

# Seichim I

Part I in a 3-part course in Seichim Energy Healing



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## GREETINGS!

It is truly a miraculous time. There are many who understand the meaning of impending cosmic and geographical changes and are ready to begin the process of rebuilding and expanding our ways of community, life, and healing.

In the dawn of these glorious new times, it is important all people understand the true nature of healing. This information is not new, in fact, it is as ancient as man. We celebrate your effort in learning to heal yourself and maybe others. If each individual begins within—*by making the effort to live as spiritual rather than material beings*, world transformation will occur. Outer disharmony can be changed only by each individual learning to maintain internal harmony. Regardless of your reason for beginning this course, we honor you for making the decision to transform your life.

## STATEMENT

Although we believe healing transcends all faiths and religions as it deals directly with Universal Energy, we also believe there have been many hallowed guides along the way. These spiritual teachers were sent to impart the truth in its simplicity. Therefore, we often refer to statements from these Great Teachers such as Jesus the Christ. It is our belief that these individuals, among others, found the keys to enlightenment and personal fulfillment and were driven to share this precious information with the world.

*Love, Light, Harmony*  
Siona & Suni Rose

## COURSE DETAILS

This Seichim Course consists of three branches. This manual is very comprehensive and builds a solid foundation for understanding and practicing Seichim Energy Healing. It is also Divine and intuitively inspired. *Seichim I* generally covers information regarding self-healing. This is important because if you are called to go into healing service, you will be required to educate your clients in some respect on how to maintain the healing and balance that you provide. *Seichim II* goes more in-depth on healing others and performing healing sessions, and *Seichim III* discusses important aspects of growing into the role of Seichim Master and passing attunements onto others.

- **Seichim I:** Healing the Self
- **Seichim II:** Healing Others
- **Seichim III:** Becoming a Seichim Master Healer

Following are synopses of each:

## Seichim I

The first branch of this course, Seichim I, focuses on the nature of true healing and healing the self. Healing is essentially the balancing of energy currents. It is re-establishing our connection with the Divine Presence within. Energy follows thought. If we turn our attention towards understanding who we *truly* are, energy will follow this thought and begin to flow in a balancing and healing manner. When you learn to surrender to The Divine Presence, healing will follow. Every individual is accountable for his or her growth and success. This is the path of true healing.

Healing depends upon the inner state of the person to be healed as much as on the ability of the healer to perform a cure. Many diseases are psychological in nature and illness is a message signaling change. Unless this is understood, people will continue to look outside of themselves for healing, not realizing that healing comes from within—from changing negative thought patterns. ***Our true self constantly strives for expression.*** The Divine wants to shine forth within us. It is only wrong thinking, also called ‘error consciousness,’ that limits our potential and causes us to become off-balance or ill. If a healer can help to bring about a change in the *thought pattern* of a patient, that person will experience healing. Seichim I focuses on the techniques of self-healing. It emphasizes the need for one to understand our true nature and how to remain healthy and in balance.

Seichim I also focuses on *clearing*. Once we gain the understanding of what constitutes healing and realize we are all linked to a Universal Healing Source, then we must seek to become a pure channel for healing energy. This is accomplished through clearing on many levels; clearing the body, clearing the living environment, clearing destructive emotional patterns, and clearing the mind of negative thoughts and beliefs. Once we have learned the necessity in doing this regularly, we are then able to effectively learn to assist others in healing.

Our beings are made up of many parts. Each part has unique energies and some will emerge to be purged. If one does not deal with these experiences, most of this grand opportunity for deep healing and spiritual cleansing will unfortunately be missed. This part of the program focuses on clearing in order to purify your body channel to hold and transmit healing energies. As a healer's body is a channel for Universal Healing Energy, this temple must be kept as pure as possible. This will ensure the healer maintains his or her effectiveness in assisting others. It also eliminates problems many beginning healers encounter such as energy depletion.

When one encounters a situation where the body feels fatigued or low in energy, it is a strong signal for the healer to take a break. Jesus the Christ, a master healer, often spent time in solitude where he could re-connect with the Universal Healing Source. All healers must do the same. We cannot continue to give to others without giving to ourselves. Healing, above all, is about balance. The more one understands how to maintain balance between the inner and outer selves, between activity and rest and all of life's disparities, the easier it will be to maintain the healing flow of energy through the body temple. *Requirements for attunement: homework and short-answer exam.*

## Seichim II

The second branch of this course, Seichim II, focuses on healing others. Once we gain clear understanding of what constitutes true healing and how to stay healthy and in balance, we may want to assist others in their healing. Healing others is a way of showing love and sharing our gifts with others. If performed from a pure intention, it will both bless the healer as much as the person receiving the treatments! There are certain prerequisites for healing others, and Seichim II discusses more advanced facets of this ancient healing science. *Requirements for attunement: exam, 3 practicums.*

## Seichim III

Seichim III goes deeper into the philosophical side of Seichim, discussing transformation and the belief system of a healer. It delves into theoretical aspects of healing and of what it truly means to become a healer. It also discusses passing attunements to others.

*Requirements for attunement: exam and brief research report.*

## NOTES ABOUT THIS MANUAL

There is no time frame for this course; it is an intuitively-driven process. This course is designed for everyone. If you have a lot of experience in healing, then completing Seichim I will be like a warm-up and maybe even a refresher. Because our philosophy is wholistic teaching, we advocate completing the entire course (all 3 levels) and receiving the accompanying 3 attunements. We challenge you to see how much your life can change simply by incorporating new practices and unblocking stagnant energy.

This is a manual and a workbook. It contains both information (theory) and exercises (practice). *Both* are important in order for you to benefit from this course. Healing is not an intellectual activity. Because one understands the ‘concept’ of healing, it does not necessarily follow that one should be an effective healer. It is important to marry the *knowledge* of this science with the *practice* of this art. Both the mind and the spirit must be involved in order for one to progress.

This manual discusses the *basics* of energy healing for the benefit of those with no prior study. If you already possess some knowledge on the subject, this course can serve as a refresher and a reference. It can also serve as a guide as you assist your clients in the healing process. But as the sun rises newly each day, there is always something new to be learned about your Self in your journey towards wholeness.

*“He who claims he knows all is a fool, for his learning has ceased.  
He who knows naught and knows he knows naught is the enlightened one,  
for his wisdom will be great.” Confucius*

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*“The man who knows something knows that he knows nothing at all.” Artist Erykah Badu*

Since healing is simple, this manual is simple. It is simply a guidebook that contains many 'keys' to an ancient healing science. Your completion of the course requirements plus the accompanying attunement will help put you into a spiritual cocoon. You are responsible for continuing to do the necessary work, growth and learning to break forth into a new being.

We hope you will read with an open mind and a spirit of learning. This means *think* about the concepts given and, if necessary, *meditate* on them. We cannot overstate the value of progressing slowly. There is no rush in the unfolding of a beautiful rose. ***Although changes may be imperceptible to the naked eye, each day brings new developments.*** So it is with your growth. The 'right' answers for you will come. On this journey towards wholeness of self and helping others to become whole, we find there are many paths, *all leading to the same place*. There are often many answers to the same question and many roads to understanding. We simply provide explanations and beliefs that have helped us along the way. We hope they will do the same for you.

We recommend you read each lesson slowly and carefully when you are in a relaxed state, taking time to stop and think about, or meditate on the information presented. Do not attempt to study when you are tense or rushed. If you must, we ask you to re-read the same lesson at a later date when you are in a more relaxed state of mind. Although the information is simple, it can have a very *profound* effect. It is our intent to cut out intellectual clutter in favor of presenting the more important foundations of this healing science.

The spirit-connecting exercises that go along with this manual help one to integrate this knowledge fully into his/her consciousness. We cannot overemphasize that you should proceed slowly. Your learning will help you adjust your focus to higher realms of energy which are more spiritual than material. There is no way to rush your spiritual progress; in fact it is impossible. Please allow yourself the pleasure of taking your time and progressing at the rate your intuition dictates.

## NOTES ABOUT COURSE

***This is a course in unlearning.*** During your journey through this course, your mind should begin to unravel. It is a *good sign* when things become confusing, old desires begin to drop away and you feel a feeling of being **lost**. In actuality, you are becoming **found**. This journey should take you **backwards**. Just as when you were a little child, you began to leave the 'real' world, the world of spirit, and became slowly rooted into this physical experience, you used to feel lost. You used to feel as if you were being forced to pretend, to become something limited and small—to act like someone who you really were not.

This memory may only exist in the recess of your subconscious, but it is there. Your feeling lost as a child allowed you to 'find' yourself by moving more into this physical realm and becoming comfortable in your body. Now, we are attempting to take you backwards in time, to the place where you began to feel lost and to help you find your spiritual roots and true self. For many, this is a lifelong project. Depending upon how grounded you are and how practical, sensible and 'realistic' you are, it may take more than this lifetime. This is because the world of spirit is not logical, not practical and not realistic. How else could the Master Healer walk on water? ***Because his consciousness was centered in a different place.*** He was not 'of this world' as most of us believe we are. This course has the potential to take you places you never dreamed of going. It can help you transcend time and space.

Is this just wishful thinking? Wishes do come true when the heart of the believer is present. But this is an honest and realistic claim, no matter how grandiose it may seem. Why? Because ***the power is within you right now***. The power to transcend, to become all that you are destined, to see things from a spiritual standpoint and to have the eyes of your consciousness fully opened—this potential is now a seed planted within. This course and attunement will help you to water that seed. **It is not a complicated procedure**—only you can make it seem to be so. It is a process of learning to believe, learning to trust. ***Life is a faith-building exercise***.

### Core Beliefs

A Master Healer said, “Your faith has healed you” (Mark 5:34 NIV). Faith is a quality necessary for healing to occur. But can this be taught? We believe it cannot. Therefore, the most important element necessary for healing is something that we cannot impart in this course. Then why should one take this course? This is mainly a course in ***technique***. For example, if one seeks to learn to be an artist, to make paintings for example, they may take a course in painting. Will this course in essence make them an artist? For the most part, no. It will teach one the “how to” part of art, the technique of blending colors, of using different tools to apply paint to canvas. But ***inspiration***, what **truly** makes an artist, must come from within. This is the same way this course operates. Do not compare it with other courses you have taken. We seek to assist you in transforming your mind—to start over in a new direction of thought and belief. Therefore, there is no need to view this course from the perspective of the old. Do not expect miracles to occur without some action or growth on your part. The unfolding must begin *internally*.

### TEACHING METHODS

At Universal Temple of Healing, we believe healing is intended to be a simple act, a skill embedded in our subconscious mind at birth but not fully developed in the majority of mankind. Our teaching methods focus more on ‘unlearning,’ on ***helping one to develop*** their ***intuitive capacity***, which we feel is the ***truest*** method of learning. The ability to ***tap into*** intuitive guidance is, in our opinion, the skill ***most*** needed for Healers today. Methods and symbols are only ‘tools.’ A Healer must know how to intuitively use them. Therefore, do not compare this to a traditional course. The inclusion of an exam after level one is simply to have a set standard to ensure you have actually studied and understand the material. It is not intended to test your full knowledge, because intellectual knowing is not directly related to healing. In contrast, intuitive knowing is *all* that is necessary, and this is something that cannot be easily tested. It is mainly demonstrated through action. The Practicums that must be completed with levels 2 and 3 help assess some level of intuitive knowing and therefore are important and necessary.

### COURSE REQUIREMENTS

Although this course is offered through distance learning, it is a serious study. Students are expected to do all exercises, read the manual thoroughly, and consult with the Instructor for questions and guidance if necessary.

## FOREWORD

*“I must warn you though, learning how to hunt has not made you into a hunter, nor would learning how to become a warrior make you one.”* Don Juan in *Journey to Ixtlan*

*“We can only teach you how to contact your inner healing source. It is up to you to become a true healer.”* Siona

Healing is both an art and a science. This course imparts the basics of Seichim Healing. Learning to heal and becoming a healer is a **process** one goes through, and it is one of the greatest, most rewarding journeys one can possibly undertake. Every individual will experience this process differently. It is a unique and magical journey that, like alchemy, changes one’s essence along the way. Learning to heal includes learning about the soul and its reason for existence here on earth.

Although this text is thorough and covers a broad range of related topics, it is only the first step in the process of becoming a Healer. Only through learning to **tap into** Universal Power can we truly understand the magnificence of Energy Healing and its profound effect on our bodies, minds, and spirits.

# LESSON 1: HEALING TERMS, DEFINITIONS & RELATED INFORMATION

## FOR THOSE WITH PREVIOUS HEALING EXPERIENCE

Welcome to this course. Please understand that previous knowledge is helpful, but this course is based on a different theoretical foundation from many courses as it is a course in *unlearning*. Therefore, there are no intellectual challenges to surmount, we expect for you to go into a deeper level of true understanding that surpasses the intellect. Also understand that as a healer, you are also a teacher. You are expected on some level to impart to others an understanding of their true selves and how to contact or connect with this being. This manual then becomes a starting point for how to communicate with your clients and help them to help themselves, as dependency on you or any Healer is very unproductive. We thank you for your patience and understanding that much of this information is a refresher and intended for your potential clients as much as yourself.

### GOD

Throughout this manual the word 'God' is coupled with or replaced with alternate terms such as: 'Source,' 'The Divine or Divine Presence,' and 'The Creator.' These terms all represent the same energy.

This does not imply that the word 'God' is a negative term but more of a generic word that does not fully represent the magnificence of the Creator of all things, the Source of all life, and the Glory of the Illuminated and Enlightened One.

In addition, many have been accustomed to using the word 'God' to represent a heavenly persona that can become angry and wrathful but yet is also kind and loving. Just as it has been said, "A stream cannot produce both fresh and salty water," it is hard to believe God can be loving one minute and angry the next. Comparing God to a stream is a good metaphor since this Divine Presence is the source of a flow of loving light energy contained in all things. This is the same energy used in healing.

Working with energy reveals it is impossible to use Universal healing energy for any bad purpose. We believe there is only One Creator and this Creator is an Original, Universal, All-Powerful, All-Knowing and, most importantly, All-Loving Presence. We do not believe the Creator can have human personality traits such as 'anger,' 'jealousy,' and 'revenge.' These are notions created by certain cultures to serve their needs at particular periods in history. In the new millennium, as the masses begin to understand more about this great Universal Presence, cultural and social ideas about religion will shift as well.

In fact, in these glorious new times of Love, Light, and Harmony, many people are already replacing the older notions of an angry God with a more accurate image of God as Universal Energy, Universal Light, or Universal Consciousness. So again, we respectfully choose to use alternate terms. The word 'Divine' may also be used instead of 'Universal.' Just as there are many different languages, *there are many ways to express the same idea.* Understand that **these are only words** and in any language, words are inadequate to express

the **reality** of the power, splendor, and glory of the Divine. These can only be experienced through deep, personal meditation, which we encourage everyone to practice daily.

This text will make references to the biblical text. However, we do not advocate any particular religion or faith. Rather, we advocate learning from Great Teachers who have come before us to shed light on the way to true peace. The Christ is a good example and since there are many references to him in the biblical text, we will often use it to highlight a point.

Another point that must be emphasized is that it is very important not to water down or filter the Divine into smaller units. For example, many healers believe in angelic healing, healing entities and healing guides. While all of these are real and do exist, *they only exist to do the will of the Divine*, they have no individual will or ego of their own. This is significant because there also exist negative angels (demons), negative entities and false guides.

These exist due to negative thought patterns of man and can cause great harm to healers who don't understand that the ONE Divine source is the ONLY source necessary for healing. For example, angels are 'workers' dispatched by the Divine. When one connects with the Divine with trust and reverence, nothing more needs to be done on the part of the healer but to await patiently! The DIVINE will ensure in all its wisdom that the proper angels be dispatched for the healing. On the contrary, if one seeks to contact the angels or healing guides directly, there stands the chance that negative entities disguised as angels or guides can come into play. This happens more often than one might imagine and is the reason why many healers are ineffective, and also become ill or off-balanced themselves. Becoming a true channel for healing means the healer must leave all thought and conceptions by the wayside and allow the Divine to flow through in its *entirety*.

## HEALER

A Healer is one who seeks to bring balance and wholeness through specific methods. These methods do not have to be complicated; in many cases, *faith alone is sufficient for healing to occur*. A Healer can perform these methods on him/herself or on others. We respectfully capitalize the term in some cases, to show our belief that 'Healer' is a title one can wear with great reverence.

## REQUIREMENTS OF A HEALER

To become a Healer one only has to have the *intent* to surrender to the goodness of The Universe and allow oneself to be guided from within. One must have the *desire* to spread Universal Love and to make oneself a clear channel for Universal Healing Energy to flow through.

Remember that healing usually requires growth. As a new healer you may have to make positive changes. Many times change will happen unexpectedly and may not seem positive at first. But as your awareness expands you will truly 'see' that all that happens is for your ultimate growth. If you are willing to surrender to the fact that you are being guided, that coincidences are really planned, and to believe in the unlimited potential of your life, you are ready to begin.