

GOOD VIBRATIONS

Joanna Bristow-Watkins

Joanna says " *We live in a multi-dimensional reality and many of us, consciously or unconsciously, shift in and out of various dimensions all the time. These other dimensions co-exist in the same physical 'space' as ours and are host to other living energy beings (Angels, Ascended Masters, various Elemental Devas and other spirits), many of whom have a far greater perception of our universe - and the role of the human race within it - than we can easily understand. Thus heaven and earth co-exist right here, as do our past and future selves!*

The separation between these different dimensions is quite simply vibration; within each dimension we operate and exist at a different vibratory rate. Most of us are unable to consciously alter this and hence we are oblivious to any other existence but our own. The majority requested this state for our present incarnation but Psychics or Mediums communicate with these other dimensions by raising their own cellular vibration (activating their Higher Selves) so that they can see, hear, feel or intuit messages."

The time period leading up to 2012 was pre-ordained thousands, if not millions, of years ago as a time of *awakening* on Planet Earth. Many ancient civilizations, the Khemitians (Ancient Egyptians), the Mayans and the Native Americans all agreed on this. This *awakening* involves the convergence of the higher dimensions with our own. As a precursor to this auspicious event, we are experiencing an unprecedented increase in vibration which is raising the consciousness of everyone here. This has resulted in a much wider acceptance of spiritualism generally and a greater interest in all paranormal activities. Since 1972, a series of cataclysmic universal events has led to an even greater increase in this vibratory rate. Occasional exponential

increases happen when new galactic portals open, or on numerologically significant dates and other triggers.

There are many ways of helping people to raise their cellular vibration and hence accelerate their path towards spiritual enlightenment. Joanna's method is *Reyad Sekh Em*, Egyptian healing (similar to Reiki, but with ancient Khemitian knowledge and Shamanic techniques) using the elemental healing rays of earth, air, water, fire and spirit. Healing sessions open a 'door' leading to psychic growth. Initiations (or 'attunements') into *Reyad Sekh Em* progress the recipient on their spiritual journey which is further empowered by visiting sacred sites; concentrated energy hot-spots positioned on ley-lines.

This is just one way of achieving an increased vibratory rate and therefore an accelerated path to enlightenment. Joanna's approach is a fast-track *awakening*, however, such training courses can be extremely intensive and not for the faint-hearted! Soul awakening is a very personal journey, a careful assessment of the style and approach of the chosen mentor for this journey is advisable. *Reyad Sekh Em* evolved from Tera Mai™ Reiki and Seichem, a system originally devised by Kathleen Milner. Traditional Seichem Masters claim that their knowledge is derived from the same ancient Sanskrit texts where Dr. Usui found the Reiki information. The spelling of Seichem, Sekh Em, SKHM is purely arbitrary. Khemitians (Ancient Egyptians) did not have any vowels in their alphabet so S K H M was just a series of guttural sounds and the spelling in our English language is just to reflect the pronunciation. Hakim is a renowned Khemitian Oral Tradition Wisdom Keeper who has been working with Joanna. He believes that the Sekh Em spelling best indicates the way this healing art should be pronounced. Sekh Em is listed in Middle Egyptian dictionaries as 'make complete',

'power' or 'inner master'. Se Khem - another alternative spelling - would mean 'born of Khemit'.

Joanna and her sister Angela McGerr (angel author with Quadrille Publishing), had a series of consciousness-raising experiences in 2002, where they were shown updated procedures and symbols for the Seichem attunements, which reflected this raised vibrational frequency. Nine separate visits to Egypt, and various meetings with Hakim, led to the development of *Reyad Sekh Em* - an authentic Egyptian approach. This includes self-empowerment meditations, etheric crystals, colour breathing and sound healing vibrations and also embraces Angela's Angelic philosophies.

REYAD SEKH EM INITIATIONS AND CLEANSING CYCLE

Initiations can also be called *Attunements*, as people are actually being *attuned* to a new state. The physical body adjusts to this new rate via a 21 day clearing cycle where the physical body is 'boosted' to cope with the faster cellular vibration and the spiritual awakening which follows.

The word 'initiate' also means 'to begin'; achieved by placing ancient sacred symbols into the aura at key chakra points. These symbols manifest in a dimension usually outside our awareness, changing the energy field & opening a door to soul awakening. The *Sekh Em* initiation opens the body to the universal rays of Fire, Earth, Water, Air and Spirit. Each Level (1, 2 & 3) gives a cumulative ability to channel one-third of each ray. Chronic illness, including stress, can be helped by using the energy every day to clear any blockages, creating a strong clear channel.

Joanna will be speaking about this at the Wokingham Group on June 25th. To find out more about Joanna see her profile on page 3 and see Harmony Healing ads or go to www.harmonyhealing.co.uk