my hands on various parts of your body and transfer universal energy to aid healing. Sekhem encourages a deep sense of peace and relaxation. Some people experience warmth and tingling sensations as the energy is being moved around the body.

Sekhem Level 1 is usually taught as a two-day workshop. Each participant is initiated into the Sekhem energy individually. The workshop itself is a practical, experiential, hands-on class where you
will learn how to channel and use the energies for healing yourself and others, and how to use the first five symbols in the Sekhem system. You are also taught how to channel and use Sekhem for your own personal use and for family and friends. You will also cover Sekhem history, the hand positions and procedure for giving a Sekhem treatment, and a technique for releasing and forgiveness.

**Sekhem Level 2 – Practitioner Level**

To undertake Level 2 you must have completed Level 1. You will be taught how to channel and use this energy on the general public. You will be taught what is necessary to prepare you for being a Practitioner, and for energy work with clients, the hand positions for full healing sessions.

You are also taught a further six symbols and their meanings. Sekhem absent healing techniques are taught and how to send Sekhem by distance. Other areas of energetically healing and empowering relationships and situations are discussed. Techniques are also given for releasing mental, emotional and physical blocks and imbalances.

**Advanced Practitioner Level**

At this Advanced Level Course you will be initiated into the gateway of source energy and be taught the appropriate symbology for the minds entry into the heart. You will then learn how to guide the energy into the spiritual heart centre for yourself and your clients, this will raise your vibration significantly, enabling you to increase the energy you channel.

**Master Practitioner/Teacher Level**

The Master Level is taught in two parts with a period of at least six months between parts. The first part can be thought of as the Master Practitioner Level and the second part as Master Teacher Level for those who wish to teach the system to others.

**About the Author**

Kylie Holmes is married to Eric and a mum to three wonderful children Jade seven, Amba five and Leo is 14 months old. She is a Reiki Master, Karuna Reiki Master and Sekhem Master. Kylie also runs courses, lectures and workshops on Working with Angels Energy Healing Courses, and Meditation. Kylie is also a Writer and Intuitive Angel Therapist. Kylie also has a passion for writing, especially stories for her children.

For more information or to book a treatment or do a course, please contact: Kylie Holmes, on Tel: 0870 780 8413; kylie.holmes@btinternet.com; www.touchedbyanangel.me.uk

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