



SEKHMET SEVEN GATEWAYS
TO HEALING SYSTEM



Chaldai Foundation LLC

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Introduction

Sekhmet healing is a deep structure Seven Gateway Healing System which heals to the core templates of the Auric and physical bodies addressing the aspects of cause and effect. It is based upon the regenerative powers of the Cosmic Light and gold energy. The ancient Egyptians believed the entombment of the body within Cosmic Light created a stasis from which the body was placed in a state of “transmetaplasia” for the purpose of rejuvenating and renewing the body to its original template and health. The Sekhmet Seven Gateways Healing System represents the process of Transmetaplasia, which is the application of the Cosmic Light and gold energy to affect a rejuvenation and renewal of all life force functions, DNA, and cell/cellular level materials.

Sekhmet

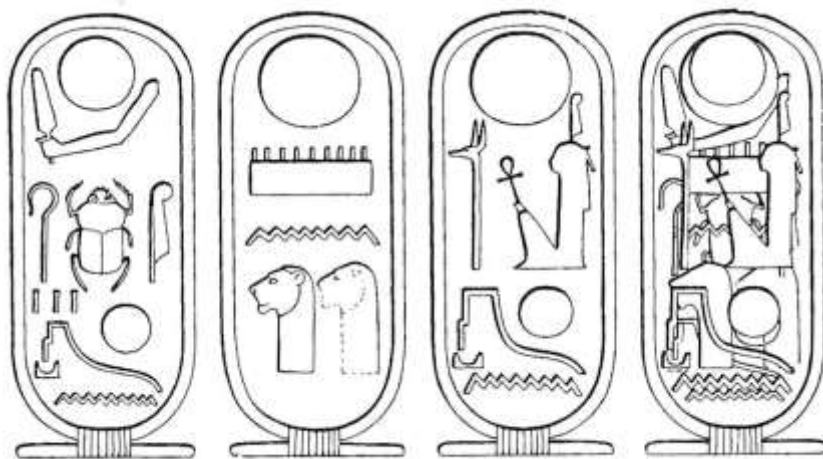
Sekhmet (Sakhmet) is one of the oldest known Egyptian deities. Her name is derived from the Egyptian word "Sekhem" (which means "power" or "might") and is often translated as the "Powerful One". Her avatar is the lion so she is commonly depicted as a lion-headed woman, sometimes with the addition of a sun disc on her head to signify the “Heart of Ra” or “Possessor of the Flame”. Her seated statues show her holding the ankh of life, but when she is shown striding or standing she usually holds the Sekhem scepter (the symbol of northern or Lower Egypt) suggesting that she was associated primarily with the north.



Her cult was so dominant in the culture that when the first pharaoh of the twelfth dynasty, Amenemhat I, moved the capital of Egypt to Itjtawy, the center for her cult was moved as well. Sekhmet's cult center was in Mennefer (Hikuptah, Memphis), but during the Middle Kingdom it was moved to the Faiyum region.

At Taremu (Leontopolis), tame lions were kept in her honor. The goddess Sekhmet was worshipped at Yamu (Kom el-Hisn). During the New Kingdom, when the seat of power shifted to Waset (Thebes), some of Sekhmet's powers were absorbed by Mut, wife of Amen, the god of Waset. Sekhmet was soon represented as Mut's aggressive side, Mut-Sekhmet, rather than a goddess in her own right. She was, in later times, thought to preside over the fourth month of the Egyptian calendar, known as Koiak in Greek times.

Sekhmet was represented by the searing heat of the mid-day sun (in this aspect she was sometimes called "Nesert", the flame) to signify she was the sustainer of the physical life and a sacred trinity of love, wisdom and power. She was the patron of Physicians, and Healers and her priests became known as skilled doctors. As a result she was known as "lady of life". Sekhmet was mentioned a number of times in the spells of The Book of the Dead as both a creative and destructive force, but above all, she is the protector of Ma'at (balance or justice) named "The One Who Loves Ma'at and Who Detests Evil". She was often closely associated with Hathor (the goddess of joy, music, dance, sexual love, pregnancy and birth). In this partnership, she was seen as the harsh aspect of the friendly Hathor. A temple was constructed by Amenemhet II to Sekhmet-Hathor at Kom el- Hisn (Imau in the western Delta) in which she and Hathor are referred to as the "Mistresses of Imau ". Imau was situated near a branch of the Nile that has since shifted eastwards, but in ancient times the town was right on the edge of the desert on the route to the Libyan frontier. Clearly it was hoped that Sekhmet would protect the border of Egypt. The cycle of life and death was created when the Goddess Sekhmet-Bast divided into two sisters, Sekhmet and Bast. Together the sisters form the "Yin Yang" deities of ancient Egypt. Bast the protector of positive energy and Sekhmet of the negative. Sekhmet was known as the protector of the righteous, vengeance and swift justice. A statue of Sekhmet was dressed in red facing west, while Bast was dressed in green and faced east. Bast was sometimes considered to be Sekhmet's counterpart (or twin depending on the legend), and in the festival of Hathor they embodied the duality central to Egyptian mythology. Sekhmet represented Upper Egypt while Bast represented lower Egypt.



Layers of the cartouche to show the Egyptian symbols of Sekhmet that were important to who she was and her purpose. The last cartouche is the culmination of the first three.

In the realm of Ancient Egyptian Medicine, almost all healers and surgeons of Ancient Kemet would most certainly have fallen under Sekhmet's jurisdiction. Sekhmet was worshiped throughout Egypt, particularly wherever a wadi opened out at the desert edges.

THE SCEPTER

Of all the different versions and shapes of ancient Egyptian scepters, the sekhem scepter is one of the most popular and widely used. This scepter is most associated with concepts of power, might, control and authority. It is mostly seen held by persons of importance and nobility, by the pharaoh and even by deities. In appearance, it resembles a flat paddle with a papyrus handle.

The sekhem originated from Abydos as a fetish of Osiris. Osiris was known as the “The Great Sekhem” or “Foremost of Power” solidifying the connection with the deity even more. Due to its association with Osiris especially in his funerary role, it also became linked with the reclining underworld deity, Anubis as his emblem. In the Temple of Hu where Anubis is sacred, an area is dedicated to the scepter known as the “Enclosure of the Sekhem”. The sekhem scepter is also associated with other lesser mortuary deities as their symbols like Khentimentiu (translated as Chief of the Westerners) who was associated with royal cemeteries. It may also be linked with the goddess Sekhmet who was known as “The Mighty One”.

The scepter appeared in the nemes of the pharaoh and eventually, with the queen, prince and princesses. However, in some depiction, it is seen carried by Priests, Priestesses, viziers and other officials even in the Predynastic Period. It was often held while they were performing their duties. This version of the scepter had two carved eyes on top to symbolize the position of the person. In fact, in many funerary statues, the sekhem scepter is carried on one hand and the staff on the left.

The sekhem scepter is also especially useful during mortuary and temple rituals often held by the Priest or Pharaoh as the officiating person. The scepter was held in the right hand and was to be waved four or five times over the materials, food and offerings during the ritual recitations. In these offerings, often, two sekhem scepters were utilized to please both Horus and Set.

One of the most famous versions of the scepter was the gilded one found in Tutankhamen’s tomb. Five registers portraying the slaughtered bull was carved at the back of this version suggesting why it was waved five times over the offerings.

Sekhmet used the Sekhem-scepter as a type of ritual scepter to initiate and transfer the Sekhem Seven Gateways of Healing to those who wished to heal. It is a symbol of authority that was incorporated in the symbols, names and words associated with her power and control over the rejuvenation and

renewal of the auric and physical bodies. The sekhem-scepter (symbolizing "the powerful") is related to the *hrp*-scepter (symbolizing "the controller") and the *aba*-scepter (symbolizing "the commander"), which are all represented with the same hieroglyphic symbols.

Sistrum

An important instrument in the ancient Egyptian cosmogony, the Sistrum is used in ceremonies and dances for worshipping the Goddesses Hathor, Bast and Isis. It is also known as the Sheshesht or Iba. Shaped like the ankh, the Sistrum has a handle that is topped with a wooden or metal loop having wires that are strung with metal plates.

Its constant shaking produces a jangling sound that is considered effective in appeasing Typhon, God of chaos. The instrument is closely associated with Hathor, the Goddess of festivity, joy, dance, fertility and eroticism. It also symbolizes her son, Ihy. With the mother and creator, Goddess Isis depicted as holding a pail in one hand and the Sistrum in the other, the instrument is even used for reducing the destructive effect of the flooded Nile. One of the most prominent representations of the Sistrum is to be found in Dendera in the temple of Hathor. Even today, this instrument is an important part of worship rites in the Ethiopian and Coptic churches.

ANKH

The ankh is an ancient Egyptian hieroglyphic ideograph with the meaning "eternal life" or "breath of life". The Egyptian gods are often portrayed carrying it by its loop, or bearing one in each hand, arms crossed over their chest. The ankh appears in hand or in proximity of almost every deity in the Egyptian pantheon. Egyptian gods (Isis in particular) are depicted holding the ankh in the hieroglyphs of the time. This represents that they are immortal and they are the ones controlling life and death. Therefore, it was believed that the deceased should have had the ankh on themselves while they were on the Boat of the Sun God or while their souls were being weighed, to show that they were seeking the immortality their gods had.



The ankh was also considered as the key to the tomb which leads to the realm of eternity, the Fields of Aalu. The word "ankhu" was used to refer to the dead while the word "neb-ankh"

(meaning “the possessor of life”) was used to refer to sarcophagi. Drawn on the walls of the temples, the ankh symbol is believed to provide divine protection for the dead. When it was placed on the mummies, the ankh symbolized the numerous reincarnations these souls would have to go through until they gain immortality and become god-like entities.

The ankh represents the life-giving elements of air and water and was often offered to an ill person’s lips as a symbol of the "breath of life." It was not uncommon for chains of ankhs to be poured out of water vessels over a person of authority as a symbol of the regenerating and renewing power of water. Libation vessels which held the water used in religious ceremonies were often produced in the shape of the ankh hieroglyph.

Sekhmet imbued the Ankh with the power of the Sekhem Sceptor as the ideology of the rejuvenating and renewing process of the Sekhem Seven Gateway Healing. The Ankh was used to perform the energetic channel of the Transmetaplasia functions during the healing process by placing the Ankh on the forehead, lips, or heart of the afflicted person.

Placed between the eyes of an initiate, the ankh means that the initiate now has the power of clairvoyance and can see “the world beyond”. Therefore, it is also considered as the lock on his/her mind to make him/her aware of his/her duty to keep secret these superior powers and the knowledge of the mystery he/she now has.

OVERVIEW

The Sekhmet Seven Gateway Healing is a system of natural healing and self-empowerment. It is a path of spirituality and well-being with its roots in the sacred wisdom traditions of ancient Egypt. Sekhmet seven gateways of power are the keys to enlightenment, through activation and harmonization of the central channel, the chords of light within it, the Seals, shef/chakras, the Ba, the eighth Seal, and the seat of our Divine Soul. Sekhmet is often seen carrying the Ankh, the Egyptian Cross, a symbol representing, or containing the mysteries of Life. She also carries a staff, a symbol of Awakened Authority and Being, signifying the power of claiming one’s Own Dominion through upright living and the illuminated Djed. It is depicted in Egyptian art as two serpentine vessels of our Divine Masculine and Feminine forces of balance wrapped about the staff, or Djed. This is the Caduceus of modern medicine, attributed to Hippocrates, yet also derived from Egypt.

Known in ancient times as Ta Neteru, "the land of the gods", Egypt has been a place of pilgrimage for over 5,000 years, famed for its Mystery Schools and countless sacred sites. The ancient Egyptians were guided by a sophisticated, spiritual ideology which not only determined every aspect of their lives, but defined their very culture. They believed the Earth to be a physical manifestation of Heaven, a living symbol of the inner spiritual world, and as such everything was considered sacred. Human existence was understood as a continual quest to align the physical world with its divine source. This was accomplished by forming meaningful relationships with their deities, which they regarded as the personification of natural principles and archetypal forces. This profound and sacred approach to life was known as "the intelligence of the heart" and was symbolized by the red sun disk. Over time this became known as the Heart of Ra to symbolize their respect and devotion to that deity.

These ancient teachings are universal in many aspects and can be used today in a profound and powerful way for self-empowerment and spiritual growth. Sekhmet is a practical, but deeply transformational process, which draws on the sacred wisdom teachings of ancient Egypt to:

- a) Access the Cosmic Light and gold healing energy
- b) Enforce our connection to Source
- c) Bring us into alignment with the forces of nature and our Eternal Self

There are two main principles of the Sekhmet Seven Gateway to Healing:

(1) It allows you to access an unlimited supply of beneficial, intelligent, cosmic light in a safe, simple and natural way. The energy flows into your body-field (body and energy field) and is drawn through your hands to whoever, whatever or wherever it's needed to create a field of energy to entomb or cocoon the individual receiving the healing. The energy is accessed by using intention and by the use of symbols or triggers, usually hieroglyphs. Bringing in higher or faster frequencies of energy raises the overall vibrational level in the body-field, which uses the higher frequency energy as a kind of super-fuel for rejuvenating, renewing, and replenishing areas of lower energy thereby rejuvenating, repairing, and renewing the auric and physical bodies.

(2) It links ancient Egyptian symbols, archetypes (deities) and processes with specific vibrational centers, zones and flows in the human body-field. Working consciously with the sacred principles of this template supports the natural healing processes, balancing and transforming any physical, mental, emotional or spiritual issues.

The first is a natural intuitive technique, and in its simplest form can happen even without a deliberate connection to the energy. The second is a more intentional approach which involves a certain amount of commitment to the process. It can involve meditation, shamanic journeying, invocation, sacred ritual and ceremony, sound healing (harmonics), and the use of specifically empowered crystals and oils.

The Gateways

Sekhmet Seven Gateway Healing is divided into the following seven sections below. The Empowerment Initiation Ceremony takes place after Gateway 3.

Gateway 1: *presents the background to Sekhmet and ancient Egyptian wisdom, gives guidance on establishing a daily spiritual practice, and prepares you for the Empowerment Initiation Ceremony.*

Gateway 2: *covers the human body-field and explains the science of energy healing.*

Gateway 3: *explains why invocation and symbolism are key features of Sekhmet, looks at the Earth (Geb), Root (Osiris), and Sacral (Anubis) centers [shef/chakras].*

Gateway 4: *looks at the Solar (Ra) center and Heart (Hathor) centers [shef/chakras], with an extended section on the Heart center because of its special role as the epicenter of the human body-field.*

Gateway 5: *looks at the Throat (Djehuti/Thoth), Brow (Isis), Crown (Horus) and Star (Nut) centers [shef/chakras].*

Gateway 6: *explains how to use the symbols of Sekhmet.*

Gateway 7: *covers self-healing, seated treatment and a simple full-body treatment.*

Gateway 1

Within Sekhmet Seven Gateways, Gateway I, there are two neteru. The first is the lioness-headed neter Sekhmet, and the second is the neter of magic, Heka. The symbols introduced at this stage include Heka and Tcheru (cheh-roo), the infinity symbol. This is the glyph of the neter's name, as well as being part of the name of this system. The shefat associated with this gateway is Sen-t, situated at the base of the spine.

This first Gateway is an initiation of Cosmic light and an empowering ritual to open up the Heka of the Hara line (central column of light) sometimes referred to Djed, Serpent, Kundalini, or Life Force and the corresponding shef/chakras, to connect the initiate to source, thereby becoming a clearer and wider channel of this heart shef/chakra and DNA light energy that is Egyptian Sekhem.

The word Heka means 'magic' or 'magical power', and it is also the name of a Netjer (Netjer," a Kemetic word meaning "divine power) who presided over magic. Ancient literature of Egypt reveals that the belief in magic, that is to say, in the power of magical names, spells, enchantments, formula, pictures, figures, amulets, and in the performance of ceremonies accompanied by the utterance of words of power, to produce supernatural results, formed a large and important part of the Egyptian culture. It is this premise with which Sekhmet based her healing ideology.

Notwithstanding the continuous progress which the Egyptians made in civilization, and the high intellectual development to which they eventually attained, this belief in magic influenced their minds and shaped their views concerning temporal things, as well as, spiritual matters. The meticulous care with which they performed their innumerable ceremonies, and carried out the rules which they had formulated concerning the worship and devotion of the divine Power or powers, and their devotion to magic, gained for them among the nations the reputation of being the most powerful, the most religious and the most superstitious of mankind.

Understanding Energy

As the Sekhmet Practitioner it is important to understand how your body synthesizes energy, stores energy, and uses energy. Energy has a number of different forms, all of which measure the ability of an

object or system to do work on another object or system. In other words, there are *different ways* that an object or a system can possess energy.

Kinetic Energy: Consider a baseball flying through the air. The ball is said to have "kinetic energy" by virtue of the fact that it's in motion relative to the ground. You can see that it has energy because it can do "work" on an object on the ground if it collides with it (either by pushing on it and/or damaging it during the collision).

Potential Energy: A ball is said to have "potential energy" if it falls to the ground. The gravity will accelerate the ball, giving the ball kinetic energy, but because of the gravity it really possesses potential energy, and that this energy is converted into kinetic energy as the ball falls.

Thermal or heat energy: Temperature is a measure of how much thermal energy something has. The higher the temperature, the faster the molecules are moving around and/or vibrating, i.e. the more kinetic and potential energy the molecules have. Consider a hot cup of coffee. A cup of coffee is said to possess thermal energy, or heat energy, which is really the collective, microscopic, kinetic and potential energy of the molecules in the coffee. This means the molecules have kinetic energy because they are moving and vibrating, and they have potential energy due their mutual attraction for one another in much the same way that the ball and the Earth have potential energy because they attract each other.

Chemical Energy: Chemical energy is a form of *microscopic potential energy*, which exists because of the electric and magnetic forces of attraction exerted between the different parts of each molecule -- the same attractive forces involved in thermal vibrations. These parts get rearranged in chemical reactions, releasing or adding to this potential energy. The glucose (blood sugar) in your body is said to have chemical energy because the glucose releases energy when chemically reacted or combusted with oxygen. Your muscles use this energy to generate mechanical force and also heat.

Electrical Energy: All matter is made up of atoms, and atoms are made up of smaller particles, called protons (which have positive charge), neutrons (which have neutral charge), and electrons (which are negatively charged). Electrons orbit around the center, or nucleus, of atoms, just like the moon orbits the earth. The nucleus is made up of neutrons and protons.

Electrochemical Energy: Consider the energy stored in a battery. Like the example above involving blood sugar (chemical energy), the battery also stores energy in a chemical way. But electricity is also involved, so we say that the battery stores energy electro-chemically.

Electromagnetic Energy (light): Light, which is also called *electro-magnetic* radiation is oscillating, coupled electric and magnetic fields that travel freely through space without there having to be charged particles of some kind around. Consider the energy transmitted to the Earth from the Sun by light or by any source of light. Light can also be thought of as little packets of energy called *photons* (that is, as particles, instead of waves). The word "photon" derives from the word photo, which means light. Photons are created when electrons jump to lower energy levels in atoms, and absorbed when electrons jump to higher levels. Photons are also created when a charged particle, such as an electron or proton, is accelerated, as for example happens in a radio transmitter antenna.

But because light can also be described as waves, in addition to being a packet of energy, each photon also has a specific frequency and wavelength associated with it, which depends on how much energy the photon has. The lower the energy, the longer the wavelength and lower the frequency, and vice versa. The reason that sunlight can hurt your skin or your eyes is because it contains ultraviolet light, which consists of high energy photons. These photons have short wavelength and high frequency, and pack enough energy in each photon to cause physical damage to your skin if they get past the outer layer of skin or the lens in your eye. Radio waves, and the radiant heat you feel at a distance from a campfire, for example, are also forms of electro-magnetic radiation, or light, except that they consist of low energy photons (long wavelength and high frequencies - in the infrared band and lower) that your eyes can't perceive.

Sound Energy: Sound waves are compression waves associated with the potential and kinetic energy of air molecules. When an object moves quickly, for example the head of drum, it compresses the air nearby, giving that air potential energy. That air then expands, transforming the potential energy into kinetic energy (moving air). The moving air then pushes on and compresses other air, and so on down the chain. Think of sound waves as shimmering air.

Nuclear Energy: The Sun, nuclear reactors, and the interior of the Earth, all have "nuclear reactions" as the source of their energy, that is, reactions that involve changes in the structure of the nuclei of atoms. In the Sun, hydrogen nuclei fuse (combine) together to make helium nuclei, in a process called fusion, which releases energy. In a nuclear reactor, or in the interior of the Earth, Uranium nuclei (and certain other heavy elements in the Earth's interior) split apart, in a process called fission. If this didn't happen, the Earth's interior would have long gone cold! The energy released by fission and fusion is not just a product of the potential energy released by rearranging the nuclei. In both instances of fusion or fission, some of the *matter* making up the nuclei is actually converted into *energy*. How can this be? The answer is that matter itself is a form of energy! Albert Einstein, in his infinite wisdom, discovered that the total energy of an object is equal to the mass of the object multiplied by the square of the speed of light. His formula for atomic energy, $E = mc^2$, has become the most recognized mathematical formula in the world.

According to his equation, any change in the energy of an object causes a change in the mass of that object. The change in energy can come in many forms, including mechanical, thermal, electromagnetic, chemical, electrical or nuclear. Energy is all around us. Even though the solar energy that heats the earth is quite different from the energy used to run up a hill, energy, as the first law of thermodynamics tells us, can be neither created nor destroyed. It is simply changed from one form to another.

Belief Systems

The purpose of this section is to cause you to inspect your experiential framework, worldview, and belief systems. For without this inspection, you limit your progress to being a true Sekhmet Master.

From the moment you incarnate into the world, you begin developing your belief systems, experiential framework, and worldview. Your beliefs are formed from information that you can perceive or process,

whether from rational or irrational inputs, and you file that information appropriately into your fledgling belief system where they set your attitudes and behaviors to mutually support each other for much of your life. The source of all belief systems, whether religious or not, is our attempt to describe the world in some way. In other words, they offer an explanation of something. Beliefs are the assumptions you make about yourself, about others in the world and about how you expect things to be. Beliefs are about how you think things really are, what you think is really true and what you expect will follow from your behavior. To fully understand the nature and variety of belief systems, you need to engage in a degree of personal reflection. You must determine what your own beliefs are, and where they may have originated to truly rise to Higher Consciousness.

At its most basic level, a belief system is a collection of memories. From the very beginning of life information is taken in and stored in the brain as memory. Memory can be thought of as thinking that has been permanently encoded in the brain and can be retrieved in the process of remembering. Memory is the most elemental building block of human learning. Without the ability to store and retrieve information, learning simply wouldn't happen. So from birth, sensory input, whether from sights, sounds, smells, feelings, or tastes is recorded and used to begin to make sense of our world.

The brain constantly organizes and categorizes information, constantly scanning the *ever growing* collection of information to guide subsequent thinking, decision-making and behavior. This systematic way of developing a method for making sense of our world is our belief system.

Another way is to think of a belief system as a filter through which incoming information is filtered. Our brain is our information processing center, so it is capable of accepting data input and analyzing it. However, let's break the functions down a little more precisely. Data coming in is always examined, but most of it never reaches the conscious portion of our thought processes, so there is a background process which acts as a filter on the data being entered. Think of this like the red filter in a camera lens that alters all objects being photographed to come out with a red hue.

This filter alters information to fit the hue of what we have come to know as our absolute truth. Filters are very useful unless there is a subtle flaw in the filter. Should something unusual occur, our conscious mind is alerted to the discrepancy, but it also means that the inherent flaw will be imbued on all information passing through the filter.

While this describes the brain operations at a high level, there is an inherent problem of how do we know what information is relevant or useful? There is no doubt that much of the information processed is simply background noise in that it represents events that we have grown accustomed to since birth, so we don't pay any particular attention to them. So when we encountered something new or different we need to have a quick mechanism to be able to classify the data without protracted analysis. After all, whatever we have encountered could threaten our survival, so while we could contemplate it during a more leisurely interval, we must be capable of immediately assessing where it fits among our existing pool of data. Such a scenario requires that, in addition to basic organization, the brain utilizes some form of a framework or worldview against which data is evaluated and collected. This would consist of data drawn from experience that represents our subjective sense of the world around us. It doesn't necessarily have to be factually correct, but it does need to be operational and filed away.

Our belief systems will grow or change as we gain experiences that cause us to change our belief system to accommodate any new information. This occurrence would not cause a radical change, but rather an expansion to the current belief system as new knowledge is added. This phenomenon can be readily observed by people's opinions and how their opinions change as more information is provided. Initially, most people don't have a problem expressing opinions based on their belief system to virtually any event, even for which they may know almost nothing about. As more information is provided, it may either fit differently into their belief system and their opinions change, or it may be rejected outright as a machination that is unacceptable to their belief system. Data which has been rejected is virtually impossible to introduce without significant manipulations of the belief system to accommodate this information against potentially contradictory elements of the individual's experiential framework.

It is equally important to understand that this has nothing to do with intelligence, but rather how we, individually, organize our data around our experiential framework. Take the example of skilled debaters. The foundation of debating is based on the assumption that each side thinks it can convince the other by data alone, rather than realizing that the two frameworks preclude acceptance of each other's data and therefore no compromise in the data can ever be reached. In addition, the rejection of another's data is not simply stubbornness, since the resistance to change would be an important element of human survival. Such resistance would ensure that data had to be overwhelmingly convincing before we would risk our survival knowledge on a new piece of information. As a result, this framework, or belief

system is a natural consequence of data organization and cannot be directly manipulated by conscious effort. This should not be confused by a rationalized belief, where one simply expresses an opinion or viewpoint about a particular subject, but rather it operates at the most fundamental level of our existence. When our survival is at stake, we discover what we truly believe.

At the next level are morals and ethics, which are terms that describe how people decide what to do with information based on personal judgments of what is right and wrong. These terms are often used interchangeably, but they don't always refer to the same concepts. Morals are derived from beliefs that can be held by anyone, even by people who are irrational. Ethics on the other hand are derived from rationality. Ethical conflicts can occur when different morals conflict with one another or when ethics and morals are out of balance. An individual's own beliefs or a community's culture describes how behaviors are judged as right and wrong. Codes of conduct are established based on common beliefs. Since different people, cultures and communities have different belief systems, moral beliefs, or ethics are not universal. Expectations as to how someone should behave are not consistent. Religious differences and individual beliefs shouldn't matter.

Our belief systems try to convince us that ethics will explain how every rational person should view acceptable behavior, regardless of any individual's or group's beliefs. Likewise, ethics provide an expectation that it should be possible to prescribe a universal code of conduct and that judgments of right or wrong would be consistent across all societies. To disagree with such judgments would be irrational. After all, fundamental basics for morals or goodness are derived from sets of natural facts. So we make the assumption that naturalism underlies much of the cultural morals, attitudes, behaviors, and reasoning. Civilizations throughout time believed that morality based on natural law, like the dictates of science, can be understood to stand independent of personal, social, or cultural beliefs. Much like Divine theory, this approach is attractive because it claims to provide an objective and universal standard. But, the fallacy in this assumption reasons that all rational beings will arrive at the same moral conclusions if they all reason properly, which we know is not the case. Furthermore, our belief systems are policed by our Lower Self or conscience, which works by making us feel good when we do what's right, and feel bad when we do the wrong thing. Because history has proven that human beings are selfish, xenophobic, erotic, sexist, and violent by nature, how do we decide which acts or attributes are empirically consistent with our nature and support established belief systems? In order to understand

how we influence our internal principles, attitudes, and behaviors, we must understand the various parts of belief systems and how they affect the Trine.

First we must understand that Universal Laws exist to provide order. The laws are necessary to allow all the processes of the universe to function. A hierarchy exists that determines the amount of information and processes that each law manages and the processes of the universe are manifested through two different and complementary forces known as Creation and Comprehension. It is important to know these laws because of their relevance to enlightenment and ascension. The Universal Laws consist of Superior laws from the time of Creation and Subordinate Laws that provide support to the physical world's perception of order and function. All Universal Laws act in accordance with each other for the highest good. However, that does not mean that the physical being acts in accordance with the highest good.

The Universal Law of Belief System works in accordance with the Universal Law of Relativity and the Universal Law of Free Will. The Universal Law of Free Will states that all Souls, both living and incarnate, have the free will to respond and act to any situation; to impact or transcend life events; and choose which paths to follow. The Universal Law of Relativity states that nothing has meaning until meaning has been ascribed to it. Therefore, there are no absolute truths.

And finally, the Universal Law of Belief states that all realities are directly related to convictions and inextricably tied to random microscopic actions and must be believed in order to be seen. Therefore, it is the thinking and communicating in which cultures and ideologies are developed and capable of creating objective realities. If this is the case, then the potential of all physical beings is subject to, and limited only by, our individual beliefs or un-belief as to whether we can accomplish a thing or not.

Second we must understand the Mortal/Physical Self, Higher Self, and Lower Self. We must look at the qualities of the Higher Self, in comparison to the lower self that is mired in the fantasy of illusions, deceptions, lies, and what we falsely base our sense of self upon and construct our ego personality/identity around. We must understand what separates each of us from the higher aspects of the True Self, lest we remain powerless to make any lasting effective positive change. It is important to remember that the mortal/physical self and the lower self are not immortal and are subject to decay.

The results of your belief systems, experiential framework and worldview become encoded in the Soul blueprint of the Higher Self.

The human potentiality is that when humanity no longer exists with a separation between life experienced on the physical plane and life within the higher dimensions of consciousness, then the unified being will ascend and become One with the Universal Source. You are an expression in human form, of the Universal Source in which “we live and breathe and have our being”, according to Ancient Wisdom. But in order for that to happen, the Trine manifested as the Mortal or Physical Self, Lower self, and Higher Self must develop in harmony for personal evolution to advance. The quest for self-knowledge has always been a remarkable journey of discovery since the beginning of time. In the early stages of discovery, we find that the mortal/Physical self is manifested as conception and subject to biological death. The Lower Self (eidolon) experiences the embodiment of the personality, ego, and recognition of the material world and the Higher Self (Daemon) is the manifestation of higher consciousness and ascension to the Universal Source. To those blessed with the final vision of complete self-knowledge, the Daemon is found to be the Essence of the "Source". The Essence transcends all and to be enlightened means the Daemon has discovered that on the “axial Pole of Being” there is one Daemon shared by all—a Universal Source, which inhabits every being or the pure level of Consciousness that inhabits each one of us.

A biological human is composed of multiple bodies that are layers or fields of energy wrapped around a Divine Matrix. The Divine matrix consists of combined genetic code and energy that give rise to the body and the developmental cellular structure. Surrounding the Divine Matrix is the physical body. The energetic fields or bodies correspond to aspects of consciousness. Each subtle body projects an aura which is a vibration and emanation of that body. These permit the infiltration of higher dimensions when the fields are clear. Conversely, they effectively block out higher dimensions when they are not.

The etheric body along with other bodies that are closest to the physical self are commonly described as the auric field. Beyond this field lie the additional energy bodies which join each individual embodiment and soul with the highest Ethereal, the Source of all. Divinity and connection with the Universal Source, lays within the Divine Matrix and the higher energy bodies which are interwoven with the Ethereal Source in consciousness, as well as, in energy. To speak of 'higher' and 'lower' allows us to distinguish between frequencies of vibration and subsequently of consciousness. It also distinguishes between the layers of

awakened knowledge which is useful to the perspective in biological humans. In truth, the 'higher' or 'lower' self are interwoven with higher and lower frequencies of energy that predominate within each energy body and are connected to the Source of creation.

The physical body is both the anatomy and physiology of the biological human. Anatomy focuses on the structure and parts of the physical body while physiology focuses on the systems and organs and their functions. The physical body is at the lowest vibrational level and addresses physical sensations. It is the most tangible in our consciousness. We are aware of our body and its movements in the present.

The higher mental or causal body does not decay and die between each incarnation. It stays with us through all our earth bound lives. As opposed to the lower ego of the personality, the causal body contains the spiritual ego. The properties or attributes of the spiritual ego are incorruptible and contain primordial awareness that is eternal. The spiritual ego is that it is only a potential at first. It must be built up over many lifetimes, because here is where all the causes of our thoughts, feelings, and actions are stored during life. That's why the higher mental body is also referred to as the causal body.

If we have made conscious advancement during the physical life, there will be something to add to the spiritual ego at the end of the incarnational cycle. If we lived only through the lower ego, selfishly fulfilling our lusts and desires, nothing of substantial quality will be added to the spiritual ego in that incarnation and our next incarnation will begin much like our former and we will continue to learn the same life lessons the soul had the opportunity to learn before.

The higher self is characterized by compassion, understanding, mercy and forgiveness, connectivity, conscious mastery of the mind, empathy, our ability to live together in the peaceful spirit of happy co-operation.

The lower self is comprised of three bodies: the etheric body, the emotional body, and the lower mental body. All these bodies interpenetrate one another and through them you experience the waking consciousness, the personality, and lower ego or who you think you are as an identity in this earth bound life. The etheric body is a double of the physical body, but it is a higher frequency of energy and it provides the vital life force energy that the physical body needs to function.

The emotional or astral body is viewed as the psyche and is an even higher vibration than the etheric body. It is through the emotional body that consciousness experiences emotions and desire. This aura extends slightly beyond the physical body. The color of this aura depends upon what type of emotions a person has harbored throughout life. Higher emotions are a lighter color and hold a higher vibrational frequency. Lower emotions tend to be darker in color and hold a slower vibrational frequency. When you sleep at night and dream, consciousness leaves the physical body and withdraws to the emotional or astral body. Consciousness is experienced differently here so things are illusory, and the type of matter that makes up the emotional world is more easily manipulated.

The lower mental body is where individual thoughts and the intellect originate. The emotional and lower mental body are closely linked, so all thoughts within the lower mental body contain emotion. It is important to remember that the physical, emotional, and mental bodies all interpenetrate and influence one another. The mental body extends out even further than both the emotional and physical body, and its color also depends on the frequency and type of thoughts a person dwells on. When a thought is experienced in waking consciousness, it is interpreted by the physical brain, but just as emotions originate in the emotional or astral body, so does thought originate in the mental body.

Our lower self consists of twelve parts and is typified by emotions, ego, obsessions, materialism, and a sense of individuality. The twelve parts of the Lower Self exist as Self-Awareness, Self-Consciousness, Self-Image, Self-Concept, Self-Construction, Self-Identity, Self-Perspective, Self-Schemas (past, present, and future), Self-knowledge, Self-Esteem, Self-Efficacy, and Self-Reflection and collectively create, experience, and retain the manifested energies, beliefs, and memories within the Higher self. The lower self is regarded as the interaction of the three lower shef/chakras of the biological human functions of sex, power, base emotions, ego driven mental activity and animal instincts to survive.

Third we must understand that the mind is the bridge between the body and spirit and consciousness is what comes closest to spirit. Our minds base experiences on presumptions that are predicated on previous experiences in the physical world. We don't start off life as a blank slate, for our soul blueprint contains our incarnate experiences from prior incarnations. The higher centers of the soul are simply atrophied due to biological and social programming factors we receive from birth, childhood, and adulthood that cause neglect and forgetting. Our stages of conscious awakening reflect the macrocosmic process of conscious evolution. Awakening is a shift in consciousness in which thinking and

awareness separate. The goal is to retrieve what was locked away within us, to re-establish contact with our higher centers, and ultimately remember who we are.

There are three levels of consciousness or dimensions of mind: conscious, subconscious, and superconscious. Conscious mind is the level that we are most familiar with. It is the level within which our personality and three-dimensional self develops and has much of its activity.

The subconscious is that part of our minds that bridges the outer self with the spiritual self. The subconscious is both in the body, through the autonomic system, and beyond the body, in the soul realms of telepathy, non-physical life, and timelessness. This mind is the mind of the soul. As the mind of our outer self is the conscious mind and that portion containing our personality, so the subconscious mind contains our developing individuality which is our true self.

The superconscious level is the portion of your mind which is the Universal Source. The superconscious is a thing apart from anything earthly, and only makes its presence known or is knowable when the soul self-lifts itself and portions of the conscious mind up into the vast, expansive level that is the superconscious. This is the portion of our being that unifies the self as part of that oneness.

Despite the effect of consciousness as a limiter, it plays a crucial role in establishing your expectations of coherent and effective behaviors. Without consciousness, all sensations would make equal demands upon the brain's perceptual resources, attention would shift randomly from sensation to sensation, the mind could not compare or contrast immediate sensations with those that had gone before, and the brain would dwell in an eternal undifferentiated now. So consciousness provides a stream of fixed anchor points for stabilizing the flux of sensation that would otherwise be an unmanageable deluge of awareness flooding the mind.

True power comes when you are ready to start creating your reality through deliberation rather than by default. To create your own reality it's imperative that you have the capacity to change your belief systems at will. So the big question is, how do you change your belief system which has been ingrained as a part of your conditioning? It's difficult to change a belief system that has become firmly rooted, but it can be done by:

Recognizing it and how it influences your thinking

Interrupting it when you acknowledge it's coming into play in certain situations

Allowing you to be open to seeing the world from a different perspective

It begins by simply asking yourself "If I were born and raised in a different geographic location than my original location, would my belief system be different than my current beliefs?" The answer is ...of course because we already know that beliefs are predicated on natural facts, society, communities, and cultural norms!

Transcending your beliefs means setting aside the very foundation of your previous sense of existence, letting go of a false sense of security you once enjoyed. In so doing, you learn to accept inherent paradoxes and live with contradictions found within others, the world, and yourself.

With clarity of heart and mind, you can examine what you believe to be true and challenge what your most esteemed teachers and guides have told you. Your perception of truth is always changing. A lesser truth will always be replaced by a greater truth; such is the evolution of Spirit. If you're courageous enough to challenge what you "know" to be true, you can set those beliefs aside that no longer support your development. You can be flexible and grow, or you can remain stagnant and wither away. The choice is always yours.

Metaphysical Aspect

Part of being a Sekhmet Practitioner is to work on yourself and your own spiritual path. Part of this path is healing your physical body to be a better channel for source energy to flow through you. Another aspect is working on yourself at an emotional, mental and spiritual level to remove energetic blocks that are also influencing your vibrational state. Many cultures have mystified the concept of "enlightenment", however to be enlightened means to create a vessel for the higher energies or higher consciousness and build or add to your soul for the purpose of ascension. There are seven principle layers to an Auric body which relate to the physical, emotional, mental and spiritual wellbeing of a person. These seven subtle bodies, or layers, around the physical body that create the auric body

system, are each interconnected with its own unique frequency and they directly affect the type and amount of energy a healer can use. As a Sekhmet practitioner and energy worker you can heal all of these levels.

The human auric energy field that surrounds us is also known as the meta molecular space, whereby the energies of the aura have the ability to permeate, exit and emit from the human body through the shef/chakras generating different color schemes that swirl around us and can change from one color to another. Our human auric energy field surrounds the physical body and extends outward from the physical body becoming finer the further it gets from the physical body. The subtle auric energy fields contain specific information about each of us just like a data recorder and when one layer of the subtle auric energy field becomes affected, it will cause a ripple effect through the other subtle bodies. Remember that these auric energy bodies are essentially vibrations.

If there are blockages in certain areas of your life this can cause a negative mind set with the creative energy around you becoming distorted. Therefore instead of having a positive outcome, your creative energy becomes negative, in effect creating fear, indecision and so on. Typically most human beings will go through life without being aware of the auric energy field surrounding them and therefore are completely unaware of the affect negativity can have on these subtle bodies.

Good thoughts, words, deeds and actions vibrate at a higher frequency and therefore attract the same levels of frequency back to you.

Sekhem Healing

Ancient Egypt was the center of trade and the crossroads of cultures in the ancient world. With so many interactions among traders of different cultures, Egypt assumed the role of being the center of cultural, intellectual, and religious activity. Scholars came far and wide to study in the temples, but few made it through the arduous process of initiation into the Priesthood. Those that succeeded took their teachings back to their homelands where they taught others the sacred art of healing.

As in the ancient practices, this manual will use *Sekhmet* to refer to the *Sekhmet Seven Gateway healing* system and *Sekhem as the practitioner*. Sekhmet is an ancient form of healing that was taught as part of the spiritual practices in the Temples of Ancient Egypt. The Sekhmet energy is associated with the

Egyptian lion-headed Goddess Sekhmet, the Guardian and Protector of this energy. While myth would tell us she was the Goddess of Destruction and Healing, she was in fact the Goddess of Regeneration and Healing. Sekhmet teachings taught followers to destroy that which no longer served them, so that they could build on a new foundation. Today Sekhmet's teachings help us with the transformation in our lives by 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. Sekhem is channeled in a different way and has a much higher vibration. The Temples in Egypt 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.

Sekhmet works to harmonize and balance all aspects of being through the physical, mental, emotional and spiritual bodies, thus supporting the natural healing processes of the body. This is possible because 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 Practitioner can sense or tune into this field and read this information. They then direct Sekhem energy into the field to promote healing and well-being.

The most important aspect of Sekhmet Seven Gateway Healing is that it works to rejuvenate, renew, and repair using the original templates of the Etheric and Ketheric or Causal auric bodies. *The Etheric Template Body* is for the lower template or etheric body which is the closest body to the physical body.

This is the template that exists before the physical body is formed. This body co-exists in a different dimension. It extends about two feet from the body and is an important layer in healing. This lower etheric body can become disfigured as this is the true building block to the lower etheric. This template has a dark blue hue to it. *The Ketheric/Causal Template* is the mental level of the spiritual plane. This body contains all the other bodies within it and is often in the shape of an egg. Its structure is made of gold, or silvery-gold, and appears as a grid type structure, which is very durable. It pulsates and vibrates at a very high speed and this body contains the hara or life force that runs up and down the body.

The physical body and the different layers of the energy field are connected by the shef/chakras or Shef, rotating energy centers situated at the core. Each of these centers 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 shef/chakra contains information, which can be read by a Sekhem practitioner.

In Sekhmet healing, the body is viewed as a whole energetic system with the physical body at the core. The Sekhem practitioner works specifically with the energetic auric bodies, as it is here that illness first begins as a blockage in one of the energetic bodies or layers. In Sekhmet, 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. Sekhmet cannot be given if it is not wanted, and a Sekhem practitioner cannot heal a person if that person chooses (for whatever reason) not to be healed.

Illness is the way that our higher self-reveals 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, Sekhmet can be a wonderful personal development tool. This aspect of Sekhmet is taken even further if a client wishes to attend a Sekhmet course. People become empowered when they are able to direct subtle energies to affect their own healing.

Sekhmet employs 3D symbols or hieroglyphs, which are linked to the science of the pyramids. These hieroglyphs contain the wisdom and knowledge of energies employed in the Sekhmet healing. These energies are fundamentally cosmic light in its pure form and the gold energies. The cosmic Light is the highest vibrational aspect of all universal energies. It is often referred to as the Divine energy referring to the supreme consciousness and intelligence that is this Light and is the creative source of all things.

The gold energies are referred to as the master healing energies and purity of the spiritual aspects. This energy is said to be the "Great Solar Light Key" that channels the Golden Rays of harmony and balance into your energy field through the Inner Central Sun or "golden Merkaba" in your heart center. The word Merkaba is actually composed of three separate words: Mer, which means light, Ka, which means spirit and Ba, which means Body. Put together, these three words denote the union of spirit with body,

surrounded by light. The symbol, which takes the shape of a star or double tetrahedron, is believed to be a divine vehicle made entirely of light and designed to transport or connect the spirit and body to higher realms. 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 the Heavens and Earth. The experience is inspirational, healing and sometimes profoundly spiritual.

During a treatment energy interacts on various parts of your body, thereby transferring universal energy to aid healing. Sekhmet encourages a deep sense of peace and relaxation. Some people experience warmth and tingling sensations as the energy is being moved around the body. The energy comes through in the way most appropriate for each person receiving healing. The energy is powerful, dynamic and expansive, yet at the same time, beautiful, gentle, and loving. The unconditional love it works with supports and nurtures you while helping you to change. It helps with stress relief, accelerates healing, promotes self-awareness, helps to prevent ill health, promotes a positive attitude, and helps to detoxify the body and many other conditions without being intrusive.

Cosmic Light Symbol

Receiving the first gateway enables the initiate to channel energy for any being in need of healing or energy balancing. The first gateway empowerment enables the practitioner to activate and amplify cosmic light energy.



One of the most important Symbols is the Ankh. The Ankh is known as the Breath of Life or Eternal Life. It is seen being held by the Gods and Goddesses of Egypt. The Initiation is a similar metaphor. The Initiation is the birth of the Soul into the Human Body. The Body is the vehicle of the Soul. Much of our Spiritual Energy remains out of the body in the Higher centers. During the time of Initiation the Soul Descends through the crown and merges into the body, this is called a Soul Merge.

Sekhmet Symbols are used to help the Initiator hold their intent and create a

resonance effect that supports the Initiation process. The Initiation is the alignment of the cosmic light within you and you feel connected to the whole universe. The symbol of the Ankh is placed in the heart and molded in 3D over the entire body.

Gateway II

The neter of this gateway is Isis. It involves the second shefat, Khep-ti, which is situated in the belly and associated with sexuality, desire, passion and creativity. The symbol for this gateway is Tchem-Aset (chem-az-ett), the 'wings of Isis', which is representative of both creativity and protection.

This Second Gateway is to further open the central channels and energy center channels in order for you to receive more light. It develops and expands upon Gateway I. Gateway II is about strengthening the connection to your higher self. We will begin by understanding the universal system of shef/shef/chakras and later you will learn the Sekhmet Shef that correlate to the shef/chakra system.

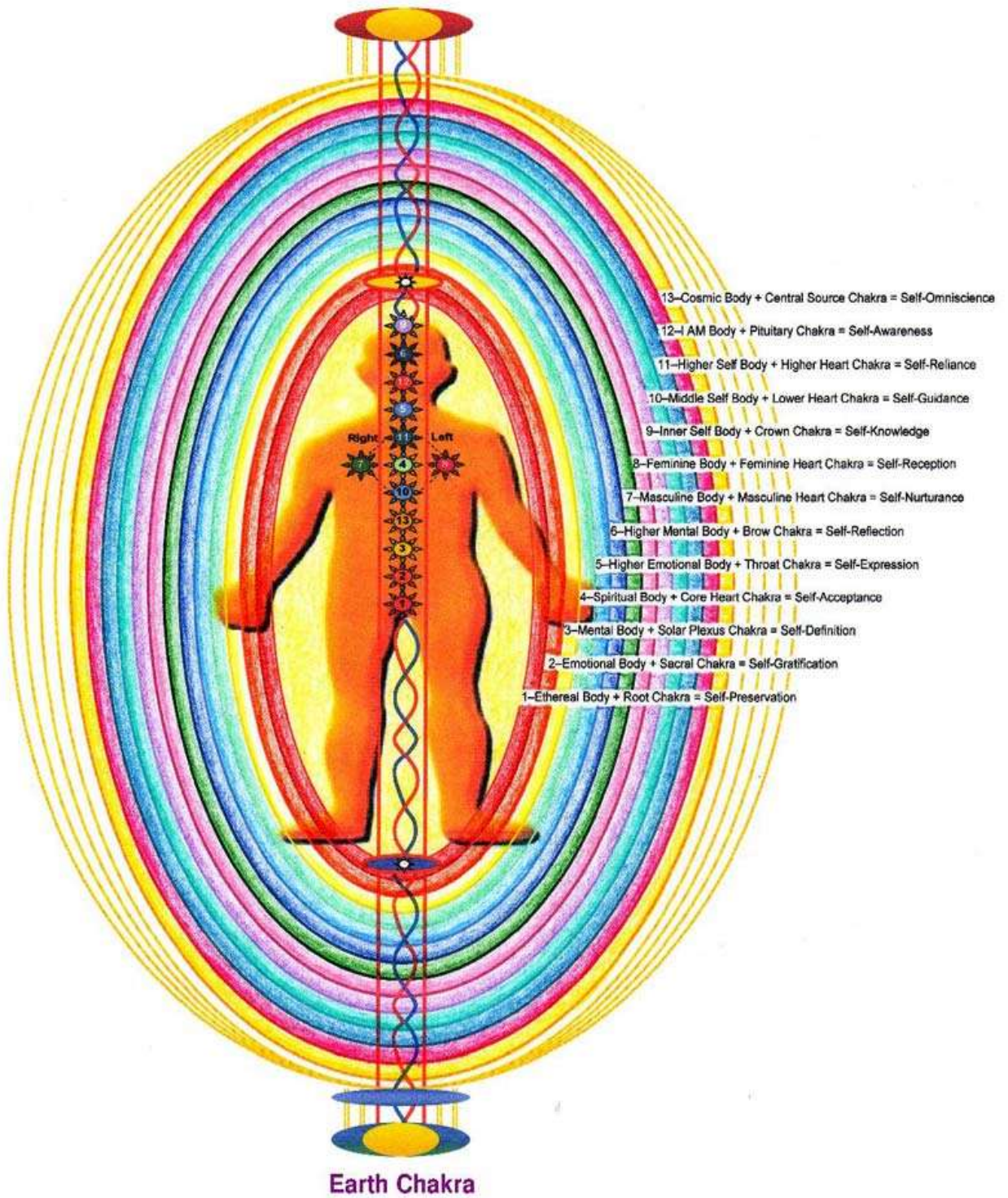
Mastering your Vibrational Frequencies

Each Auric Body, combined with its physical shef/shef/chakra center contains inherited gifts and abilities that become activated upon recognition. The first nine levels awaken your consciousness and help you understand "who you are." The remaining four levels offer further empowerment as you discover "what you are." As you consciously acknowledge these gateways, you will want to establish intimate and loving relationships with each auric dimension, as these 13 dimensions make up the authentic you! Your physical body is the SUM TOTAL of all energetic frequencies resonating within your 13 Auric Bodies. I AM, WE ARE, ONE.

The image on the next page illustrates the hierarchal order of your 13 Auric Bodies, the Physical shef/Shef/chakra Centers each one governs and the resonating Vibrational Theme. The resonating vibrational frequencies are initiation levels which create the foundation that allows you to master your sovereignty of self.

Emerging Gatekeeper

Source Chakra



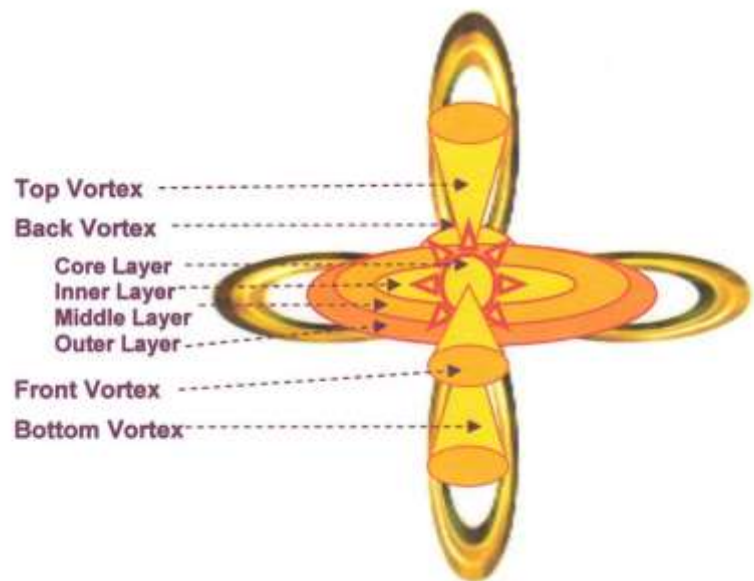
How Energy is Transmitted and Received

Energetic frequencies are transmitted from an Auric Body through its shef/chakra vortices and into the primary shef/chakra center it governs within your Physical Body. These frequencies are received by the front vortex of your physical shef/chakra center; processed through the four shef/chakra layers and returned to the Auric Body through the back vortex. Those same frequencies are then distributed to all the other shef/chakra centers (and Auric Bodies) through the top and bottom vortices. This process of energetic movement looks like horizontal and vertical infinity circles continually weaving energetic frequencies. The image below depicts the energetic movement.

The frequencies resonating within the collective 13 Auric Bodies make up the Auric Field. The Auric Field generates magnetic frequencies that resonate outward into the magnetic field of the collective consciousness or energy matrix. Through the law of attraction “like attracts like,” you receive and experience the same vibrational frequencies that your Auric Field is emitting within the consciousness of your physical reality. These experiences can be both positive and negative.

As each Auric Body governs a vibrational frequency, it is vital that you get to know each one intimately. Resonating frequencies that are not in alignment with your authentic self (your soul’s blueprint) create imbalances within your Auric Bodies and Physical Shef/chakra Centers (i.e., false beliefs, unresolved traumas, addictions frequencies, etc.) These circulating imbalanced frequencies then re-create themselves in your

physical reality with the sole purpose of those non-truths being consciously recognized, healed and released from all layers of your Auric Field. The list of vibrational frequencies for each Auric Body is shown below the Auric Balancing Technique.



Components of an Auric Body

Life Force Core:

The Hara or Life force Core circulates energy throughout your Auric Bodies and distributes frequencies to all of your Shef/chakra Centers. It is the component used for transmitting frequencies to and from your Source Shef/chakra, via your Recharging Connection. As well as transmitting frequencies to and from the Earth Shef/chakra, via your Grounding Connection. Energetic frequencies are constantly circulating above and below, as well as within and without through the four vortices of the shef/chakra centers within the Auric Bodies.

Alpha and Omega Shef/chakras:

Each Body, this includes your Physical Body and your 13 Auric Bodies all have shef/chakra gateways at the top and bottom. These are referred to as the Alpha and Omega Shef/chakras. These two shef/chakras are the resource and the repair centers, respectively. The Alpha Shef/chakra is responsible for downloading healing and upgraded vibrational frequencies from Source. The Omega Shef/chakra is responsible for eliminating undesirable frequencies. You will get to know these later as you work with them in the individual Auric Bodies.

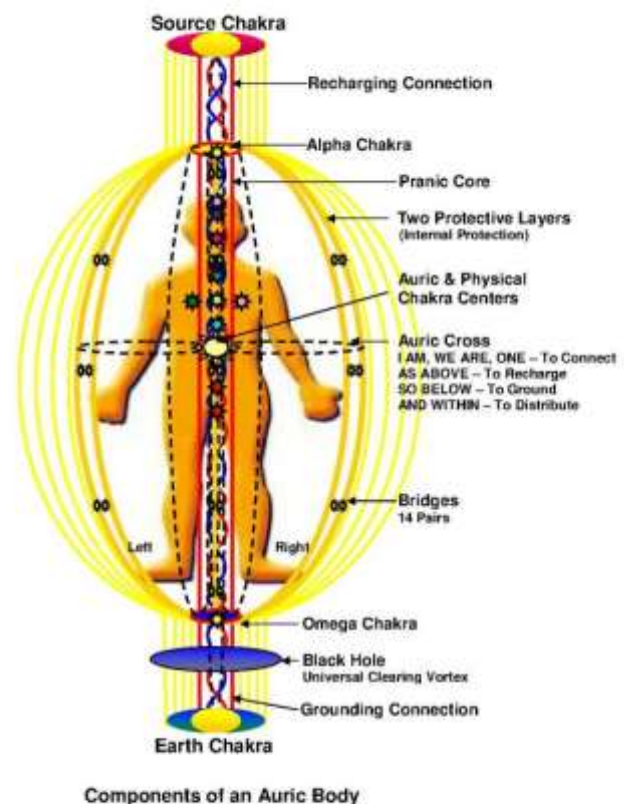
Two Protective Layers:

Each Auric Body has two protective layers consisting of its defining color; these layers swirl around the Auric Body. They create your internal protection. These two layers are generated from the Source Shef/chakra within the Auric Body. The two colored layers circulate up to the Alpha Shef/chakra, cascades down and around the Auric Body and then re-enters through the Omega Shef/chakra; to reunite within the Source Shef/chakra. The inner layer spins to the RIGHT and the outer layer spins to the LEFT.

Auric & Physical Shef/chakra Centers:

Each Auric Body has a primary Shef/chakra Center that it uses to transmit resonating vibrational frequencies into the Shef/chakra Center it governs within your Physical Body. The Cosmic Body governs the 13th Shef/chakra Center, the Hara within the Physical Body. Envision the Auric Shef/chakra Centers hovering above the same location as the Physical Body's Shef/chakra Center.

This is where the four Shef/chakra Vortices come into play. Use the front vortex of an Auric Body's shef/chakra center to transfer frequencies into the front vortex of your Physical Body's shef/chakra center. (For example, use the front vortex of the Cosmic Body's Central Source Shef/chakra Center to transmit frequencies into the front vortex of your Physical Body's Central Source Shef/chakra Center.) Once the upgraded frequencies have anchored within the Core Layer of the Shef/chakra Center, then use the back vortices to return those frequencies back to the Auric Body. The top and bottom vortices work in conjunction with the energy flowing through the Life Force Core, as well as the Alpha and Omega Shef/chakras to circulate, distribute, receive and transmit frequencies.



It is important to understand that each Auric Body has 13 Shef/chakra Centers, just like the Physical Body. For example, the Cosmic Body has a Root Shef/chakra center that governs self-preservation frequencies as in alignment with overall self-omniscience. However, when learning to master vibrational frequencies it is important to focus on the two primary Shef/chakra Centers.

Auric Cross (Infinity):

This is the process which connects the vibrational frequencies from an Auric Body into its primary Shef/chakra Center within the Physical Body. Weave the frequencies from an Auric Body into the front vortex of its physical primary Shef/chakra Center; anchoring them within the Core Layer of that Shef/chakra Center; return them to the Auric Body through the back vortex. I AM, WE ARE, ONE. Direct

the frequencies from the Core Layer to flow up the Life Force Core to the Source Shef/chakra; receive the recharging frequencies and bring them down and anchor them within the Core Layer, AS ABOVE. Then do the same process to receive and anchor the grounding frequencies from the Earth Shef/chakra, SO BELOW. Finally, distribute the upgraded frequencies throughout the Core Layers of all 13 Shef/chakra Centers within an Auric Body using the top and bottom vortices. Weave the frequencies from the Core Layer up the Life Force Core, exit through the Alpha Shef/chakra, cascade downward surrounding the Auric Body; re-entering through the Omega Shef/chakra and anchoring them within the Core Layer. AND WITHIN. Envision this process as a continual weaving of horizontal and vertical infinity circles.

Auric Bridges:

These are the communication receptors connecting the hierarchal vibrational frequencies throughout each of your Auric Bodies. They function as circuit connectors to transmit frequencies back and forth from the lower and higher Auric Bodies. They also assist in sealing and anchoring upgraded vibrational frequencies to protect each Auric Body after a balancing or healing session. Additionally they are designed to connect you to your soul blueprint.

There are 14 pairs of Bridges that reside within an Auric Body. Each bridge consists of two light lines with four gateways; two at each end (for sending and receiving). You need to ensure that the light is shining brilliantly through all four gateways. You may use your ankh or visualization to repair the structure of a bridge until you see the brilliant, steady light. The pairs are located as follows: 1 at top of the head, 1 at the back of the throat, 1 at the middle of the back, 1 at the middle of the calves, 1 at bottom of the feet, 1 in front of the shins, 1 above the belly-button, 1 at the front of the throat, 3 along the left side of the body, at the shoulder, waist and calf and 3 along the right.

It is best not to command the Higher Self upgrade of everything all at once. This action has the potential to blow out the circuits and connections (bridges) within the central nervous systems of the Auric Bodies. You will know this has happened when your intuition is extremely off kilter; you are bombarded with negative psychic invasions and have absolutely no connection to your Source or Higher Self. If this occurs, please have your Higher Self repair the 14 Bridges within each Auric Body and then do follow-up sessions to gently upgrade your vibrational frequencies.

Universal Clearing Vortex:

The Universal Clearing Vortex is the mechanism for clearing or balancing either your 13 shef/chakra centers of one of your 13 Auric Bodies. It is conveniently located below your Omega Shef/chakra (below

your feet) and when OPENED it has a powerful pulling vibration that draws energy into itself. It is important to remember that all energies just transform or convert to a new state of energy.

Auric Balancing Technique

There are two techniques that are used to clear, cleanse and balance the shef/chakra system. Technique one employs the use of a pendulum to clear, cleanse, and balance shef/chakras one through eight. Technique two employs a twelve step process to clear and balance shef/chakras one through twelve.

Technique One

This technique requires the use of a properly cleansed and empowered pendulum. The pendulum will perform the functions of clear, cleanse, and balance through the pendulums movements.

Step 1: To cleanse and empower your pendulum

Use a ceramic or glass container that can be closed with a lid (no metal)

Fill container with unprocessed sea salt

Place pendulum in salt and ensure crystal/stone is entirely covered with salt for 24 hours

Remove pendulum from salt and while you are wiping the salt from the pendulum and because you are touching the pendulum, say the verse:

“Remove all negative energy, that with peace and protection this pendulum be blessed

Bring forth the light of the universe

Cleanse my thoughts to be pure and honest Cleanse my voice to speak truth and kindness Cleanse my heart to be open, giving and full of light

I ask the following empowerment for this pendulum

I affirm that a front to back or north and south motion like the nod of a head up and down will mean a yes

I affirm that a side to side or east and west motion like the nod of a head side to side will mean a no

I affirm that a clockwise circle motion will mean open or cleared

I affirm that a counterclockwise circle motion will mean blocked or closed

I affirm that no motion will mean finished or no information available

Bless this pendulum that it be filled with truth and healing powers Bless my journey that it be filled with love, light, and peace”

Step 2: Use your pendulum **Always protect your pendulum. If you are not wearing it to attune to your body’s energy and vibrational level, then keep it safe in a pouch.

Before using your pendulum, ensure that you have cleansed and empowered it with the correct response signals.

1. Relax and focus with your third eye.

2. Seek the connection.

3. Dangle the pendulum by grasping anywhere along the chain, leaving at least 2 to 3 inches between your fingers and the pendulum’s weight stone. Steady your forearm and arch your wrist slightly.

4. Ask question, but be open and neutral. If the pendulum doesn’t move right away, give it time, or if it’s unclear what the signal is, try rephrasing the question and do it again.

5. Receive an answer, but don't try to predict the answer. If the pendulum swings with a light force, interpret this as a quiet or less committed response, but if the pendulum swings with great force, it's answering loudly.

6. Clear pendulum after each use or each question by grasping it in your free hand palm and holding it to your throat shef/chakra (communication).

Step 3: Clear, cleanse, and balance your shef/chakras

Begin by holding the end of the cord/chain of the pendulum between your thumb and forefinger about 4-6 inches above each shef/chakra. When the pendulum moves, notice its direction and movement. This



movement is what you will analyze in order to check the shef/chakras:

Your *First Shef/chakra (Root)* is located at the base of the spine.

Your *Second Shef/chakra (Sacral)* is located halfway between the first shef/chakra and two inches below the belly button.

Your *Third Shef/chakra (Solar Plexus)* is located halfway between the naval and the breastbone.

Your *Fourth Shef/chakra (Heart)* is located in the center of the chest.

Your *Fifth Shef/chakra (Throat)* is located in the center of the throat.

Your *Sixth Shef/chakra (Third Eye)* is located just above the center of the eyebrows.

Your *Seventh Shef/chakra (Crown)* is located at the top of the head.

Begin holding the pendulum over the first shef/chakra.

- a) If the pendulum moves *clockwise*, then that shef/chakra is open and well-balanced and full.
- b) If the pendulum moves *counter-clockwise*, then there may be a blocked energy or negative experiences with the feelings relating to that shef/chakra.
- c) If the pendulum moves in an *elliptical swing*, there may be a right- or left-side imbalance of energy flowing in the body. This may be due to overusing the right masculine side or the left feminine side.
- d) If the pendulum moves in an *erratic swing*, it is possible that there may have been a recent change in beliefs or going through a spiritual upheaval, which can affect the shef/chakra's movement and cause it to move erratically for a couple of days.

- e) If the pendulum *does not move at all*, you may be holding the pendulum in the incorrect location. If that is not the case, then there may be a blockage in that shef/chakra.

Always hold the pendulum over the shef/chakra until it completes its movements. If the shef/chakra is blocked (counter clockwise) it will begin to spin (clockwise) as the pendulum completes the balancing process. Also be aware that the size of the pendulum's circle is a result of your energy field, the pendulum's energy field and your subject's energy field all combined together. This means that your own shef/chakra health and the health of your own energy field will have a direct impact on how effective you are at reading others' shef/chakras.

Continue moving up the system until you have completed all shef/chakras.

Technique Two

This technique teaches you how to clear, balance, reprogram and reconnect an Auric Body and the Shef/chakra Centers it governs; in both your Auric and Physical Body. Using the Cosmic Body as the example is beneficial because it governs and incorporates all 13 auric dimensions within the manifestation of your Physical Body. You will also want to use this technique to balance each individual Auric Body; simply replacing the shef/chakra, color and vibrational frequencies accordingly. This helps you establish solid relationships with each dimension of your authentic self as well as accelerates your own spiritual awakening, personal transformations and inherited psychic abilities. This is a truth, because you will have learned how to effectively navigate your own energetic components and can therefore command energetic circulation to raise your vibrational frequencies. There are 12 steps involved in the Balancing Process and it only takes about 5 minutes to complete once you have memorized the steps. It will be helpful to familiarize yourself with the Components of an Auric Body as shown above prior to beginning this process.

Step 1: CREATE PROTECTION AND GROUNDING for your personal vortex, Begin by creating an affirmation of protection such as: *"I invoke grounding and protection by creating a protective shield around all of my energetic fields preventing any evil, negative, and dark influences from penetrating no matter what level, dimension or realm. Let my energy balance from the inside to the outside. So shall this be."*

Step 2: VISUALIZE THE OUTLINE of your 13th Auric Body; this is your Cosmic Body. It is a brilliant GOLDEN WHITE energy field. It supplies the creative cosmic energy required to sustain your Physical Body on the Earthly realm and governs your Central Source Shef/chakra dealing with issues of Self-

Omniscience. It is connected to you through the front vortex of your Central Source Shef/chakra, located above your belly-button. It uses this shef/chakra center to reconnect and balance both your Cosmic Body and your Physical Body.

Step 3: CREATE INTERNAL PROTECTION by generating a beam of GOLDEN WHITE light with two layers from the core layer of your Central Source Shef/chakra. Direct these two layers of light to exit out of the top vortex and move up your body and exit out of the top of your Cosmic Body's Alpha Shef/chakra. Envision these two layers of light flowing down and encapsulating BOTH your Cosmic Body and your Physical Body, going all the way down to the bottom of your feet. Now direct these two layers of light to move up into your Cosmic Body's Omega Shef/chakra, located below your feet. Send them up and anchor them within the core layer of your Central Source Shef/chakra. Spin the inner layer to the RIGHT. Spin the outer layer to the LEFT. This sets the internal protection for your Cosmic Body and Central Source Shef/chakra Center to accept the balancing trigger.

Step 4: SCAN your Cosmic Body from top to bottom shining the GOLDEN WHITE light from your Central Source Shef/chakra exposing any and all negative influences currently residing in your Cosmic Body. If you find any negative frequencies existing, OPEN the Black Hole located below your Omega Shef/chakra and command this vortex to pull into itself everything that is not in alignment with your authentic self and divine plan. You may call on your Higher Self if you require assistance. You will then clear any residual frequencies using Step 5.

Step 5: CLEAR your Cosmic Body and Central Source Shef/chakra Center by imagining a swirling Clearing Funnel (like a tornado) originating from your Source Shef/chakra. See it descending down your Hara Core entering your Cosmic Body's Alpha Shef/chakra. Have the Clearing Funnel SPIN to the RIGHT to collect all energetic frequencies that are not in alignment with your Cosmic Body's authentic self and divine plan. Next, direct the Clearing Funnel to enter the top vortex of your Central Source Shef/chakra. Allow it to clear all four layers of this energy center: the core layer, the inner layer, middle layer and outer layer. Then direct the Clearing Funnel to exit out of the bottom vortex. OPEN the Black Hole located below your Omega Shef/chakra and FLUSH the Clearing Funnel down into it. Repeat as needed and then CLOSE the Black Hole.

Step 6: OPTION – CREATE A HEALING TRIGGER, use the information revealed from your Emerging Gatekeepers – Shef/chakra/Auric Energy Diagnostics Form. While the Clearing Funnel is spinning to the RIGHT within your Cosmic Body, OPEN the Black Hole. Leave it open to pull negative energy into itself. Use your hands to collect or cut out each noted negative energy mass, frequency, program or psychic cord and allow those frequencies to be collected by the swirling Clearing Funnel and pulled into the Black Hole. You may call upon your Higher Self if you need assistance. When you have completed removing all known elements from your Cosmic Body and Central Source Shef/chakra, FLUSH the Clearing Funnel and CLOSE the Black Hole.

Step 7: REFRESH your Cosmic Body by directing the ultraviolet light of the GOLDEN WHITE octave to descend down from your Source Shef/chakra, enter through the top of your Alpha Shef/chakra and fill your Cosmic Body and Central Source Shef/chakra with the pulsating light. This light fills all voids and prevents any holes within your auric field and shef/chakra center. You radiate the GOLDEN WHITE light from the tip of your toes to the top of your head.

Step 8: RECHARGE your Cosmic Body by directing a warm GOLDEN WHITE gel to descend down from your Source Shef/chakra, entering through your Alpha Shef/chakra and gently flowing into your Cosmic

Body's Central Nervous System. You feel soothed and relaxed as the warm GOLDEN WHITE gel gently fills all components, soothing and repairing all pathways, circuits and connections.

Step 9: REPROGRAM your Cosmic Body by directing the healing sonar beams to descend down from your Source Shef/chakra, entering through the your Alpha Shef/chakra and gently filling your Cosmic Body, your Central Nervous System and all 13 Shef/chakra Centers with your authentic vibrational frequencies of your own Self-Omniscience. These multidimensional triggers are tailored specifically for what you require at this moment and assist in your ability to metabolize your upgraded vibrational frequencies.

Step 10: BALANCE your Central Source Shef/chakra center by envisioning the GOLDEN WHITE energy field about 12" in diameter swirling above your belly-button. Ensure all components are spinning in the proper direction: the Core Layer, the Inner Layer, the Middle Layer and the Outer Layer. Adjust the spinning speed so that the top and bottom, front and back vortices are 4" in diameter. This shef/chakra center spins the faster of all. If you are unsure of the proper spinning direction, please ask your higher self to inform you as to either clockwise or counter-clockwise.

Step 11: RE-CONNECT your Cosmic Body to the core layer of your Central Source Shef/chakra by creating the Auric Cross:

1. Weave the upgraded Self-Omniscience frequencies from your Cosmic Body into the front vortex of your Central Source Shef/chakra. Anchor those frequencies within the Core Layer as a GOLDEN WHITE ball of light and then exit through the back vortex, returning to your Cosmic Body using a continual horizontal infinity circle. I AM, WE ARE, ONE.
2. Direct the GOLDEN WHITE ball of light to exit the top vortex of your Central Source Shef/chakra and ascend up your HARA Core, all the way to your Source Shef/chakra. Feel yourself greeted and loved by your Multidimensional Selves. Then send these protective and recharging frequencies down into the top vortex of your Central Source Shef/chakra and anchor them within the Core Layer. AS ABOVE – TO RECHARGE.
3. Direct the GOLDEN WHITE ball of light to exit the bottom vortex of your Central Source Shef/chakra and descend down your HARA Core, all the way down to the Earth Shef/chakra. Feel yourself greeted and loved by Mother Earth. Then send these grounding frequencies up into the bottom vortex of your Central Source Shef/chakra and anchor them within the Core Layer. SO BELOW – TO GROUND.
4. Direct the GOLDEN WHITE ball of light to exit out of the top vortex of your Central Source Shef/chakra and move up your HARA Core to exit out of the top of your Cosmic Body's Alpha Shef/chakra. Weave these frequencies downward along the RIGHT side of your body and re-enter the bottom vortex of your Omega Shef/chakra and anchor them within the Core Layer of your Central Source Shef/chakra. This distributes the upgraded frequencies to all 13 Shef/chakra Centers of your Cosmic and Physical Body as well as realigns your Masculine Aspects. Again, from the Core Layer send those frequencies up your HARA Core to exit out of the top vortex of your Alpha Shef/chakra and weave these frequencies down along the LEFT side of your body. Again, re-enter the bottom vortex of your Omega Shef/chakra and anchor these frequencies into the Core Layer of your Central Source Shef/chakra. This distributes the upgraded frequencies and realigns your Feminine Aspects. AND WITHIN – TO RE-CONNECT.
5. For energetic pleasure, create the Auric Cross 2 more times using the horizontal and vertical infinity circles: I AM, WE ARE, ONE. AS ABOVE, SO BELOW and WITHIN.

6. You may use this affirmation to seal the Auric Cross: “I am empowered by my own cosmic frequencies as the exalted alchemist to consciously create within the womb of the One consciousness. And so it is.”

Step 12: ANCHOR the trigger by sealing the 14 bridges in your Cosmic Body with the Golden White Light. The 14 pair are located: 1 at top of your head, 1 at the back of your throat, 1 at the middle of your back, 1 at the middle of your calves, 1 at bottom of your feet, 1 in front of your shins, 1 above your belly-button, 1 at the front of your throat, 3 along the left side of your body (at your shoulder, waist and calves) and 3 along the right.



You may use the following trigger to create the intention of steps one through twelve by holding the three fingers shown in the picture and reading the steps followed by “*With sufficient desire and sufficient belief, I set this trigger. So shall this be*”.

Set another trigger to close your balancing session: “*With sufficient desire and sufficient belief, I call on my Higher Self to realign my energetic frequencies to new vibrational levels in alignment with my true self and divine plan. Remove all toxins, blockages, and ill effects and deliver me to a stable transformation of peace, joy, and unconditional love. So shall this be.*”

Your Cosmic Body is now balanced, recharged and re-connected to your Physical Body and your Central Source Shef/chakra.



Vibrational Frequencies of the Auric Bodies and their Physical Shef/chakra Centers

1. Ethereal Body + Root Shef/chakra = Self-Preservation

To anchor your soul within the Earthly realm, providing the necessary sustenance and vitality to sustain physical survival. Color is Red. Activation: Womb to 12 Months of Age. Gifts: Survival – To Live. Tone to Musical Note of C. Affirmation: *I am empowered by my own ethereal frequencies to feel safe and secure at all times.*

2. Emotional Body + Sacral = Self-Gratification

To promote your soul’s individualization within the Earthly realm by exploring your inherited alchemic abilities to manifest thought into reality using the creative forces of the emotional frequencies. Color is Orange. Activation: 6 to 24 Months of Age. Gifts: Clair-sentience – To Feel. Tone to Musical Note of C#. Affirmation: *I am empowered by my own emotional frequencies to know I create my own reality.*

3. Mental Body + Solar Plexus Shef/chakra = Self-Definition

To define your souls purpose within the Earthly realm by exercising your personal power and will to facilitate the maturation of your ego. Color is Yellow. Activation: 18 Months to 4 Years of Age. Gifts: Discrimination – To Be. Tone to Musical Note of Eb. Affirmation: *I am empowered by my own mental frequencies to redefine myself.*

4. Spiritual Body + Core Heart Shef/chakra = Self-Acceptance

To compassionately integrate your soul's purpose and mission by consciously participating in the emotional developments designed to promote balance and ascension throughout your Earthly and Celestial realms providing acceptance and internal integration of the universal force of unconditional love. Color is Opal Green. Activation: 4 to 7 Years of Age. Gifts: Unconditional Love – To Forgive. Tone to Musical Note of F#. Affirmation: *I am empowered by my own spiritual frequencies to unconditionally love and accept myself.*

5. Higher Emotional Body + Throat Shef/chakra = Self-Expression

To create experiences that express your soul's purpose and mission by channeling the creative forces of your higher emotional frequencies with responsible thought and speech to manifest expressions of your personal truth. Color is Blue. Activation: 7 to 12 Years of Age. Gifts: Clairaudience- To Hear. Tone to Musical Note of F. Affirmation: *I am empowered by my own higher emotional frequencies to remain in perfect alignment with my true self and my divine plan in all I SAY, THINK, FEEL and DO.*

6. Higher Mental Body + Brow Shef/chakra = Self-Reflection

To symbolically visualize and perceive the truth of your soul's mission within the Earthly and Celestial realms with detachment from your experiences thereby giving you insight into the creative forces of your higher mental frequencies ensuring sound judgment and conscious choices in channeling visions of your truth. Color is Indigo. Activation: Adolescence. Gifts: Clairvoyance – To See. Tone to Musical Note of E. Affirmation: *I am empowered by my own higher mental frequencies to create and re-create my truths.*

7. Masculine Body + Masculine Heart = Self-Nurturing

To give your soul the protection and essential nurturing, comfort, freedom and respect required to consciously harmonize, anchor and integrate your feminine and masculine attributes within the Earthly and Celestial realms. Color is Emerald Green. Activation: Through Conscious Evolution. Gifts: To Give of your Overflow not your Essence – To Protect. Tone to Musical Note of D. Affirmation: *I am empowered by my own masculine frequencies to protect and nurture myself.*

8. Feminine Body + Feminine Heart Shef/chakra = Self-Reception

To receive the security of divine love and wisdom necessary to discern the symbols, signals and frequencies received from the Earthly and Celestial realms that solidify your sovereign allegiance to your soul's mission. Color is Pink. Activation: Through Conscious Evolution. Gifts: To Get the Good – To Be Open. Tone to Musical Note of G. Affirmation: *I am empowered by my own feminine frequencies to receive all that is of benefit to me.*

9. Inner Self Body + Crown Shef/chakra = Self-Knowledge

To access and anchor inherited wisdom throughout your Earthly realms thereby opening channels of celestial communications which facilitates the creation and re-creation of divine orders tailored to enhance your ability to participate unhindered in the present NOW moment. Color is Violet. Activation: Through Conscious Evolution. Gifts: Clair cognizance – To Know. Tone to Musical Note of Bb. Affirmation: *I am empowered to know that grace and divinity resides within me.*

10. Middle Self Body + Lower Heart Shef/chakra = Self-Guidance

To establish relationships within the celestial consciousness of your soul's ancestral, celestial and planetary aspects to solidify the sacred union of your divine feminine and masculine aspects that enhance mastering your sovereignty of self as a multi-dimensional being. Color is Aqua Blue. Activation: Through Conscious Evolution. Gifts: Divine Guidance – To Discern. Tone to Musical Note of G#. Affirmation: *I am empowered by my self-frequencies to guide and support me through all endeavors.*

11. Higher Self Body + Higher Heart Function = Self-Reliance

To establish a relationship with your galactic consciousness and your Higher-Self, the faithful administrator of your soul's divine plans, in order to cross the chasm of the unknown using your own power to facilitate the initiation of your encoded sacred geometry in accordance with the cosmic force of evolution. Color is Teal. Activation: Through Conscious Evolution. Gifts: Molecular Regeneration – Longevity. Tone to Musical Note of A. Affirmation: *I am empowered by my higher frequencies to seek truth in all my considerations.*

12. I AM Body + Pituitary Shef/chakra = Self-Awareness

To activate and develop your encoded Universal Consciousness with your multi-dimensional faculties mastering hyper-intuition and telepathy, embracing the divine assistant of your ethereal or physical twin flame (your masculine or feminine counterpart who was conceived at the same moment as you and shares the same electronic blueprint) so that you may create with pure intentions while simultaneously existing in multiple-dimensions. Color is Magenta.

Activation: Through Conscious Evolution. Gifts: Extrasensory Perception – To Know Within. Tone to Musical Note of B. Affirmation: *I am empowered that I AM a multi-dimensional being.*

13. Cosmic Body + Central Source Shef/chakra = Self-Omniscience

To master your souls ability to integrate and magnetize your Cosmic Consciousness within the womb of the One Consciousness, integrating all multi-dimensional aspects of yourself within your Earthly realm while actively creating and re-creating your divine orders in accordance with the bylaws of the creation energy of the cosmic force field. Color is Golden White. Activation: Through Conscious Evolution. Gifts: To Consciously Create – To Manifest. Tone to Musical Note of High Octave C. Affirmation: *I am empowered that I AM ONE with the cosmic One consciousness.*

The second gateway increases the amount of cosmic light and gold energies available to the practitioner. The sun symbol is given and you are taught how to release yourself and others from inappropriate behavior patterns and emotional blockages. It allows a deeper, faster cleansing of the body, mind, and spirit when doing treatments of self and others. First we visualize the Sekhmet symbol of the Central sun giving Light and Love. It is not just a 2 dimensional drawing, we must see it, feel it, hear it, taste it, and even smell it. Feel it and experience it as a Living Spiritual Conscious Body. The Ancient Egyptian Sekhmet Symbol is an arrow pointing down. It may also be seen as an Arrow pointing down above the head of the seated priest. Typically the Gods, Goddesses, and Pharaohs can be seen holding the Sekhem Scepter



Gateway III

The neter connected with this gateway is Ra, the sun god. The third shefat, Hati, lies at the solar plexus, and is associated with will power and how we project our personality to the world. Khemt-tu also includes the five Sekhem Heka principles where you examine aspects of your conditioning, the things that make you the person you are. The symbol for Khemt-tu is Aaten, the ancient symbol of the solar disk.

The third gateway focuses on invocation and symbolism as key features of Sekhmet. It explains the importance of the Earth (Geb), Root (Osiris), and Sacral (Anubis) centers.

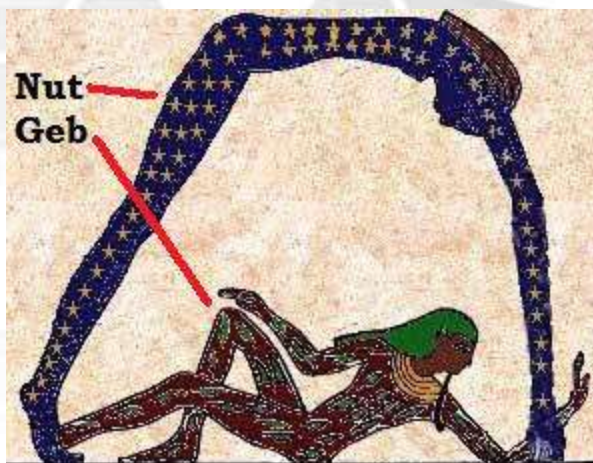
With great power comes great responsibility and the reality is that mastery is the beginning of the journey as opposed to the end point. We are merely given the tools to extend our knowledge, awareness and experience further. The Egyptian Sekhem master level, gives us these tools both in light frequency and in the master symbols to assist us in our work, both on ourselves and with others. The teachings of Egyptian Sekhem comes from a position of integrity, therefore the Sekhem Practitioner must take responsibility for all their words, deeds and actions for in that they will always find the energy provides both guidance and clarity.

When using Egyptian Sekhem we are tapping into the Cosmic Light Energy by accessing the Laws of the Universe. This needs to be done with humility and reverence, for it is a privilege as well as our right, and it brings with it certain responsibilities. Self-care and responsibility is at the core of all healing work and even more so with this level, as the opportunity to change your own light vibration is the key to passing that light onto others.

The higher your personal vibrational frequency, the clearer you will be as a channel. The Egyptian Sekhem advanced level trigger will help you achieve this. You will become a more powerful agent for healing and change for yourself and your clients. As the advanced level is the catalyst for increased light energy and as a change facilitator, it's also possible to consciously increase the power or amount of energy coming through you to the client and you will be shown how to do this.

Earth (Geb)

Geb is one of the most important Egyptian God in ancient Egypt history. Geb was known as the God of Earth. He is also being referred as Seb, Keb, Kebb or Gebb in various literatures and the idea of Geb as a healing god is also found in texts dealing with scorpion stings and how to heal them.



His appearances portrayed as a man with a goose on his head. Goose was a sacred animal to Geb, as such he was also called “The Great Cackler”. Sometimes, he also portrayed as a man laying underneath the arch of his wife the sky goddess Nut. His skin generally in green color (the color of living things), represent the vegetation of the earth.

According to the ancient Egyptian myth during the kingship struggle between Horus and Set, Geb divided the earth into two parts, giving the Lower Egypt to Horus and Upper Egypt to Set.

Geb was the son of Shu the God of Air and Tefnut the Goddess of Moisture. Osiris, Set, Isis and Nephthys were the children of Geb and Nut, the Goddess of Sky the twin sister and the wife.

The ancient Egyptian believed Geb's laughter was to start earthquakes. He is the masculine Earth God, which opposite with many other religions where the earth is feminine.

As the energies of Star and Earth come together to spiral, dance and become One within the heart, Sekhmet balances and merges the physical and subtle bodies, unifying all polarities including masculine and feminine. The lotus blossom of the unified heart shef/chakra bursts open and unfolds, bringing forth the eternal golden blue-white flame of the cosmic light.

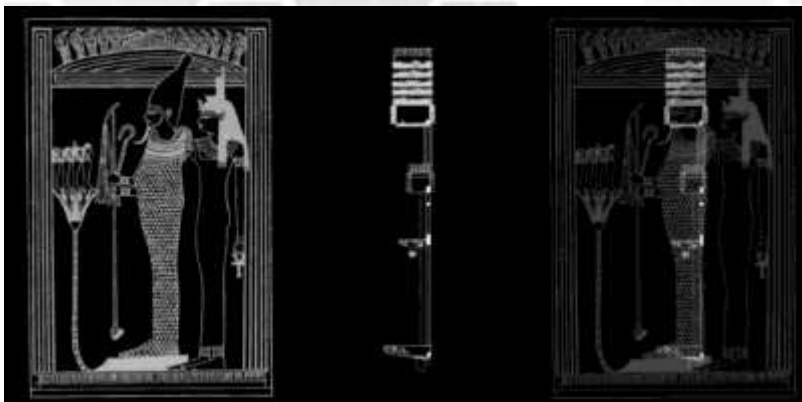
Root (Osiris)

Osiris is among the most important Egyptian gods, having a cult following that grew beyond Egypt's borders. Modern-day Egypt still celebrates festivals dedicated to him. Osiris is often depicted as a mummy wearing the Atef crown with a crook and flail in his hands.



Osiris is said to be the Egyptian god that brought civilization and agriculture to Egypt. It was he who taught the people how to farm and harvest grain. As such, he was worshipped as a god of agriculture.

Osiris was murdered by his brother Set. He was then made whole again by his wife Isis together with Anubis and Thoth. After that, Osiris became the Lord of the Underworld, and by extension God of the Dead.



The *Tet* or *Djed* Pillar is the oldest symbol of the resurrected god and was of great religious significance to the ancient Egyptians. The Legend of Osiris told to us by Plutarch describes the death and resurrection of the Osiris. His

body becomes concealed in the trunk of a magnificent sized tree. The King then chops down this tree and the part containing the body of Osiris is made into a pillar for his House. The basic themes of the legend are that the body of Osiris becomes enclosed in the trunk of a tree and is associated with the Djed pillar.

The Legend of Osiris was based upon one of the most sacred of all Osirian festivals - the 'Setting up of the Djed pillar'. This resurrection ritual took place in 'The House of Osiris' or *Per-Asar*, which the Greeks called Busiris. Often the word *Djedu*, meaning "Village of the *Djed* Pillar" is also translated as the "House of Osiris". Some of the titles of Osiris were *Asar-Neb-Djedu*; "Osiris - Lord of *Djedu*", and *Asar-em-Het-Djedet*; "Osiris in the House of the *Djed* pillar".

The internal chamber system and connecting passageways of the Great Pyramid viewed from the south or the north bears a striking resemblance of a crowned man facing the setting sun, his legs buried underground like the roots of a tree. The appearance of the four granite layers situated above the ceiling of the King's chamber are also reminiscent of the four 'blades' that form the top section of the *Djed* pillar, the crown of Osiris-Djed (pictured above-right). This image contains the same elements of the Legend of Osiris: the body of Osiris inside the Pillar in the House of the King.

The 4th Ray of "*Harmony through Conflict*" governs the base shef/chakra or root. This shef/chakra represents the most earth-centered energy. It stands for our inherited beliefs through our formative years. Self-preservation, personal survival and our identification with the physical world centers in this bottom most of the main seven shef/chakras. It is associated with the color red meaning vitality and awakening. It is governed by the element of earth and Osiris god of vitality, destruction, and regeneration.

Sacral (Anubis)

Anubis was the son of Nephthys and Set. Anubis is one of the most iconic gods of ancient Egypt and was a guardian and protector of the dead. He was originally a god of the underworld, but became associated specifically with the embalming process and funeral rites.



Anubis led the deceased to the halls of Maat where they would be judged. Anubis watched over the whole process and

ensured that the weighing of the heart was conducted correctly. He then led the innocent on to a heavenly existence and abandoned the guilty to Ammit.

Anubis is the deity associated with the Sacral, where much of the subconscious is located energetically. The sacral integration with the subconscious is responsible for emotional status and cognitive interpretation of those emotions. The element of both the West (Anubis Territory) and the Sacral is water making the sacral an emotional power house. It is important to be able to flow with these emotions otherwise it can cause both physical and mental problems within many areas of the life (hence life giving waters). The element of emotions was called the “Temple of the Belly” or Sacral Temple, a temple of purification and relationships. It was important for the Sacral Temple to release the wild, negative, repressive, and uncontrolled emotions to have the ability to both give and receive love and heavenly blessings. This is a symbolic reflection of the journey made into the subconscious shadowy depths of our psyche.

Practitioner Preparation and Protection

As the Sekhem Practitioner, it is important that you always prepare yourself for a healing both before and after to enhance your healing abilities and to protect yourself. In today’s world of online healing accreditation and classes many have been led to energy work without the proper instruction in protecting themselves. It is important to remember that a desire to heal others is a wonderful thing, but it is not your role to take on any of your clients ailments. True healing comes from the balancing and transmutation of illness into health, not from the transfer of the illness to the healer. Always set the following Intent or similar before beginning:

*“With sufficient desire and sufficient belief, bring forth the Light of the Universe
I invoke protection for myself against all that is negative, defective, diseased and afflicted. Bless
and guide my hands to heal and balance all energies from the inside to the outside. So shall this
be”*

Proper preparation begins with removing all jewelry (rings, watches, bracelets, etc.) from your hands. If you have your healing or quantum energy stone/crystal as a pendulum or pendant, you may continue to

wear these as they will magnify the energy and any other stones/crystals you may be using for the healing.

Wash your hands. Apply a drop of sacred oil and rub into the front and back of your hands. Continue with the procedure.

End the treatment by standing by yourself for a quiet moment, take three deep breaths and request that the energy stop flowing.

The healer should always perform a sage cleansing after treatment on themselves. This can be done by swirling sage smoke about the body and setting the following Intent:

“With sufficient desire and sufficient belief, remove all negatives, defects, diseases and afflictions from my body and soul and balance my energies from the inside to the outside”

If you are experiencing any negative affects after doing the above intent it is important that you cleanse your own aura and shef/chakras. One of the best ways to do this is with an Epsom salt bath and sacred oil. In addition if you have been using any type of healing stone or crystal they need to be cleansed in sea salt for at least 24 hours after each treatment.

Initiation into Sekhmet

Gateway III is the initiation into Sekhmet Seven Gateways of Healing.

During the initiation the recipient will realign their shef/chakras to receive the cosmic Light. Typical alignment for the shef/chakras is facing outward, moving out from the front and back of the body. When an initiation process begins, the shef/chakras flip or rotate upwards creating a vertical column of Sekhem light. The heart shef/chakra is the key. Once the heart shef/chakra begins to rotate the others will follow creating a beautiful column of light. The catalyst is feeling and being in the moment, a true state of unconditional love. The next step in the initiation is to create all the shef/chakras and add color. The shef/chakra alignment joins the Star and Earth shef/chakra to complete the merge with the heart to

create a unified shef/chakra system for the descent of Sekhmet. In this way the recipient can activate and channel the cosmic light.

The third gateway empowers the initiate with a symbol and sound that allows the practitioner to connect and empower objects with cosmic light energy. An object can be empowered with the intention of directing cosmic light energy for a specific purpose. For people who want to access information inter-dimensionally (such as accessing the Akashic records or channeling personalities from other dimensions), it is an extremely helpful tool. This is the tool used to create the cosmic light which will entomb the recipient for the Sekhmet healing.

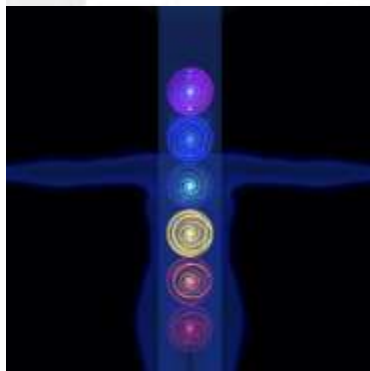
As explained in Gateway Two, the typical alignment for the shef/chakras is facing outward, moving out from the front and back of the body. However, for the purpose of Sekhmet healing, the shef/chakras must be realigned to flow the cosmic light in a column. This allows for an uninterrupted flow of cosmic light and thus becomes the Sekhem light of healing.



When an initiation process begins, the shef/chakras flip or rotate upwards creating this vertical column of Sekhem light. The heart shef/chakra is the key and once the heart shef/chakra begins to rotate the others will follow naturally creating a beautiful column of light.



The next step in the process is to create all the shef/chakras and add color by aligning the shef/chakras with the Star and earth shef/chakra merging into the heart. The final step is the creation of the unified shef/chakra.



You can use the following trigger for Gateway One, Gateway Two and Gateway Three. *“With sufficient desire and sufficient belief, I set this trigger to be the symbol and power of the Sekhmet Ankh, the symbol and power of the Sekhmet Sun, and the Sekhmet cosmic alignment of my shef/chakras with the Star and Earth shef/shef/chakras. So shall this be.”*



During initiation, the Sekhem Master will empower your ankh and your heart with the Sekhem Scepter. This is the transfer of all wisdom, knowledge, energies and powers of the Sekhmet Seven Gateways of Healing into the Initiate.

To receive this power and system, the Initiate will ensure that they have set all triggers. The Initiate will lie upon a prepared and blessed surface. The initiate will be presented with the Sekhem Scepter to be held in the right hand and the Sekhem Masters ankh in the left hand in a crossed fashion upon the Initiates heart. The Sekhem Master will place the Initiates ankh upon their forehead in the location of the third eye. The Sekhem Master will recite the Sekhmet Blessing to transfer the Sekhmet Seven Gateways.

Prepare an Altar for Initiation:

Table or altar facing the north covered with a red cloth.

Decorated with Sekhmet Scepter and other representations of the Goddess Sekhmet

In the center, place the empowerment circle (Ankh to be placed in the center of it)

Red Goddess Candle placed to the northwest

Green God Candle placed to the northeast.

Spirit bowl and white candle set upon it.

Placed to the north: Bowl containing crystals and gemstones to represent earth.

Placed to the east: Bowl containing votive candle (burning) to represent fire.

Placed to the south: Bowl containing incense (smoking) to represent air.

Placed to the west: Bowl containing purified water to represent water.

Other items: bowl of salt, and diffused sacred oil

Sekhmet Blessing:

Thou art Sekhmet, Life-Giver,
Thou art Sekhmet, Lady of Flame,
Thou art Sekhmet, Great Heka,
Thou art Sekhmet, Eternal Is Thy Name!

Behold, I feel thy earth beneath my feet and praise thee.
Behold, I see thy flames of thy temple and praise thee.
Behold, I breathe thy life giving air and praise thee
Behold, I drink of thy living waters and praise thee

Tekaharesa-Pusaremkakaremet,
Sefi-per-em-Hes-Hra-Hapu-Tchef-f,
I beseech thee Eternal Sekhmet
Give (insert name here) thy Source and Word of Power,
Give (insert name here) thy Eternal Sekhmet Seven Gateways of Healing
For (insert name here) is thy seal and heart.

Gateway IV

The fourth gateway centers upon Ab, the heart shefat, connected with matters of emotion, unconditional love and emotional expression. The neter for it is the goddess, Hathor, in her aspect of a goddess of love. The symbol is Per-Ahu (pair-a-hoo), which means 'the house of the heart'. The fourth gateway is about growth, change, expansion, and full empowerment to affect a healing. This is the conscious communion with the higher aspects of self.

Shef - The Energy System of the Body

Sekhmet works with the seven energy centers within the body, which in this system are referred to as the shef – the whole system – or shefats, the individual centers. These words derive from an Ancient Egyptian term that means power, energy, or vigor.

The energy centers are commonly known in most systems as the shef/chakras, the idea of which derives from Ancient India. The centers are visualized as spheres or lotuses of colored light, ranging through the spectrum from violet to red. These shef/chakra correspond with the Shefat, as the Shef system is much older in origin than the shef/chakra system.

There are seven gateways in Sekhem and at each gateway you will work with one of the seven shefats, beginning with Sen-t, the base shefat, which can be regarded as the seat of the animal self, survival fears, the fight or flee response. Qemhu, the crown shefat, is regarded as the 'highest', being connected with the higher self, spirituality and higher consciousness. Here is a brief overview of the shef.

The Base Shefat Sen-t (ground, basis, foundation) (sen-tay)

This shefat is fiery red in color and is situated at the base of the spine. Its element is earth and it is associated with the sense of smell. It also relates to the inner adrenal system that controls the 'fight or flight' response. Sen-t concerns survival fears, basic instincts, the animal self, personal stability, matters of security.

The Lower Stomach or Sacral Shefat Khept-ti (male and female genital organs) (kep-tee)

Khept-ti is situated above Sen-t, below the navel and relates to the sexual organs. Its color is a radiant orange, its element is water and it corresponds to the sense of taste. This center is concerned with sexuality, sexual energy, desire, feelings, creativity, pleasure, self-confidence, and general well-being.

The Solar Plexus Shefat Hati (will, disposition) (haa-tee)

Hati is located below the rib cage and relates to the digestive system and the pancreas. It is the shefat of the sun, and it is thought that the body absorbs solar light through it. Therefore, it can be seen as your personal sun, the seat of your personal power. In color it is a vibrant golden yellow, and its element is fire. It corresponds to the sense of sight and relates to will power, personal power, complex emotions, perseverance and determination. Here is born the ability to project the personality and affect your reality.

The Heart Shefat Ab (heart)

Ab is the center of the body; three above, three below. It is located in the chest and relates to the thymus gland, which regulates the lymphatic system. Its color is green, the color of healing, and it relates to the element of air and the sense of touch.

The Throat Shefat Ashash-t (throat, gullet) (aah-shash-tay)

Ashash-t is situated in the throat and relates to the thyroid gland and metabolism. Its color is blue and its element is ether. It relates to the sense of hearing and communication.

The Third Eye Shefat Aar-t (a goddess of the uraeus) (aah-tay)

Aar-t and Qemhu (the Crown) form the two highest centers of the energy body. Both can be said to be the seat of the 'third eye', but it is probably best to imagine them as a whole with regards to this function. Aar-t is situated in the middle of the forehead, above and between the eyes. It relates to the pituitary gland and extra-sensory perception. Its color is indigo.

The Crown Shefat Qemhu (crown of the head) (Kem-oo)

Qemhu is located in the center of the head, although the shefat is often visualized as existing just above the crown, outside the body. Its color is generally seen as violet, although it is also pure white light, the entire spectrum. It corresponds to the pineal gland. This center relates to the seat of your consciousness, the higher self. It is the shefat of empathy and true bliss through understanding. In Qemhu all the aspects of the lower shefats are united. It is their source of energy.



CROWN (QEMHU)

Diety: Horus 
 Essence: Ascension
 Process: Self-Realization; Connection to the Divine
 Mastery of Consciousness; overcoming duality
 Sacred Stone: Gold 
 Chakra Color: Violet 
 Aromatic: Sandalwood

THROAT (ASHASH-T)

Diety: Djehuti (Thoth) 
 Essence: Ascension
 Process: Self-Realization; Connection to the Divine
 Mastery of Consciousness; overcoming duality
 Sacred Stone: Turquoise 
 Chakra Color: Blue 
 Aromatic: Frankincense

HEART (AB)

Diety: Hathor 
 Essence: Emotional Balance
 Process: Give and receive unconditional love; releasing attachments
 Sacred Stone: Malachite 
 Chakra Color: Green 
 Aromatic: Acacia

SACRAL (Khept-ti)

Diety: Anubis 
 Essence: Creativity
 Process: Give and receive unconditional love; releasing attachments
 Sacred Stone: Copper 
 Chakra Color: Orange 
 Aromatic: Cinnamon



EARTH

Diety: Geb 
 Essence: Grounding
 Process: Connection to Earth and its energies
 Sacred Stone: Obsidian 
 Chakra Color: Black 

STAR

Diety: Nut 
 Essence: Soul Purpose; Contracts; Destiny
 Process: Cosmic Consciousness
 Remembering your connection to Source
 Sacred Stone: Clear Quartz 
 Chakra Color: White
 Aromatic: Temple

BROW (AAR-T)

Diety: Isis 
 Essence: Wisdom
 Process: Revelation; Perception of the Divine
 Intuition, Vision, Magic
 Sacred Stone: Lapis Lazuli 
 Chakra Color: Indigo 
 Aromatic: Blue Lotus

SOLAR (HATI)

Diety: Ra 
 Essence: Wisdom
 Process: Revelation; Perception of the Divine
 Intuition, Vision, Magic
 Sacred Stone: Citrine 
 Chakra Color: Yellow 
 Aromatic: Myrrh

ROOT (SEN-T)

Diety: Osiris 
 Essence: Stability
 Process: Cycles of Creation, Death, and Rebirth
 Sacred Stone: Red Jasper 
 Chakra Color: Red 
 Aromatic: Cedar wood

The Tiers of Sekhem Seven Gateways

Each gateway focuses upon a particular Egyptian god or goddess and one of the seven energy centers of the body. All of the names for the gateways are taken or adapted from Ancient Egyptian words of appropriate meaning. For example Ha-a means 'first part', while Sen-nu means 'second time.'

Ha-a: (ha-aah) the first gateway



Heka

There are two neteru (Egyptian Diety) associated with this gateway. The first is the Goddess neter Sekhmet, and the second is the neter of magic, Heka. The symbols introduced at this stage include Heka and Tcheru (cheh-roo), the infinity symbol. The Heka symbol equates to the Spiral, or power symbol that is learned at first gateway. This is the glyph of the neter's name, as well as being part of the name of this system. The infinity symbol



Tcheru

represents the endless cycles of Life in Creation, as a continuously flowing, "in and out" from Source itself. The shefat associated with this gateway is Sen-t, situated at the base of the spine.

Sen-nu: (seh-noo) the second gateway



The neter (Divine Diety) of this gateway is Isis. It involves the second shefat, Khep-ti, which is situated in the belly and associated with sexuality, desire, passion and creativity. The symbol for this gateway is Tchem-Aset (chem-az-ett), the 'wings of Isis', which is representative of both creativity and protection.

Khemt-tu: (kem-too) the third gateway



The neter connected with this gateway is Ra, the sun god. The third shefat, Hati, lies at the solar plexus, and is associated with will power and how we project our personality to the world. Khemt-tu also includes the five Heka principles. Each principle involves a meditation, during which you examine aspects of your conditioning, the things that make you the person you are. The symbol for Khemt-tu is Aaten, the ancient symbol of the solar disk.

Ftu-Nu: (fuh-too-noo) the fourth gateway



The fourth gateway centers upon Ab, the heart shefat, connected with matters of emotion, unconditional/universal love and emotional expression. The neter for it is the goddess, Hathor, in her aspect of a goddess of love. The symbol is Per-Ahu (pair-a-hoo), which means 'the house of the heart'.

Tu Nut: (Too-noot) the fifth gateway



Maat, the neter associated with this gateway, is the goddess of cosmic truth. The shefat of Tu-Nut is Ashash-t, the throat, which is connected with communication. The melding of Maat and Ashash-t promotes honest communication, with oneself and others. The symbol for Tu-Nut is Tchet-it (chet-it) meaning 'the spoken word'.

Sas Nu: the sixth gateway (Saz-noo)



The neter of Sas-Nu is Wadjet, the cobra goddess. Her symbol, the uraeus, is the serpent found on the crowns of Egyptian kings and queens. Wadjet as a serpent represents the third eye, the seat of intuition, clear sight and self-awareness. The shefat Aar-t (aah-tay), found within the 'third eye' is connected with these qualities. The symbol for Sas-Nu is Ma-her (ma-hur), which represents a flash of light emanating from the Eye of Horus. This is because Wadjet, known also as Uatchit, is closely associated with the Eye, itself representative of inner sight.

Sefekh Nu: (sef-ek-noo) the seventh gateway



Nuit (noo-it), the neter of sky and stars, is representative of the path of magical seeking, as well as the higher self and knowledge. Sefekh-Nu is the 'Master Gateway' of Sekhem Heka. Its shefat is Qemhu, the crown, which is connected with the idea of the higher, spiritual self. The master symbols of this gateway are Tcher-Sekhem (chair-sekem) and Aakhu (aah-koo), which are used for the passing on of Seven the Gateways of Power.

Solar (Ra)

Ra (Re) was the primary name of the sun god of Ancient Egypt. He was often considered to be the King of the Gods and thus the patron of the pharaoh and one of the central gods of the Egyptian pantheon. Ra was the almost universally-worshipped king of the gods and all-father of creation. As the sun god, he was said to command the chariot that rode across the sky during the day. As king, he was the patron of the pharaoh. Ra is the most central god of the Egyptian pantheon.

As the Solar deity, Ra represents power and strength.

Heart (Hathor)

Hathor is one of the most famous goddesses of Ancient Egypt. She was known as "the Great One of Many Names" and her titles and attributes are so numerous that she was important in every area of the life and death of the ancient Egyptians. Hathor was a solar Deity who was linked to music, dance, joy, fertility and birth. She was the personification of the Milky way which was viewed as the celestial waterway upon which both the Sun God Ra and the King sailed. This association also linked her to the flooding of the Nile and the breaking of the waters before birth.

Gateway V

Maat, the neter associated with this gateway, is the goddess of cosmic truth. The shefat of Tu-Nut is Ashash-t, the throat, which is connected with communication. The melding of Maat and Ashash-t promotes honest communication, with oneself and others. The symbol for Tu-Nut is Tchet-it (chet-it) meaning 'the spoken word'.

Gateway Five looks at the epicenter of the Seven Gateway process. This is the integration of the cosmic light with the heart, filling the ankh tube (hara line) and streamlining the cosmic light process.

From this point on we will reference the awakening of the serpent, Djed, or kundalini as the cosmic lightbody. Many cosmic lightbody awakening symptoms result from changes to the nervous system. It is easy to confuse symptoms from a neurological or biological condition as being due to the cosmic lightbody awakening. In either case, symptoms are a sign of healing and of your body trying to maintain homeostasis or to increase your energy.

The Lion's Gate

For thousands of years, a huge influx of energy comes through around August eighth of each year. This portal has been called the infinity portal or the Lion's Gate, an energetic activation of the numbers 8/8, August: eighth month, in the sign of Leo the lion, on the eighth day of the year.

According to the ancient Egyptians, there exists a link between Sirius and the Earth. They believed that more cosmic light was being reflected from Sirius upon the Earth. This link was found to be most powerful during the "Dog Days" of August as they have been nicknamed because Sirius is known as the Dog Star. The Sirius Constellation was prominently visible during the time of Leo which is from July 23rd to August 23rd.

The Blue or Dog Star, Sirius starts rising with Orion's belt to align with the Pyramids of Giza and the Sphinx to activate the Lion's Gate, which was believed to give us access to the knowledge of the Golden Age of Consciousness. The Golden Age of Consciousness was directly related to the Records of Remembrance.

The ancient Egyptians believed the 'Records of Remembrance' were hidden deep within the earth physically, under, above and around sacred sites. The Mother Matrix of these encodings lives within the Great Pyramid of Egypt with the Sphinx as the Stellar Sentinel. When the ancient skies were aligned in a specific stellar configuration an energetic doorway was opened to the sacred sites. This allowed them entrance through these sacred geometric encodings. They also believed the only way they could move forward is through the heart.

Cosmic Lightbody Symptoms

Cosmic lightbody symptoms happen all along the awakening process, before pre-awakening, at spiritual awakening and afterward leading to full-blown cosmic lightbody transformation. Symptoms are produced as signs of physical changes manifesting in the body after each event of quiet mind happens, no matter how long that interval was. Because self-realization is gradual and biological, our ability to

sustain quiet mind grows over time. The longer you can sustain quiet mind, the stronger the cosmic lightbody transformation symptoms become. Cosmic lightbody awakening symptoms noticeably, get closer together over time if you are progressing in your spiritual transformation. After the full-blown cosmic lightbody transformation, symptoms are continuous 24/7, get stronger each day in different ways and do not stop until the transformation is complete.

The kinds of symptoms faced when near pre-awakening of the cosmic lightbody are due to changes occurring in the mind. Visions, vivid dreams, insights, synchronistic events, seeing the world differently and many changes in perspectives and beliefs occur. There is often a questioning of ideas and beliefs about your truths and religion that you have held your entire lifetime. Energy is working in your mind to clear aspects about how you see yourself and how you see the world. In short, your eyes are opening as your mind quiets down and when you look outside you discover that everything is conscious. Sporadic nervous system reactions also occur.

As you progress, you will feel a sudden rise of energy in your crown. You experience a change in perception and see in vivid colors. You have the sensation of time standing still and see the interconnectedness between objects in the world. It is like seeing the world moving in a connected way, instead of seeing still objects independently. You experience healing symptoms and feel rushes of energy, flashes of light and many other cosmic lightbody symptoms. You have visions, vivid dreams and know about things you never had before. It seems information is downloaded to you. There are many descriptions of the crown opening and they differ widely. In a crown opening, you receive information about your purpose and lesson for this lifetime. As your soul energy opens, you may remember some past lives. Common to them all is they have seen beyond the illusion the personality creates, and have met their higher-self. Much energy has released from the personality and a profound rewiring of the central nervous system is underway. This is cause for the expanded perception and sensory abilities.

Common symptoms include: tingling, muscle twitches, kriyas, stinging prickles, freezing, hot flashes, sweating, hot bones, body vibration, pain in muscles, muscle cramps, flashes of light in the mind, rushes of energy moving on the spine, internal rain, drops of liquid, external rain, pulse in root and crown shef/chakras, increased sexual energy, spontaneous orgasms, insights, frequent changes in sensory perception, amplified senses, altered states of consciousness, loss of all sensation, going out of body, organ cleansing, electric shocks, buzzing in body, itching, insect crawling sensation, shaking, shivers, hearing tones, change in sleep and eating patterns, hyperactivity, headaches, pressure in skull, visions,

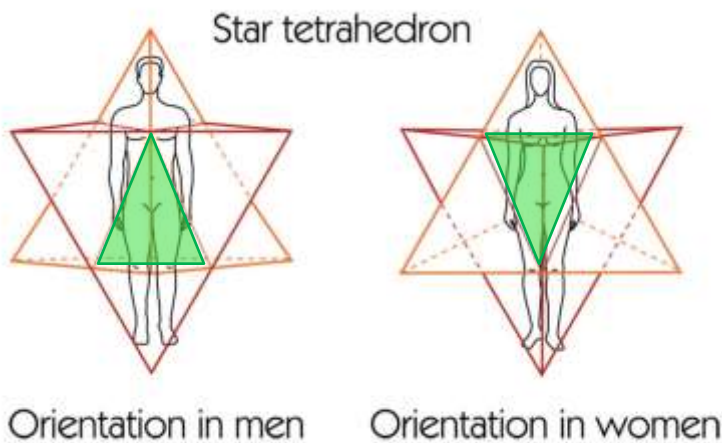
visits from your guides, snapping, clicking and popping of bones and ligaments, numbness, spontaneous crying or laughing, mystical experiences and more.

The Heart

Through the emerald Tablets, Thoth taught that the Merkaba Code is a channeled system which allows you to access your own personal code to activate the Merkaba, or cosmic light body, hereby freeing you to reach your fullest potential.

In Ancient Egypt, Mer meant a rotating light. Ka meant spirit, and Ba meant the human body. So the entire word refers to a counter-rotating light that would take the spirit and the body from one world into another. It's far more than just that, in fact there isn't anything that it isn't. It is the image through which all things were created, and that image is around your body in a geometrical set of patterns.

The key to understanding how to use the MerKaBa begins with a basic understanding of sacred geometry. This understanding will enable you to locate an electromagnetic field shaped in the form of a Star Tetrahedron around your body. The Star Tetrahedron is made up of two interlocking tetrahedrons in a manner that resembles the Star of David but three-dimensionally.



The two interlocking tetrahedrons represent male and female energy in perfect balance. The tetrahedron facing up is male, and the one facing down is female.

There is also a hara line or life force (Ankh tube) breathing tube that runs through the body. It connects the apexes of this Star Tetrahedral field. Learning how to breathe

through this tube, combined with rotating the fields, produces the merkaba, a vehicle of ascension.

These are three identical fields superimposed over each other, the only difference among them being that the physical body alone is locked, it does not rotate. The merkaba is created by counter-rotating fields of energy. The mental Star Tetrahedral field is electrical in nature, male, and rotates to the left. The emotional Star Tetrahedral field is magnetic in nature, female, and rotates to the right. It is the linking together of the mind, heart, and physical body in a specific geometrical ratio and at a critical speed that produces the merkaba.

By itself, the Mer-Ka-Ba is incomplete. It is the heart that contains the original instructions of Life, and when the heart is again in control of a person's life, Life responds with joy and power. When the Mer-Ka-Ba is directly connected to the Sacred Space of the Heart, that person's life becomes interconnected to all life everywhere and moves into higher consciousness naturally. The new Merkaba is simply called the 'Merkaba from the Heart' or 'Heart-Merkaba'.

As you become more adept in the practice of entering the sacred spaces of the heart, your life will change profoundly as your inner eye opens to the unlimited potential of the human being. The ascension process is further accelerated through the remembrance and activation of the MerKaBa from the Heart.

The heart is symbolized by a smoke-green lotus with twelve petals, known as the mind of the heart. It is located in the chest, while its central activation point is the heart. In the center of the lotus are two intersecting triangles, forming a double tetrahedron, which symbolize the union of the divine masculine and feminine. The triangle facing upward symbolizes Nut, the male principle; while the triangle facing downward symbolizes Geb, the female principle.

The activation of the heart shef/chakra can either be a solo point of activation spreading out in a spiral formation or a full activation which is the expression of the cosmic lightbody. This is different than heart shef/chakra orgasms, which is a burst of serpent, Djed, or kundalini into the cardiac matrix causing an intense moment of joy and bliss.

Activation of the Cosmic Lightbody

The steps of this process must be:

Seek your consciousness light behind your third eye and move it into the heart using the activation four breath method.

Clear all blocks and release using the cosmic light

Fill all Shef (shef/chakras) with the light

Activate your Merkaba

1. The moment you feel the energy about to rise up your spine, take a very deep breath, filling your lungs about 9/10th full, then hold your breath.
2. Allow the energy to come up your spine. But at the moment it reaches the heart shef or fifth shef/chakra (located just a couple of finger-widths above the sternum), with your willpower you must turn the flow of energy 90 degrees out the back of the body. It will then automatically continue inside the *ankh* spine. It will slowly turn until it passes exactly through the eighth (or thirteenth) shef/chakra, one hand-length above the head at 90 degrees to the vertical. It will then continue to curve around until it returns to the fifth shef/chakra, where it began, only this time in the front of the body.

Even if you don't understand what was just said, it will happen automatically if you get it started out the back of the body at the fifth shef/chakra, and it will automatically come back around to the front of the body and reconnect at the fifth shef/chakra. You just have to make it turn 90 degrees so that it begins.

3. It will often slow down as it approaches its point of origin, the fifth shef/chakra. If you can see the energy, it comes to a sharp point. When it approaches the fifth shef/chakra from the front of the body, there is sometimes a tremendous jolt as it reconnects with this shef/chakra again. All this takes place while you are holding your first breath.
4. The instant the energy reconnects with its source, the fifth shef/chakra, take in the full breath. You had filled your lungs only 9/10th full, so now you fill your lungs as completely as you can.
5. Now exhale very, very slowly. The energy will continue on around the *ankh* channel as long as you are exhaling. When you reach the bottom of this breath, you will continue to breathe very deeply, but a change happens here.
6. It is here that, if you know the Lightbody work of the Mer-Ka-Ba, you would begin to breathe from the two poles using Mer-Ka-Ba breathing. But if you are like most people and don't know this work, then continue to breathe deeply until you feel the relaxation begin to spread throughout your body. Then relax your breath to your normal rate. Feel every cell becoming rejuvenated by this life-force energy. Let this energy reach down into the deepest physical levels

of your body structure even past the cellular level. Feel how this beautiful energy surrounds your very being and brings health to your body, mind and heart.

7. Once the relaxation begins, slow your breath down to a normal shallow breathing.
8. If possible, allow yourself to completely relax.

Gateway VI

The neter of Sas-Nu is Wadjet, the cobra goddess. Her symbol, the uraeus, is the serpent found on the crowns of Egyptian kings and queens. Wadjet as a serpent represents the third eye, the seat of intuition, clear sight and self-awareness. The shefat Aar-t (aah-tay), found within the 'third eye' is connected with these qualities. The symbol for Sas-Nu is Ma-her (ma-hur), which represents a flash of light emanating from the Eye of Horus. This is because Wadjet is closely associated with the Eye and is representative of inner sight.

SEKHEM SYMBOLS FOR INITIATION AND HEALING

One of the most important Sekhem Symbol is the Ankh, which we have already discussed to mean the Breath of Life. The Sekhem scepter is used to align, imbue, and transfer the power of the Sekhmet Seven Gateways of Healing to both the initiate and the Ankh. In the SEKHEM HEALING INITIATION The SEKHEM SYMBOL of the Ankh is placed on the heart and then molded in 3D over the entire body. The following is an overview of the power and symbol being transferred.

The SEKHEM SYMBOL of the SUN is felt above the head.

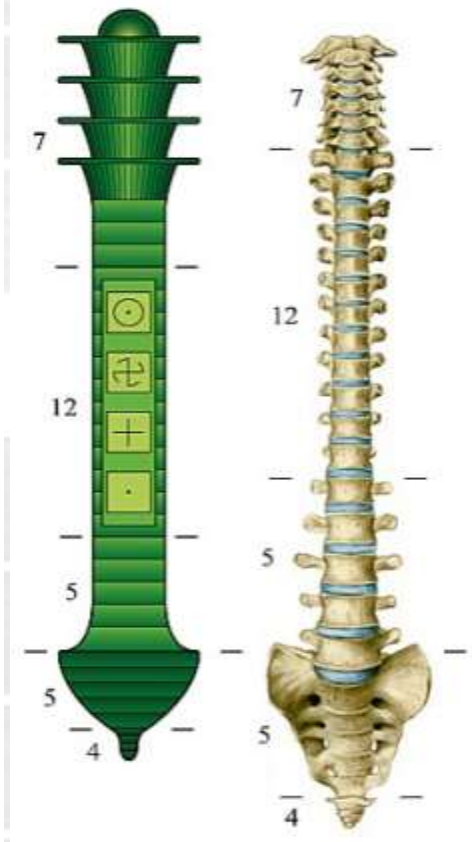


In Ancient Egypt, the sun symbol attested to the great power of the Divine and was given to the subordinate Deities who were aspects of the Divine. The true essence of the Sun symbolism is its representation of Divine intellect, the manifestation of universal (cosmic, omnipresent) consciousness which transcends space-time and energy. It represents the flow of Cosmic Light.



The Djed Symbol represents the Hara line (central column of light). The Column of Light connects the Heavens with the Earth. The djed is a pillar-like symbol in hieroglyphics representing stability and is associated with Osiris, the Egyptian god of the afterlife, the

underworld, and the dead. It is commonly understood to represent the spine. Ironically enough, the idea of completing the circle with ritual and of finding balance in awareness was known in ancient Egypt as raising the Djed.



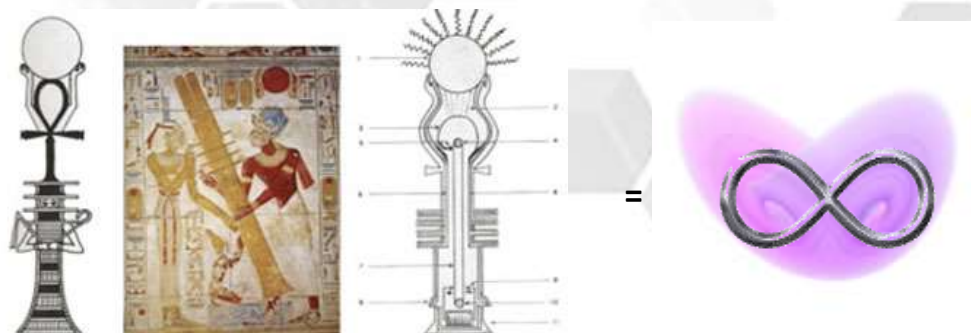
Djed and human backbone

33		vertebras:
4	vertebras	coccyx
5	vertebras	sacrum
5	vertebras	lumbar
12	vertebras	thoracic
7	vertebras cervical	

The Egyptian name for Sekhmet is Nesert, which means “the flame” and she is known as the “Bringer of Fire” and the ‘Opener of the Third Eye” through the raising of the primordial power from the base of the spine. The purpose of the ritual was to preserve order and repel chaos. In order to do this there first had to be an effort to raise this “awareness” or the primordial power of the “Djed.” That primordial power was called the serpent, shakti or kundalini, or Djedi. When released it creates a vertical connection between the shef/chakras by opening the subtle channels known as nadi,

more specifically, the central channel that moves up the spine, called Hara. Those that did this were known as “Djedi.”

Archetypal symbols such as the circle, the spiral, trees, and a pillar or pole were magically and ritually employed to preserve essential order. These symbols all have a connection to the sun and worship of the Sun.



Historically, the Djed was raised at crucial transitional times between cycles, evoking light

and stability to dispel darkness and disorder. Such periods were the Winter solstices, the failing years of a reigning monarch or the coronation of a new one. August the 12th and 13th was the time that the Osiris Mysteries were shared and performed, this coincides with the closing of the Lion's Gate. (As Sirius rises in unison with the dawn and the sun passes through the house of Leo the Lion forming a conjunction with the galactic center a star-gate opens activating the Earth Grid. The current astrological house depends on which constellation of the zodiac is obscured by the sun. The sun must act as a relayer transmuting and transmitting the energies from those stars carried on the stellar winds and on into the Earth's own energy matrices.) A tower or an obelisk that is symbolic of the connection and balance of all things in heaven and in earth now represents the Djed. The raising of the Djed Pillar, conceptualized as the Spine of Osiris, traditionally raised at the completion of the annual Rites of Osiris in ancient Egypt, in order to re-establish the right connection between the earth and the sky. The human spine was equated with the world axis mundi. This Infinity column is what brings Heaven to Earth and Holds the Solar System, Galaxy and Universe Together. It is the Universal Infinity which holds our Spiraling Galaxy Together.

The home of this Infinity Sekhem Symbol That connects us all is The **Heart**



The Initiation then connects us to the Universe and to Source.

One Heart, One Universe, One Sekhmet Healing Energy



To signify this part of the process, we set a trigger to perform the functions. In setting a trigger we will not need to go through the process each time.

The energy is drawn from the soul shef/chakra that is above the head, through the crown shef/chakra and down through the body and feet to the earth shef/chakra that is approximately 12 inches below the feet, and then back up and out through the hands. This is different to Sekhmet and other systems that

draw the power directly from the crown to the hands. The Sekhem energy is activated by the practitioners thought and intention.

Sekhmet, the Egyptian Goddess of Transformation and Healing is associated with the "fire in the belly" that ignites the serpent, Djed, or kundalini energies. This is the seed of life energy which resides within the spine or base shef/chakra of the human body. It lies dormant until activated through a spiritual awakening. This energy is symbolized as a coiled serpent or ring of fire.

Sekhmet is the intelligent energy that guides us with speed, precision and strength to the root cause of any problem or issue we are working with because it works at the template levels of our auric bodies. It connects with and clears the physical, emotional, mental and subtle spiritual bodies with an incredible completeness addressing the deep aspects of cause.

Sekhmet is a healing energy system with all-encompassing power and completeness that other systems do not have. Sekhem has a very high vibrational frequency and the energy can be directed and its intensity controlled and altered at will.

At the same time, Sekhmet combines and works beautifully with other energies for it is thought to be the origin of many hands-on and spiritual healing systems. As we work with Sekhmet, it assists us in purifying and clearing the channel, i.e. ourselves, very quickly. There is only one Source, but how we tap into Universal Law, the level of our own personal integrity, spiritual enlightenment and development all have a direct bearing on the power and clarity of the energy we channel.

Sekhmet helps release thoughts and core beliefs held in our subtle bodies that create symptoms of blockage and disease in our physical form, while at the same time it rebalances our energy systems and fills us with light and wisdom.

One of the most powerful ways in which Sekhmet aids us in our personal growth is by connecting us to the universal energies of ridding ourselves of bad or old habits/behaviors and the generation of new beliefs. It is the powerful synthesis of these two essential aspects of creation and evolution that "makes the world, and us, go round". Life is cyclical and an essential part of growth is the death or destruction of

the old, of that which no longer serves, so that space is made for the new to be built on a better, more solid foundation.

Sekhmet is a healing matrix of multidimensional energies that work to completely heal, balance, restore, and harmonize a person's physical, emotional, mental and spiritual bodies. This expands the individual's capacity to carry more light and love and anchors and grounds the essential life force within his or her energy system.

The high-frequency, vibratory light and sound energies help to activate a person's innate healing resources to support healing of acute and chronic disease as well as anxiety, fatigue, depression, stress and other symptoms that are produced by unbalanced thoughts, feelings and emotions.

Sekhmet encompasses the understanding that conditions and symptoms found in one level of a person's energy field usually have corresponding components in one or more of the other levels. For example, a physical symptom may have matching emotional, mental and spiritual components. As the subtle aspects of cause are addressed at these multiple levels, deeply held energetic blocks and constrictions are released, bringing the opportunity for improved health, more joy and love of living, higher levels of energy and vitality, greater creativity, increased mental clarity and focus, and improved relationships.

As the healing process advances over time, it is also common for the recipient of Sekhmet to have the experience of a new beginning and rebirth of life together with a greater sense of meaning and purpose and an expanded awareness of self in relation to the universal whole. Other reported benefits of Sekhmet include deep relaxation, stress reduction, clearing of addictive patterns, emotional stability and greater self-esteem. Sekhmet can also assist a person in finding his or her soul purpose, and in enhancing communication with his or her spirit guides, angels, the ascended masters and the Source. The positive effects of Sekhmet are cumulative and will carry forward from session to session, building momentum as an individual moves through the healing process.

Sekhmet Seven Gateways of Healing is an energy system that encompasses the full spectrum of electromagnetic frequencies available from the Source. Each of its three components plays a specific role that when combined with the others creates a unique synergy. Sekhmet anchors and grounds the healing vortex of the universal life force in the physical and subtle bodies and into the Earth. Sekhmet

also assists in the early stages of opening the doorway or portal to accessing the many levels of one's higher nature. Where Sekhmet leaves off in this latter function, the multidimensional cosmic light energy takes over. Sekhmet dissolves barriers to the higher self, activates and strengthens the light body and opens and enhances one's connection to his or her angelic guides, the ascended masters and the Source.

As the energies of Star and Earth come together to spiral, dance and become One within the heart, Sekmet balances and merges the physical and subtle bodies, unifying all polarities including masculine and feminine. The lotus blossom of the unified heart shef/chakra bursts open and unfolds, bringing forth the eternal golden blue-white flame of the Cosmic Light.

At the expansive level of the Source, all that exists is fully united in the One, including each of the gateways of Sekhmet. This is the true nature of the Sekhmet energy – total oneness, harmony, peace and unification. It is this enlightened state of consciousness, health and well-being in which we are seeking to live.

The majority of people are not clear or aware enough to handle high levels of energy without causing major distress in the circuitry of the human energy system. For this reason, the electromagnetic frequencies of Sekhmet adjust by stepping down the "frequency" to meet their level of energy, which for the time being includes duality consciousness. Thus, the vibrational frequencies meet us at the foundational level of our physical or Earth existence, then flow into Sekhmet, which helps us open to and connect with our higher self and the infinite multidimensional frequencies available from the Source.

As the physical and subtle bodies of the human auric field begin to merge, a force field is created around the person that gradually allows the acceptance of greater and greater amounts of cosmic light frequencies without overwhelming the person's energy structure. In this way, the Sekhmet healing matrix assists the entire energy structure in becoming centered and attuned to the unified heart Shef/shef/chakra.

Gateway VII

Nuit (noo-it), the netter of sky and stars, is representative of the path of magical seeking, as well as the higher self and knowledge. Sefekh-Nu is the 'Master Gateway' of Sekhmet Heka. Its shefat is Qemhu, the crown, which is connected with the higher, spiritual self. The master symbols of this gateway are Tcher-Sekhem (chair-sek-em) and Aakhu (aah-koo), which are used for the passing on of initiation to this gateway.

In Gateway VII we learn to use the Sekhmet Seven Gateways to Healing by using cosmic light and golden energy through one of three techniques. This is more than just channeling energies such as in the practice of Reiki or Quantum Touch to affect a healing. These modalities look to heal issues within the specific auric bodies affected by channeling a specific amount of lower frequency energies into the body. Sekhmet on the other hand, affects healings by healing, repairing, renewing, and regenerating the body's templates to their natural state of health and well-being by immersing the bodies in the high frequency cosmic light and adding channeled gold high frequency energy into the cosmic light. This creates an overall, very effective healing system.



What does it mean to immerse a body in cosmic light? Technically, it means that as the Sekhem Practitioner you will use your activated cosmic light to create a cocoon of cosmic light for the individual seeking healing to lie, stand, or sit within. The preferred method would be for the individual to lie down as the powerful effects of Sekhmet can make an individual dizzy or disoriented for a short period of time. Sitting would be a good alternative if an area to lie down is not available. The least preferred method is standing.

Practitioner Preparation

The Practitioner must have the intent that the Sekhmet Seven Gateways of Healing is multidimensional healing that is Egyptian connected and is directly from the Divine Source. Just as in the ancient days, a practitioner would take time to prepare for the “ritualistic” healing, and likewise today we must also take the time to prepare. These teachings have been guarded and held pure through an ancient oral lineage to assist humankind into and through this next phase of human evolution. These teachings and initiations serve as keys to unlock the codes that lie within us. Once these codes are activated, all levels of our Higher Self are revealed and are called upon to participate in the physical, emotional, mental, and spiritual integration that supports our Ascension process. The specific energy preparation practices include the Sacred Sciences of Breath, Sound, Geometry, Crystals/Gemstones/Jewelry, Posture, Movement, Dance, Incense, Egyptian Alchemy, Ritual Baths, Symbols, and Ritual Robes create a rich tapestry for this Cosmic Cosmology. Any or all of these should become part of your preparation however, the following are standard preparations.

1. The Ritual Bath is important in preparing your physical body, auric bodies, cosmic body, and energy for the healing (s) that you will conduct. The ritual bath not only cleanses your energy of unwanted debris, but provides a layer of protection against picking up unwanted debris, illnesses, or harm. The ritual bath signifies purity of spirit and your right to the divine secrets of healing. The ritual bath usually consists of soaking for 15-20 minutes in a solution of Epsom salt mixed with essential oils of sage, myrrh, frankincense, juniper, and rose.
2. Ceremonial robing was another important function of healing. Whether you choose to dress in western attire or use Egyptian ceremonial robes, the ritual should be the same. The attire should be clean and free from human perspiration. The attire should be blessed before donning. Typical blessing:

Remove all negative energy, that with peace and protection this clothing be blessed

Bring forth the light of the Source

Cleanse my thoughts to be pure and honest

Cleanse my voice to speak truth and kindness

Cleanse my heart to be open, giving and full of light

Protect me from all evil, negative, and dark forces

Protect and heal me of all illnesses, disease, and harm

Bless my journey that it be filled with love, light, and peace

3. Ceremonial Crystals/Gemstones/Jewelry is another important preparation function. If you choose not to don any other crystals or Gemstones...the ankh is key to this ceremony. Whichever you choose, it should be cleansed in sea salt and empowered. If you are choosing

your Sekhmet Seven Gateway Healing Ankh, know that it is permanently and eternally empowered with the Sekhmet healing so cleansing will not be a problem. After it has been cleansed, empower with the following blessing before donning:

Remove all negative energy, that with peace and protection this crystal/Gemstone/ or Ankh be blessed

Bring forth the light of the Source

Cleanse my heart to be open, giving and full of light

Remove all negatives, blocks, defects, diseases and afflictions from my body and soul and balance my energies from the inside to the outside

Protect me from all evil, negative, and dark forces

Protect and heal me of all illnesses, disease, and harm

Guide my heart and hands in the service of Sekhmet

4. All of the Deities were such an accepted part of daily life that invoking their help would have been the first rather than the last option considered. So likewise, we give gratitude to the Deities for providing us with all blessings, knowledge, and wisdom to heal.

Technique

We will begin this technique using the laying down method since it is the preferred method. The use of a massage/healing table is most beneficial, but a bed, couch, or other flat surface will also work. Always remember to cleanse and bless the surface to be used including any blankets, sheets, or pillows. It is MOST IMPORTANT....all your preparations and Seven Gateways must be put in place before you have the individual lay down.

Once your surface and any associated items have been cleansed and blessed, you will begin by pulling the cosmic light into your Hara line or Ankh tube to fill your Shef/shef/chakra. This can be done by using the trigger you set with the hand movement above your head and moving to your chest in front of your heart. Of course, if you didn't set this trigger, then you must go through the whole process. Once you are filled with cosmic light, use the spiral and flow trigger to create the flow of both cosmic and gold energies. There again, if you didn't set these triggers, you would need to go through the whole process. Now that the flow has begun, you will place your right/receiving hand upon the surface of your prepared area and with four circular movements to the left begin creating the cosmic light cocoon. After the completion of the fourth circle, use both hands to move the cosmic energy laterally over your prepared surface.

The cocoon is now prepared to accept the individual. Before you have the individual lay down inside the cocoon, it is best to have them pull their auric bodies in closer to their physical body. This is sort of like compacting the auric bodies to fit within the cocoon. Otherwise the cocoon will expand exponentially. It is best to keep others out of the cocoon so this is a best practice. Ask the individual to lie upon the prepared surface. Give the cocoon a minute or so to form around the individuals auric bodies. It is not uncommon for individuals to experience seeing white sparkling flecks or waves of bright white light flowing over them. For the most part, the cocoon should be a very comfortable and pleasing feeling.

Once the individual is surrounded by the cocoon it is time to begin the flow of gold energy into the cocoon. You will take your cleansed and blessed Sekhmet Ankh and place it upon the individual's heart. Clap your hands together to begin the flow of gold energy. Cup your right hand over the top of your left hand and place your cupped hands over the ankh. You should not be touching the individual. Flow the gold energy into the ankh which is flowing the gold energy throughout the cocoon to begin with. This will begin the healing, renewal, repair, and rejuvenation process of the templates. Remove your hands and allow the individual to lie within the cocoon for about 10 minutes. Next, clap your hands again to start a fresh flow of gold energy and once again apply the energy to the ankh. This will supplement the gold energy already inside the cocoon and begin the renewal and rejuvenation of each auric body. Remove your hands when the flow of gold energy begins to subside. This is your indication that the cocoon is full and active with gold energy. Allow the individual to lie within the cocoon for 10-20 minutes.

If you have the ability to "see" the whole process, you will see the areas of healing, renewing, repairing, and rejuvenation by changes in temperature or changes in color. You will also begin to see the wave action of the gold energy start to slow down until it stops moving. This is your indication it has fulfilled its purpose.

If "seeing" is not your forte, then use your right/receiving hand to feel along the cocoon. You will be able to feel changes in the temperature in specific areas of the cocoon. Warmer areas will indicate where the gold energy is currently healing, renewing, repairing, or rejuvenating. You might also feel the change in color from an intense warmer color such as red to a much softer cooler color such as blue. What you perceive is entirely dependent upon your abilities.

Some individuals are able to assist by stating that they feel tingling, heat, or waves of energy surging in certain areas of their body. This is good validation for the individual that energy is working to heal them.

When you perceive the gold energy has fulfilled its purpose and has ceased the wave motions, it is time to deconstruct the process. You will begin by performing the crossed hands.



***This will be your trigger to deconstruct the process.** The right hand would be placed over the left hand. Crossed hands symbolize gratitude to the omniscient Deities for their participation in this healing, renewal, repair, and rejuvenation. The crossed hands symbolize your intent to remove all evil negative and dark forces and to remove all illnesses, disease, and harm; and return your energy to a balanced state both inside and outside. It is also the signal for the gold energy to convert/transform to life force energy. It is also the final signal to stop the cosmic light flow of the cocoon.*

Next you will remove the ankh from the individual's heart. This is the signal to the individual's heart that the process is complete. Finally, you will forcefully sweep the cocoon from side to side across the individual's body. Always help the individual to sit up slowly. Sekhmet usually causes some dizziness or disorientation for a few seconds. There again, another validation that the Sekhmet has worked.

This process is the same whether you choose to perform it with an individual sitting or standing. The difference would be that you must create the cocoon from a spot on the floor and bring it up over the chair and individual or the height of the individual. There again, the area must properly be cleansed and blessed before beginning. The other difference is that the ankh must be held over the heart by the individual in a crossed hand manner by placing their left hand over their right hand. This is the opposite positioning from the deconstruct process trigger.

Understanding the Science of Sekhem

This section discusses the science behind the Sekhmet Healing and the ability for our bodies to channel vast amounts of energy for the purposes of that healing. The Reason for Serpent, Djed, and Kundalini

transformation is about reorganizing the brain and nervous system into a body of light. The structure of personality is removed in favor of this new structure.

We must begin by understanding how our heart works. The heart is the most powerful generator of electromagnetic energy in the human body, producing the largest rhythmic electromagnetic field of any of the body's organs. The heart's electrical field is about 60 times greater in amplitude than the electrical activity generated by the brain. This field, measured in the form of an electrocardiogram (ECG), can be detected anywhere on the surface of the body. Furthermore, the magnetic field produced by the heart is more than 5,000 times greater in strength than the field generated by the brain, and can be detected a number of feet away from the body in all directions. This can be proven using SQUID-based magnetometers.

There are interactions that take place between one person's heart and another person's brain when two people touch or are in proximity. This interaction produces electromagnetic signals generated by the heart that has the capacity to affect others around us. In other words, one person's heart signal can affect the other person's brainwaves, and that heart-brain synchronization can occur between two people when they interact. This means individuals can increase psychophysiological coherence and become more sensitive to the subtle electromagnetic signals communicated by those around them. This



electromagnetic communication is the source of information exchange between people, and this exchange is influenced by our emotions.

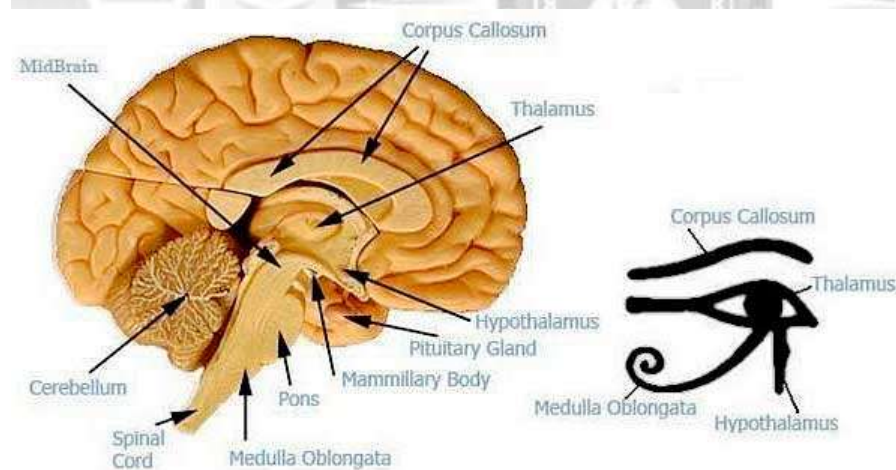
Although we may not have the capacity as a developing embryo to understand much of anything (at least that we can remember) every single cell in our body is being enveloped by an electric (informational) field which is emanating from the Mother's heart. This field oscillates with emotions, in other words, it can change frequencies and these changes can influence those coming into contact with it. Furthermore, others that come into close proximity with the Mother's field will generate an interaction where information can be

transferred energetically. Without even realizing we are an integral part of our Mothers conscious experiences... both good and bad. The same principle applies to adults.

When you consider we are water-based right down to the molecular level one has to ponder how much of an influence thoughts and feelings of the Mother and those that interact with the Mothers heart field have on cellular development. Something else to consider as well is the phenomenon of water memory. If words or emotions projected in anger distorts water at a molecular level, we have to wonder what kind of distortion is being manifest to water-based (sub)atomic structures.

How does the brain play into this matrix of energy? It is well established that the brain uses more energy than any other human organ, accounting for up to 20 percent of the body's total haul. Until now, most scientists believed that it used the bulk of that energy to fuel electrical impulses that neurons employ to communicate with one another. Turns out, though, that is only part of the story.

The brain is an organ that serves as the center of the nervous system in all vertebrate and most invertebrate animals. The brain is located in the head, usually close to the sensory organs for senses



such as vision. The brain is the most complex organ in a vertebrate's body. In a human, the cerebral cortex contains approximately 15–33 billion neurons, each connected by synapses to several thousand other neurons. These neurons

communicate with one another by means of long protoplasmic fibers called axons, which carry trains of signal pulses called action potentials to distant parts of the brain or body targeting specific recipient cells.

Physiologically, the function of the brain is to exert centralized control over the other organs of the body. The brain acts on the rest of the body both by generating patterns of muscle activity and by driving the secretion of chemicals called hormones. This centralized control allows rapid and

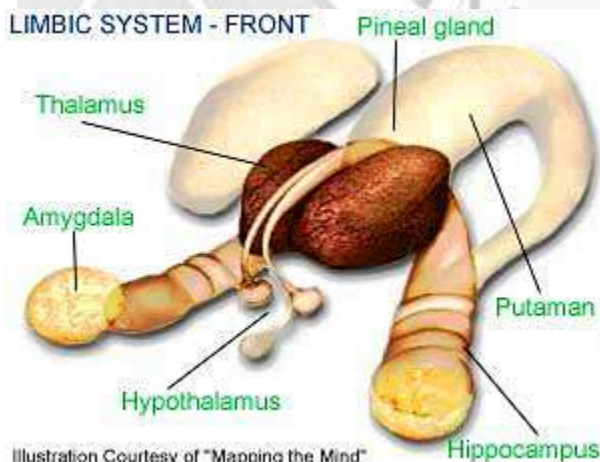
coordinated responses to changes in the environment. Some basic types of responsiveness such as reflexes can be mediated by the spinal cord or peripheral ganglia, but sophisticated purposeful control of behavior based on complex sensory input requires the information integrating capabilities of a centralized brain.

Evidence shows, that there is a huge latent potential in the part of the brain we call the frontal cortex. The frontal part of the brain (the frontal lobes) can function at a much higher level during higher states of consciousness. There is latent potential of the frontal lobes to actualize by evolution, to become the fourth level of consciousness, or the awakened state. In order for this to happen, more energy must be fed to the frontal cortex. That energy must come from the cosmic light.

When the frontal lobes have sufficiently matured through evolution and have received enough energy, more of the nerve fibers connecting the right and the left cerebral hemisphere open up and a total integration of the two brain halves begins. This will be the integration between logic and intuition and between the masculine and the feminine.

This causes a new level of brain organization that will evolve on top of the old one providing the necessary hardware for a higher consciousness. When this happens, a new species of 'front brain-right hemisphere' people will emerge. The activation and integration of the right hemisphere in these people will transform their consciousness to include more intuition, creativity, love, empathy and compassion.

The Limbic Brain bridges all other aspects of our brains together. Limbic resonance, aka empathic



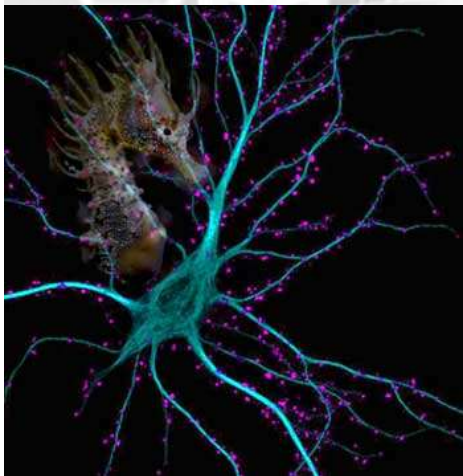
resonance, is the understanding on how humans and mammals in general express the capacity for sharing deep emotional states which arise within the limbic system through non-verbal interconnectedness or a kind of psychic quantum entanglement. These states include the feelings of empathic harmony (dopamine circuit), and the emotional states of fear, anxiety and anger (norepinephrine circuit).

The Limbic Brain is the emotional brain and allows for the control of negativity in the mental and emotional levels. Our emotions and behaviors can override the basic instincts of ourselves. The Gods Horus and Ra, as well as, the Goddess Inanna/Isis are all part of the Limbic system. Our Limbic is represented as a falcon head or a condor head.



The Limbic system and in particular the hippocampus "Seahorse" and the amygdala that is associated with the planet mars is a good reason to get emotional. The prefrontal cortex inputs into the amygdala. The link between the prefrontal cortex, septal area, hypothalamus, and the amygdala likely gives us our gut feelings, those subjective feelings, about what is good and what is bad. The Hippocampus and the Amygdala are associated with long term memory.

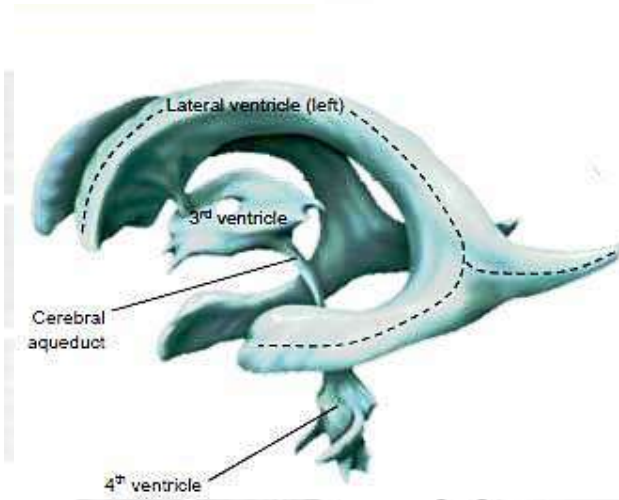
Emotions are really tied into a sense of smell and closely associated with the Limbic system. Breathing ties us into emotions and sense of smell is the first defense in the wild. In other words, you are able to smell something before you can see or hear it.



The pituitary connects to the front tear ducts and the pineal connects to the back part of the eyes. The upper eyebrow is the corpus callosum "Nerve fibers" and is what connects the left and right hemispheres of the brain. The Corpus Callosum is the wings on top of the medical staff which shows the Shef/chakra system over-laying the Endocrine system. This is referred to as the Eye of Horus "the Falcon headed God".

Most of the Deities are referring to this part of the brain. The Eye fits right over the ventricles. The first Ventricle has a line that goes back as does the eye of Horus. The Eyebrow is the upper part of the ventricle. The eye of Horus represents the bird brain and its different aspects as it spirals back to the Cerebellum. The Cerebellum and the Spinal Cord are both parts of the Reptilian brain.

The Eye pupil ties in the lower brain to the upper brain together with the middle brain, the limbic brain.



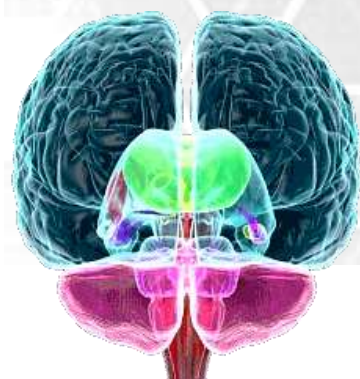
The ventricles are filled with cerebral spinal fluid which is like water and carries frequency. The fluid goes through the pineal gland and the pituitary gland and differentiates into an electrical force. The Eye ball in the Eye of Horus actually relates to the Thalamus. You have two Thalamus and they connect thru the junction, the gap, and the Optic Thalamus.

There are three nerves which go down the spinal column and they are the spinal cord, the pingala and the ida. The pingala comes from the pineal gland and it is electric "+" and male and it goes down the spinal cord. On the other side is the pituitary gland, it is feminine "-". The fluid flows down to the sacred temple where the sacred plexus is connected to the five sacral bones of the 33 vertebrae (sacral shef/chakra), just below the solar plexus.



There are 5 sections of the vertebrae. The second most bottom section is 5 fused vertebrae called the "sacrum vertebrae", so this is the "Sacred Temple". The fluid comes to a place called the pons and the medulla oblongata, which is one of the four brains of the human being.

We have the cerebrum, cerebellum, medulla oblongata and the solar plexus. When it arrives there, it crosses the pneumogastric nerve: pneumo meaning air or the lungs and gastric is the stomach. So this is the nerve that supplies the stomach and the lungs. If you look at it, it looks like a tree. It is for this reason that it is associated with Osiris. Both of those nerves come from the pineal gland and the pituitary gland in one of the four chambers called the four ventricles in the brain. In between those two glands is the optic thalamus.



Tune into the Star or cymatic frequency, known as the Merkaba. This should help invoke the seeking of the god power. The thalamus relates to the sun which is the ego in your astrology chart. This sun god which is actually an aspect of us is inside your bird brain. That sun is in the

center of your head "like a snail shell", very accurate and directly in the center.

The MERKABA is an electro-magnetic field sitting at 4 degrees found primarily within the microwave range in the 3rd dimension. It is entirely geometric in shape and nature. The geometry is referred to as SACRED GEOMETRY when discussing the MERKABA This Sacred Geometry is in the creation patterns of all things in CREATION and evolution.

The MERKABA is extremely complex, involving the five platonic solids and other sacred polyhedrons. It is believed to extend through all possible dimensional and parallel universes and can change its nature from electro-magnetic to whatever is appropriate. The blueprint of the MERKABA is found everywhere and in everything. It can be found in nature such as the complicated nautilus shell, the sunflower and red blood cells of humans.

The MERKABA is a counter rotating field of light generated from the spinning of specific geometric forms that simultaneously affect one's spirit and body. It is a vehicle that can aid the mind, body and spirit to access and experience other planes of reality or potential in life. It is a tool that allows you to discover more about yourself and connect with their Higher Self, Good and the absolute. It gives the opportunity move to new levels of understanding and awareness, discovering other realms and how to create different outcomes. The MERKABA is a tool and technique that facilitates humans reach their full potential in any and all areas of their life. The most important thing about the MERKABA is the connection to one unified universal mind called the omnipresence and the awareness that we are creators of own word and can create anything.

If you can access and open this area of the brain, this is what enlightenment is all about. When you start opening the higher aspects of the mind, light just fills the inside of your brain, illuminates your energy, cleanses your meridians and aligns your shef/chakras.



As we open the higher aspects of the physical shef/chakras, we must remember to balance first. Using the twin Thalamus's, we can take charge of both Sexuality and Creativity which is a very viable and important part of us. This brings up the Beetle and the Sun disc galaxy. The Beetle (scarab), the Two Wings and the Sun Disc. The Beetle is associated with the solar god Kheper "the god of the Rising

Sun". It was Kheper's title to push the Sun across the sky. The wings of the beetle is our Corpus Callosum "eyebrow fibers". Our twin Thalamus's are the Beetle's body. The Scarab represents the "transforming strength of Ra".

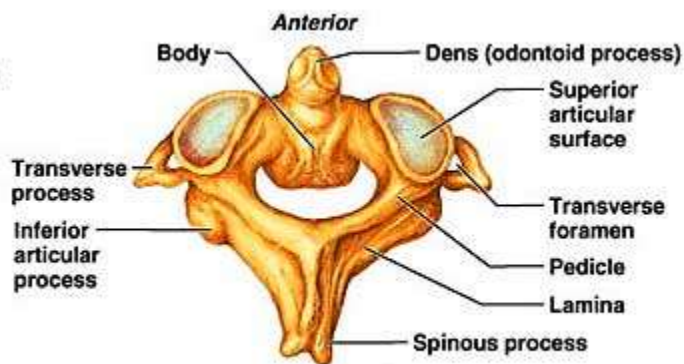


The Beetle also represent the two snakes (uraeous), or serpent, Djed, or kundalini channels that spiral up thru the shef/chakra system. The expanding thru the Corpus Callosum completes the Oneness with Ra. The Thalamus's are Ra. As we open and tune into Scarab power, then we begin to manifest power within ourselves. What we visualize and what our emotions are attuned and attached with are the keys. The Endocrine system is the physical manifestation of the shef/shef/chakra system.

The Endocrine system runs on hormones which are governed by the hypothalamus. The hypothalamus releases the instructions to the pituitary and the pituitary releases hormones to let the Endocrine come into being for further processing. The endocrine glands produce hormones to help the body function optimally. These glands work with the nervous system, the endocrine system, the shef/chakra system, other glands and the organs. Likewise, the Pituitary Gland is known as the 'Master Gland' as it controls the entire glandular system which includes the thyroid, parathyroids, adrenals, pancreas and reproductive glands. It is located underneath the Hypothalamus in the center of the brain and is about the size of a bean. The Pituitary is associated with the Third Eye. The Pituitary Gland secretes hormones that affect growth, blood pressure, protein synthesis, digestion, etc. It also has to do with our ability to bond with others. The Pituitary Gland also has to do with our growth physically, spiritually and intellectually.



Next, there is a part within the body that is called the temple. Reach up and hold both sides of your temple. The part that you are touching is the sphenoid bone. The "owl shaped" sphenoid bone has a little indentation that the pituitary sits in. The sphenoid bone is called the "arc of the covenant" that supports the eye of Horus.



(c) Superior view of axis (C₂)

The root shef/chakra is located at the perineum, and the serpent, Djed, or kundalini energy, if it is to circulate in us at all - starts and eventually ends here. The root is the shef/chakra/shef of health and empowerment. Every other shef/chakra/shef is downstream of it and only receives the energy that the root shef/chakra can pass through to it. Your

root power and your root consciousness reside in the pelvis. Located in the lower torso, the pelvis is a sturdy ring of bones that protects the delicate organs of the abdominopelvic cavity while anchoring the powerful muscles of the hip, thigh, and abdomen. Several bones unite to form the pelvis, including the sacrum, coccyx (tail bone), and the left and right coxal (hip) bones. Hathor and Isis are the Goddesses of the Root.

Egyptian Alchemy

Egyptian High Alchemy is system of internal alchemy based upon the understandings of ancient Egypt. One of the fundamental tasks of any Egyptian alchemist was to strengthen his or her *KA* (energy body) as this action increased spiritual power. High Alchemy uses many of the same energetic processes for building the *KA* but adds an important element—the *BA* (or *Celestial Soul*). This relationship between the individual and his or her “higher aspects” insures that the powers gained through strengthening of the *KA* are used for the benefit of both oneself and others and also greatly inhibits the misuse of personal power.

BA The *BA* is the *Celestial Soul* (or *Higher Self* in New Age terms) and transcends the normal constraints of time and space. It is in a vibratory domain that is “healing” by its very nature. The *BA* imparts highly

refined subtle energies that are very elevating and mind-expanding. Forming a conscious relationship with your own BA is one of the foundations for Egyptian High Alchemy.

Khat The *Khat* is your physical flesh and blood body. With a few notable and rare exceptions—such as when mystics, yogis or yoginis enter highly coherent states of consciousness—the *Khat* is bound by the laws of Newtonian physics.

KA The KA is one of your energy bodies, also referred to by the ancient Egyptians as the *Spiritual Twin* or *Etheric Double*. Your KA is the same size and shape as your physical body (i.e., your Khat), but it does not have mass since it is an energy body. It therefore operates according to the laws of Quantum Mechanics rather than Newtonian physics. When a channel is opened between the KA and your BA, there is a descent of highly refined and potent energies that can energize your KA and impart deep spiritual insight.

SAHU The SAHU emerges when your KA body has been transformed through the art of High Alchemy. According to the Egyptian Alchemical system, when your KA has been elevated and refined to a certain critical point, it will ignite with a type of *etheric fire* that is gold in color. This phenomenon is sometimes called *The Glorious Spiritual Body* or *The Golden Raiment*. When this occurs, your KA becomes the eternal SAHU, which is not subject to the dissolution of death or the after-death states of consciousness.

Sekhem is your life force, and the root of the word means *that which makes things erect*. According to the Hathors (see below), Sekhem is “birthed” in the solar plexus and descends to the root and sexual shef/chakras. From here your life force is expressed as sexual energy, which can be expressed sexually and/or it can be transformed through alchemical transformations.

Djed The Djed is the energetic pathway of the shef/chakras along the spine. *Raising the Djed* is an important alchemical transformation in Egyptian Alchemy and involves moving Sekhem up the spine to activate the powers of the shef/chakras and the higher brain centers. When Sekhem enters the brain centers, it generates potent states of spiritual illumination. (Note: For those with spine issues, meaning pain in the spine, it is suggested that you work with the *Secondary Djed* (also called *the Secret Channel*, *the Central Channel* or *the Pranic Tube*), which runs along the central axis of your body from the crown down to the perineum (a point midway between your anus and your genitals).

Min is an iconographic symbol from Egyptian Alchemy that depicts a male figure with an erection who holds a flail (a type of whip) in one hand. The figure is sometimes referred to as *The Great God Min*. His erection symbolizes that he is charged with the potency of Sekhem. The flail represents the spiritual

discipline required to send Sekhem up the Djed into the higher brain centers for the purpose of spiritual illumination. While Min is depicted as a male figure, the principle applies to both men and women.

Ankh The ankh is sometimes called the *Egyptian Cross* since it looks like the cross of Christianity with the exception that the top of the cross is a loop. Egyptologists often refer to the ankh as the *symbol of life*. The symbol consists of a teardrop or loop set on top of a T.

The ankh has three aspects, each of them highly symbolic. The first is the T cross and represents, among many things, matter. The *Shen Loop* is the teardrop on top of the cross and represents spirit. The third aspect is the *Shen Knot*, which binds spirit to matter. The inner teaching of this symbol is that our bodies bind us to matter (including time and space). The Shen Loop, represents our spirit, which is not bound or constrained by our bodies. It is, instead, bound to our bodies through our breath—symbolized by the Shen Knot. In deep alchemical meditations and transformations, your breath may get shallow or stop altogether. When this occurs, your Shen Knot is loosened and you can more easily travel into the spiritual worlds. When you need to breathe, your body will spontaneously take a breath.

Hathors The Hathors are a group of interdimensional beings that are not Egyptian in origin but worked through the Egyptian fertility temple of the goddess *Hathor* (see below). The primary Hathor temple was (and still is) located in Dendera, Egypt.

Hathor is the Egyptian goddess of fertility, sexual ecstasy and bliss. Archaeologists have uncovered various musical instruments in Hathor temple sites including harps, drums, flutes, and sistrums, a type of metallic rattle. Sound was a crucial element in rituals conducted at the Hathor temples and—according to the Hathors—this type of sound was used to enter trance states of consciousness so that the priestesses and priests could “commune” or communicate with beings in other dimensions of consciousness—including the Hathors who instructed them in the art of ascension (i.e., the raising of consciousness).

Horus is known as *the hawk-headed god* and the son of *Isis* and *Osiris*. At a symbolic level, he represents the union of spirit and matter. As a flying being (i.e., a Hawk) he also represents the part of us that can fly above our earthly experience and the limitations of time and space. There are many progressions of Horus as he passes through the Isis and Osiris mythos. In his final stage, he is known as *the High God Horus*, meaning that he (i.e., you) has attained an ascended state of consciousness.

Set-Horus is an iconographic symbol depicting two figures (Horus and Set) locked in a battle. They are in such fierce conflict it is difficult to tell one from the other. At a mythic and psychological level this refers to the conflict between our higher aspirations (symbolized by Horus) and our lower more base aspirations (symbolized by Set). The teaching behind this symbol is that in the ascension process, there

is a phase (sometime repeated multiple times) in which we must choose between the higher and lower expressions of our nature.

Nut (also Nu:t) is *the night sky goddess* although sometimes called simply the sky goddess. She was the mother of Isis, Osiris and Horus among others. In the work of this Intensive we will be accessing her attributes as the night sky goddess due to the mythic dimension of her relationship with RA (the sun god). According to one interpretation of this myth, Nu:t swallows the sun at sunset, and during the night (i.e., the darkness) he passes into her womb where he is renewed through the feminine mysteries and then rebirthed at dawn. The symbolic aspect of this passage is critical to this form of Egyptian alchemy in that the solarized (i.e., male) methods of building the KA are surrendered to the lunar/dark night sky (i.e., feminine mysteries) where renewal takes place.

Isis is the Cosmic Mother, the wife of Osiris and the mother of Horus. She was a central figure in the Egyptian pantheon. One of the fundamental myths around Isis centered on her husband Osiris who was killed by his brother Set. Through her powers of regeneration and renewal, which are part of the feminine mysteries, she brought Osiris “back to life” so that she could conceive their son Horus.

The Stream of Isis is a “stream” of subtle life-enhancing and elevating energies that are water-like in their quality. When the stream of Isis is embraced, remarkable healing and elevation can occur.

Osiris is the husband of Isis and the father of Horus. In the Osirian mysteries, he was resurrected from the dead by his wife, Isis, which is depicted visually in the Resurrection Chamber at the Hathor temple at Dendera. He was considered by the ancient Egyptians to be a god of the underworld or the after-life.

Uraeus The uraeus is a unique energy pattern in the brain that emerges when Sekhem rises up the Djed and enters the higher brain centers. In Egyptian art the uraeus is depicted as a coiled serpent in the head area that often extends from the third eye area as the head of a snake.

The uraeus energy pattern forms when Sekhem is coaxed into the brain centers where it imparts deep spiritual insight and heightened psychic abilities. The uraeus occurs naturally—without the need to force the process—for those undertaking Egyptian High Alchemy when the individual is purified enough and ready for this phase of development.

Neters are subtle energies with life-enhancing and elevating attributes. In classic Egyptian Alchemy there are many types of Neters with varying qualities. In the form of Alchemy that is being taught in this Intensive, we use the term Neters to refer to any subtle energy that has elevating properties. Some of these Neters are similar to *chi* as described by Daoists or *prana* as described by yogis and yoginis. However, some Neters are qualities of consciousness or cosmic forces and are not related to either chi or prana.

BAROD The BAROD is an acoustically supported *Rod of Power* that you create within your own KA through your *imaginal abilities* (i.e., your capacity to generate vividly real internal sensory realities). When engaged, the BAROD activates a dynamic descent of Neters from the BA (your Celestial Soul) into your KA (your Etheric Double) for the purpose of increasing the luminosity and energy of your KA. The root of the word comes from two words—the Egyptian word “BA” and the English word “rod.” The BAROD uses natural (meaning non-electronic) harmonic frequencies combined with the imaginal creation of a *Golden Rod* that runs from the BA point above your head down to your perineum. (Note: The BA point is an energy vortex that can be located by raising your arms directly above your head and touching your fingers together. The area where your fingers make contact is the general vicinity of the BA point). When the BAROD is activated, the descent of Neters from your BA is driven into your KA in a dynamic fashion.

Sekhmet is a warrior and healing goddess. She is depicted as a lioness and represents fierce feminine power, especially the power of protection.

Ascension is a term that has multiple meanings depending upon what system is being used and who is describing it. In the system of Egyptian High Alchemy, ascension refers to a movement upward in consciousness, specifically through a direct connection with your BA (Celestial Soul), which transcends time and space. There are many stages in the ascension process and any movement upward is essentially an ascent. When the KA becomes energized and refined through interaction with the BA, ascension begins to accelerate. One of the final stages of ascension is the attainment of the Sahu, *The Glorious Spiritual Body* or *Golden Raiment*. This phase of ascension involves a transformation of the KA as described earlier under the term Sahu. In a very rare form of ascension, the physical body (the Khat) is transformed into its underlying nature, which is light. This attainment is called the *Rainbow Light Body* in Tibetan Buddhism whereby a yogi or yogini transforms his or her physical body into a rainbow of light (the Five Pure Lights) at the moment of death.

Apophis is the serpent of duality and chaos. He symbolizes the sine wave of the phenomenal world—i.e., the ups and downs (the highs and lows) of human experience. One task of the alchemist is to see past the illusion of Apophis to the underlying luminous nature of existence and to make contact with the higher realms of his or her being that are unaffected by the hypnotic undulation of Apophis.

Maat is the goddess of truth and justice. She is often depicted with a scale in which the heart of a person who has died is weighed against a feather. If the heart is heavy with regret or wickedness, the person must pass into the underworld. If the heart is *light as a feather*, the person passes into the higher worlds of Osiris.

Empowerment Circle



HIEROGLYPHIC SYMBOLS

 <p>Udjat Safety</p>	 <p>Scarab Transformation</p>	 <p>Sema Union</p>
 <p>Ka Spirit</p>	 <p>Nefer Goodness</p>	 <p>Ba Soul</p>
 <p>Tjert Welfare</p>	 <p>Mes Birth</p>	 <p>Shen Eternity</p>
 <p>Ankh Life</p>	 <p>Sa Protection</p>	 <p>Djed Stability</p>