



REIKI SEICHEM TRAINING BROCHURE

Our Reiki Seichem Training weekends run throughout the year. Each level is 2 days training.

What you get on each level:

Level 1: Training Weekend, Level 1 printed manual, keyring, violet flame attunement, pyramid healing and IPHM accredited certification

Level 2: Training Weekend, Level 2 printed manual, Chakra balancing with Crystal Singing Bowls, Student kit and IPHM certification.

Master/Teacher Level: Training Weekend, All Love guidebook by Diane Shewmaker, Reiki Seichem Master Attunement and the 7 facet system, meditation and music files, Master level printed manual and IPHM certification.

The cost for the weekend is £150 for Level 1, £200 for Level 2 and £300 for Level 3.

You can join Level 2 if you have completed level 1 Seichem with us or elsewhere or have studied level 1 and 2 Usui Reiki and received an in person attunement. The Master/Teacher Level is for Reiki Seichem practitioners only. You must have received your previous training in person. We do not accept students who have studied reiki or received the attunement via distance learning. Our training is accredited with the International Practitioners of Holistic Medicine and is compliant with the National Occupational Standards.

Our level 1 and 2 manuals are available to purchase for £14.95. Check out our events for upcoming training dates. Our group sizes are kept to 6 students ensuring a personal and effective teaching environment.



REIKI SEICHEM WEEKEND COURSE LEVEL 1

Reiki (pronounced ray key) comes from the Japanese word and translates as Universal Life Energy or the energy that is all around us. Reiki is a technique of Natural Healing developed by Dr Mikao Usui in Japan. There is no belief system involved and anyone can learn or receive Reiki treatment

This course is open to complete beginners or existing therapists, no previous experience required to attend. There is a requirement to study basic human anatomy and physiology and a workbook is provided upon booking your place with us. The Training Centre of Wellbeing is at the forefront of campaigning to raise the standards in the holistic field of medicine and adopt strict codes of

conduct. You are required to read and adhere to these standards and indicate your approval by signing an agreement form. These two documents are provided upon booking your place on our training.

What is Reiki/Seichem Healing?

The Sekhem Energy has had many spellings because the original teachings were all oral. Seichim, Seichem, SKHM are all well know spellings.

Reiki/Seichem is performed by the 'laying-on of hands' whilst the client remains fully clothed on a massage couch or seated in a chair. The practitioner channels this life energy through their hands to the recipient for the purposes of healing the body, mind & spirit. It is said to accelerate the body's ability to heal physical ailments, opens the mind & spirit to the causes of disease and pain, reinforcing the recipient's ability to take responsibility for their life.

The hand positions correspond to the energy centres of the body & their associated organs. The Practitioner may work 'hands off' to facilitate deeper healing in the energy field. The number of treatments depends upon the root cause of the problem and the amount of energy needed to restore the well-being.

During this level 1 workshop, you will also receive the Violet flame attunement which helps to integrate all the energy and releases negativity.

Reiki/Seichem Healing is a Gentle 'Hands on' Technique Working with Energy to Release any Blockages in the Body.

Reiki/Seichem Is powerful system using all four healing elements.

It promotes and accelerates healing on many levels and is excellent for those suffering with stress related conditions. Reiki/Seichem Healing is very powerful affecting physical, mental, emotional and spiritual levels as well as promoting deep levels of relaxation.

Reiki is the attunement to the Earth energy & Seichem introduces the elements of Air, Fire and Water using the four elements as a balanced energy healing system.

Benefits of Seichem

Seichem has many of the same benefits as Reiki but as the energy works on all levels simultaneously (spirit, mind, emotions and physical) it gives a different holistic scope of benefits. Seichem connects with 'All love' and from that source comes a greater opportunity to begin and to increase the love of self and others. You may have noticed that people who have that connection with themselves tend to be at peace with their being, which in turn gives them mental clarity, emotional stability and physical health and vitality. Wellbeing always begins at that spiritual or higher level and cascades down through the auric layers (subconscious & superconscious) to the physical (conscious) mind and body.

The benefits of Seichem may include:

- * More joy
- * Love of living
- * Higher levels of energy and vitality
- * Greater creativity
- * Increased mental clarity and focus
- * Improved relationships
- * Greater sense of connection and purpose

Seichim is an extra step towards connecting to the higher self and getting in touch with oneself. Situations, past events, hurdles and misfortunes have an opportunity to be analysed or resolved. Manifestations happen more frequently and a life path purpose seems to be accelerated. All in all you get a greater appreciation of where you were and where you are now in acceptance and excitement for what is to unfold.

This weekend introduces you to this healing system and during which you will receive the level 1 attunement, manual and symbols, and following this, you will take part in a 21 day cleansing and self-healing process which prepares you for the practitioners level 2. These level of training is all about YOU. It equips you to concentrate the healing energies on yourself for the first 21 days, and

following the self-cleansing process, you are able to work with friends and family.

People often ask: "What's the difference? There's all these types of Reiki about and now there's Seichem! I don't understand."

There is no 'right way' or 'only path'.

We are faced with more and more choices so we have to differentiate and decide the most appropriate direction for us at any moment. There will always be teachers who can help us learn and remember but it is now up to us to discover, with discernment, what we can from whomever is appropriate. This means that we have to carry the responsibility for our own learning and advancement. The increase in the number of alternative therapies is a small manifestation of this, and Reiki a microcosm of that.

If your unsure of which route to take, then talk to a wide selection of people, read books, get leaflets from a number of Reiki or Seichem teachers and then if it feels right, go with the person and system that most attracts you. Inside, you will know the right way - just take the time to be, and you will hear your own inner guidance.

This first level is an initiation of light and an empowering ritual to open up the Hara line (central column of light) and the corresponding chakras, to connect the initiate to source, thereby becoming a clearer and wider channel of this heart chakra and DNA light energy that is Egyptian Sekhem.

The energy is drawn from the soul chakra that is above the head, through the crown chakra and down through the body and feet to the earth chakra that is approximately 12 inches below the feet, and then back up and out through the hands. This is different to Reiki and other systems that draw the power directly from the crown to the hands. In Reiki and Seichim the energy is activated automatically by the touch of the hands to another living thing. Egyptian Sekhem energy is activated by the practitioners thought and intention.

There are more Reiki, Seichim and Egyptian Sekhem differences between these three healing modalities.

During the level 1 workshop, we will be covering:

- * The origins of Egyptian Sekhem
- * Egyptian Sekhem Level One Initiation
- * Healing Pyramid
- * Activating the energy
- * How to do an Egyptian Sekhem Healing Treatment
- * and much more...

A comprehensive manual and certificate of accreditation is provided, along with ongoing support.

Seichem is a powerful, compact effective system for becoming permanently connected with the Living Light.

Preparation for Egyptian Sekhem attunements

On booking your place on the course, you will receive instructions to prepare you for this weekend, here are some guidelines.

In the week leading up to the course try and distress by taking more time for yourself , meditating or self-healing. Avoid alcohol at least a week before the class and caffeine and nicotine at least a few days or so before beginning the course. You may experience extra shifts on the days leading up to the attunements or slight adjustments on the day. This is to enable your energy field to accept more light and is a beautiful, gentle gift to receive. As you progress through the levels self-care, self-healing and self-responsibility are important for your personal progression in becoming a clearer channel.

When Patrick Zeigler first connected with this Healing Energy it did not come with a manual. Since its introduction the Energy has evolved and adapted to each person on an individual level. The Energy would take the form that each person was comfortable with. This is why so many different Deities have been associated with this healing energy. The Most Common are Quan Yin, Sekhmet and Isis.

The truth is the Sekhem Energy is the best teacher follower your heart. The

energy will guide you and take you to places that many spend a life time of Spiritual practices to achieve. In one weekend of Seichem, many people have reached very high states of Enlightenment.

This will be a small group with a maximum of 6 people ensuring you get a personal approach to this truly amazing system.

The cost of this training weekend is £150pp.

Start times are 10am and finish at 4pm on both Saturday and Sunday, and you will have a lunch break of 1/2 hour.

Our events run from The Training Centre of Wellbeing at 41 Owston Road, Carcroft , Doncaster, DN6 8DA above The Honey Comb Hair Salon. We regret at this time that we do not have wheelchair access.



REIKI SEICHEM LEVEL 2 PRACTITIONER TRAINING

This course is open to those who have completed level 1 Seichem Reiki or Usui Reiki.

This training enables you to:

Practice professionally in this healing system and during which you will receive the level 2 attunement, manual and symbols, and following this, you will take part in a 21 day cleansing and self healing process which prepares you for your journey towards master/teacher level 3.

The cost of this training is £200 pp. This includes 2 days training from 10am to 4pm, manuals and ongoing support.

What we cover in Level 2:

Day One

Informal discussion about Reiki sharing experiences from the 21 day cleansing of level 1

Exploring and connecting with the Level 2 symbols

Distance Healing and review of seichim healing session

How to perform a professional healing session

Chakra Balancing and Cleansing

What to Remember about Reiki

Patrick Zeilger's One love meditation

Day Two

The Legal requirements of being a Reiki Practitioner, changes in regulations and codes of conduct

The level 2 self healing process

Grounding meditation

Hands on healing at professional level

Other forms of reiki and additional information

The Level 2 Attunement Ritual

If you have not studied level 1 with us, you will need basic knowledge in human anatomy and physiology, which is provided in a workbook upon booking your place with us. We will also require you to read and agree to our strict codes of conduct. These are supplied upon booking your place on the training and you will be required to sign an agreement form. If you did not study level 1 with us then you will also receive the violet flame attunement.



MASTER/TEACHER LEVEL TRAINING LEVEL 3

Professional two day training course, to complete your training with level 3 your Masters.

This also includes how to teach levels 1, 2 & 3 so you can offer courses yourself if you wish to do so. You are required to read and agree to The Training Centre of Wellbeing Teaching Standards that are provided upon booking your place.

This course will allow you to run your own workshops and attune others after completing your training.

Qualifications required to attend the Masters/Teacher training Course;

You will be required to have a practitioners certificate in Reiki and Seichem. In person training. We do not accept students who have studied Reiki by distance learning.

You are also required to have completed a minimum of 60 therapies since your Level 2 Practitioner training.

Our level 1 and 2 manuals are available to purchase for £14.95 for those who have completed level 1 and 2 elsewhere.

Included in the cost of this course is, a master/teacher manual and a published copy of the guidebook of All Love Sekhem-Seichim-Reiki and SKHM.

These two days are packed full of teaching practices as well as your Attunement on day 2. Class sizes are restricted to a maximum of 6 people.

The total cost of the weekend is £300. You are introduced to the 7 facet system of seichem and the two days training includes the following:

Day One

Connect to the Seichem symbols including those of the 7 facet system

How to perform Attunements for Level 1 students

Preparing Chakras for the Master Attunement

Master Reiki Seichem Attunementt

Reflection and Journals

Day Two

How to perform Attunements for Level 2 students

How to perform the Master Attunement

Teaching skills

The 7 facet system

If you have not previously studied with us, you are required to complete basic training in human anatomy and physiology. A workbook is provided upon booking your place and on receipt of full payment. You are also required to read and agree to our professional practitioners standards. These are supplied along with an agreement form for you to sign, upon booking your place.

Our Level 2 practitioner level of training and the master/teacher level are approved by Balens holistic Insurance and accredited by the IPHM .

Further Courses on offer at The Training Centre of Wellbeing Ltd

Beginners Aromatherapy

Advanced Aromatherapy

Anatomy and Physiology Training Course

Colour Therapy Practitioner

Crystal Therapy

The professional holistic practitioner

Managing your Holistic Business

Meditation Master Practitioner

Nutritional Therapy

Listening Skills

Animal Reiki

Animal Tuning Fork Therapy Practitioner

Reiki Seichem

Vibrational Reiki

Tera Mai Seichem

Tuning Forks Level 1-8

Frequency of Essence

Frequency of Colour

Frequency of Angels and Crystals

Frequency of Auras and Chakras

Frequency of Elemental Reiki

Frequency of Mysticism:

Fibonacci

Planets

Kabbalah

Solfeggio

Frequency of the human body

The Spine

The Endocrine System

The Brain

Digestion

The Senses

Sound Therapy

Advanced Sound Therapy:

Himalayan Singing Bowls

The Drum

The Gong

Crystal Singing Bowls

Mediumship

Spiritual Healing

Tarot Reading

Rune Reading

Coming soon

Reflexology

Acupressure

Indian Head Massage

For information on our courses, please visit our website
www.centrewellbeing.co.uk

Contact us if you would like to receive any other course brochures



