

The Sekhem
Law of Attraction
Accelerator

Free Basic Version

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Preface

It is recommended that you read all the sections in this manual, in the order that they are presented, so as to properly understand how this system works and how it will affect you.

Introduction to the Law of Attraction

The Law of Attraction is a Universal law that says **“As soon as you begin to hold any particular thought in your mind, you begin to attract the thing you are thinking about into your life.”**

Or put another way, **“Thoughts manifest into reality. As soon as you create a thought and focus on that thought, the thought begins to manifest in the physical world, in your personal reality.”**

Our thoughts, feelings, beliefs, expectations, actions and words send out energies and vibrations into the Universe. These outgoing energies and vibrations then attract back to us things of similar energy and vibration.

This means that by choosing our thoughts carefully, and by being very aware and careful about which thoughts and feelings we choose to focus on, we can affect what is being attracted into our lives. We can use the Law of Attraction to attract abundance and manifest our dreams.

Accelerating the Law of Attraction

The Sekhem Law of Attraction Accelerator will give you an advanced technique to accelerate your ability to work with the Law of Attraction. This will enable you to attract the things you want with greater speed, power and ease. This system and technique are easy to use and they will support, complement and enhance all other Law of Attraction tools and techniques.

You will be taught how to work with a powerful form of Universal Energy called **Sekhem**. Sekhem will accelerate your ability to work with the Law of Attraction by helping to clear subconscious blocks, mental blocks and stored/trapped emotions from the past that may be restricting your potential to use the Law of Attraction to bring you what you want. It will also help to establish specific positive vibrations within you that the Law of Attraction will respond to.

Once you have learnt how to work with Sekhem, you will have a powerful self-healing tool that you can use for the rest of your life. Sekhem raises your energetic vibration and consciousness, and heals on the physical, emotional, mental and

spiritual levels. The more you raise your vibration and consciousness, the faster and more powerfully the Law of Attraction will respond to you.

Introduction to Sekhem

Quantum Physics has proven that at the finest and most basic level, everything in existence is composed of energy. **Universal Energy** is the fundamental building block of creation. Universal Energy itself embodies the **essence of creation** because everything in the Universe is created out of Universal Energy. Even our thoughts and feelings are made of Universal Energy. Universal Energy is something that flows through all living things. It sustains us and it can be used to heal us on the physical, emotional, mental and spiritual levels.

We all have internal energy channels in our bodies and we all already have Universal life-force energy flowing through these channels. But the energy channels in the average person tend to be blocked up to some extent and the flow of Universal Energy through them tends not to be powerful enough to be perceivable. Therefore, most people are not aware of this energy and are not able to work with it.



Universal Energy flowing through the human body
Diagram by Paula McNally

Natural Healing systems have been developed that help to open and clear the energy channels in the body. They also help to increase the flow and raise the vibration of Universal Energy in the body. These systems include methods for applying this energy to heal ourselves and others.

One of the most well known of these Natural Healing systems is **Reiki**. Reiki was developed in Japan and Reiki is a Japanese word meaning “Spiritually guided Universal life-force energy”. Reiki is primarily used to give hands-on treatments. The energy is channelled through the hands into the receiver, where it goes to work to heal on the physical, emotional mental and spiritual levels. The Reiki energy operates automatically under the guidance of the receiver’s own Higher Consciousness and always works for the receiver’s Highest Good.

Another of these Natural Healing systems is **Sekhem**. Sekhem originates from Egypt. Sekhem is an ancient Egyptian word meaning “Power” and “Universal Energy”. Sekhem could be thought of as a very advanced form of Reiki. It works in a similar way to Reiki but operates at a higher vibration and heals on a deeper level. Sekhem carries within itself the energy of **unconditional love** and is very connected with the emotional heart centre. The Sekhem Law of Attraction Accelerator system is based on Sekhem and involves attunement to the **Sekhem Energy** (see **What is a Sekhem Attunement?** below).

Sekhem is a powerful and advanced tool for releasing and healing blocks on the emotional and mental levels. It also operates automatically under the guidance of your own Higher Consciousness (your Higher Self) and always works for your Highest Good. Because it works under the direction of your Higher Self, you don’t need to know exactly what blocks you have or how to fix them. Your Higher Self knows about any blocks you have and it knows how to release and heal them for you.

Whenever you release blocked energy, you create more space within yourself to contain love and light. Because the Sekhem Energy embodies love and light, when more space becomes available within you, it is able to channel in love and light to fill up that space. This boosts your capacity for feeling joy and gratitude.

The more love, light, joy and gratitude you have within you, the more positively magnetic your vibration becomes... and the Universe is always responding to your vibrational state. **Gratitude, love and joy** are the most powerful and important emotions to cultivate when working with the Law of Attraction.

Attunement to Sekhem raises your personal energy vibration and your consciousness. It also develops your connection with **the Source** - the intelligent Universal creative force itself - on a deep level. The higher your vibration and consciousness become, the faster and more powerfully the Law of Attraction will respond to you.

What is a Sekhem Attunement?

A Sekhem "attunement" is a special procedure that is carried out on a student learning how to work with Sekhem, to enable them to channel Sekhem energy. It is a kind of "mystical energy operation" that helps to open and clear the student's internal energy channels. It also "tunes the student in" to the Sekhem energy frequency so they can then act as a receiver of the energy, much like a radio acts as a receiver of the signal

transmitted by a radio station, once it has been tuned in to the radio station's frequency.

Once someone has been "attuned" to the Sekhem Energy, they then have access to an unlimited supply of the energy for the rest of their life. They can channel the energy through their body and out of their hands at any time and they can use the energy to work on themselves for self-healing at any time.

An attunement is normally carried out on a student by a Sekhem teacher. However, under certain circumstances, a special kind of Sekhem attunement can be automatically carried out on a student by the Sekhem energy itself, without human assistance.

An attunement is both an initiation and a healing in itself. It is considered to be something special and sacred. People often have mystical and spiritual experiences while receiving attunements. Although with normal Sekhem attunements, the Sekhem teacher goes through a specific procedure to bring about the attunement process, it is the energy itself that does the real work. Exactly what the energy does and how it does it is not fully understood but it is certainly effective and what it achieves is miraculous.

It is possible for people to receive Sekhem attunements from anywhere in the world, using a technique known as "distance healing". As part of the Sekhem Law of Attraction Accelerator system, you will receive your Sekhem attunements by distance healing.

These attunements will assist in increasing the amount of energy flowing through you by working on clearing and expanding your internal energy channels. A further effect of the attunement process is that it will strengthen your intuition - your sixth sense - which is the voice of your own Higher Self guiding you through life. This can assist you in making better and more informed decisions that result in increased personal growth, happiness and success in life.

What is the difference between the free Basic Version and the Full Version of the system?

The free basic version works in exactly the same way as the full version but it uses a milder form of Sekhem energy.

The form of attunement used in the basic version is different from the form of attunement used in the full version. The basic version uses a special form of attunement called a **Spontaneous Initiation attunement**. This "Spontaneous Initiation attunement" is a process that is performed automatically by the Sekhem energy. It is something that you **request directly from the energy itself**.

For the basic version, you receive 3 Spontaneous Initiation attunements. The way to request these attunements is explained in **Receiving the attunements for the Free Basic Version of the system** on page 7.

The full version of the system involves 4 attunements. These attunements are different from the attunements used in the basic version. They are more of a traditional form of attunement and they are not requested directly from the energy itself. These attunements are deeper and more powerful than the Spontaneous Initiation attunements. (In order to request the attunements for the full version, you will need to email Peter Chapman. See **How to request the Full Version of the system** on page 13.)

The Sekhem energy used in the full version is composed of a broader range of frequencies and is richer and more powerful than the Sekhem energy used in the basic version. The energy in the full version will be able to heal you more deeply and move you forward with greater ease and speed. It will be able to clear subconscious and emotional blockages more efficiently. However, the energy in the basic version will still be quite effective.

Receiving the attunements for the Free Basic Version of the system

Before beginning these attunements, please ensure you have read pages 3 to 13 of the manual. This will give you some necessary background information.

As mentioned in the previous section, the form of attunement used in the basic version is called a **Spontaneous Initiation attunement**. This "Spontaneous Initiation attunement" is a process that is performed automatically by the Sekhem energy, in accordance with your specific needs at the time. It is something that you **request directly from the energy itself**.

During a Spontaneous Initiation attunement, the energy will work together with your own Higher Consciousness (your Higher Self) to connect you up with the Sekhem energy. It will also provide additional healing that you may be needing for your Highest Good at that time.

During the attunements, you may feel energy sensations in your body. For example, you may feel energy flowing through you and you may feel heat or tingling in parts of your body at different times. Sometimes people have visions during attunements. Everyone's experience is different and whatever happens, it will be right for you. If you fall asleep during an attunement, don't worry – that is ok and the attunement process will still work properly.

Once an attunement has been initiated, it will happen automatically. **The attunements are programmed so that you can only receive as much of an**

attunement as you need at that time. If you do not need all of an attunement at once, then you will only receive as much of it as you need and the remainder will automatically come to you as you need it over time. You may or may not be consciously aware that you have received a remaining part of an attunement at a later time but it will happen all by itself, at a time that is right for you.

There are 3 Spontaneous Initiation attunements for the free basic version of the system. This means that you request the “Spontaneous Initiation attunement” 3 times, on 3 separate occasions. These 3 attunements will not be exactly the same because the energy and the process will be automatically adjusted in accordance with what you need each time.

Before beginning an attunement, make sure you are in a calm, warm, quiet environment. Also make sure you have plenty of time and will not be interrupted. You may like to meditate a little before beginning, to prepare yourself.

The Reiki/Sekhem Personal Growth Accelerator is based on a form of Sekhem called **Ka Shen Sekhem.**

When you want to request the 1st attunement, do as follows:

Lay down, take a few moments to become calm, relaxed and ready, and then ask in your mind (like saying a prayer) **“Can I now please receive the Ka Shen Sekhem Spontaneous Initiation attunement.”** Then the energy will respond to you and the attunement will begin. (If you accidentally say the words slightly wrong, don't worry - it will still work.) The attunement goes for about 50 minutes.

Once you have requested the attunement, all you have to do is relax and allow the process to happen automatically. Some people may not feel anything during an attunement but that does not mean it is not working. Just trust and be patient. You may find that you do not feel anything for the first few minutes of the attunement and then after a little while you start to notice some effects as the energy builds up. If you do not feel anything at all for the whole attunement, wait and see if you notice anything unusual or different in your life over the next few days that may indicate that “something has happened”.

Once you have received the 1st attunement, you will then need to practice working with the energy on yourself for **at least a week** (so that you can be adjusting to it) before you receive the 2nd attunement. Practice working with the energy as instructed in **Channelling in the Sekhem Energy** on page 10.

When practicing with the energy, be careful not to give yourself too much energy at a time. Listen to your intuition. If you give too much, you may find you can't sleep at night or that your system is getting overloaded. By working with the energy, your system will start changing in vibration. You can wait longer than 7 days between the attunements if you want to. Listen to your intuition and wait as long as you feel is needed.

Once **at least 7 days** have passed since receiving the 1st attunement, and you feel ready, have the 2nd attunement. Again, just lay down, get relaxed and ready, and then ask again in your mind **“Can I now please receive the Ka Shen Sekhem**

Spontaneous Initiation attunement.” Then it will come to you. You will then need to practice working with the energy on yourself for **at least another week** before you receive the 3rd attunement.

Once **at least 7 days** have passed since receiving the 2nd attunement, and you feel ready, have the 3rd attunement. Again, just lay down, get relaxed and ready, and then ask again in your mind **”Can I now please receive the Ka Shen Sekhem Spontaneous Initiation attunement.”** Then it will come to you.

Once you have received the 3 Spontaneous Initiation Attunements, keep practicing regularly with the energy over the next month, to assist in the process of your body integrating the energy and adjusting to the energy. The energy will continue to increase in strength over this month. It takes time and practice for the energy to settle in properly. **The energy from the attunements will not be fully installed and grounded within you until at least 1 month from the time you receive the 3rd attunement.**

If you find that you have a powerful experience with one of these attunements and then the next one **does not seem to do anything much at all**, this could be because you needed to wait longer before receiving that next attunement. This can happen if your body and system were still working on digesting the previous attunement and therefore were not ready to take on the next attunement yet. If you think this may have happened, just allow some more time for your body to finish digesting the previous attunement (e.g. wait another week or 2) and then ask for that next attunement again when you feel the time is right.

Please Note: For people who may already be Reiki or Sekhem masters... Being attuned to the Ka Shen Sekhem energy does not authorize or empower you to attune others to the Ka Shen Sekhem energy.

Adjustment and Detoxification Period

Although it can take up to 2 months to fully adjust to these attunements and the Sekhem energy, the most noticeable shifts will occur in the first 3 weeks. There will be an adjustment and detoxification period that occurs directly after beginning the attunements and lasts about 21 days. During this time, it is best to try and avoid taking in toxins (e.g. alcohol and coffee) as much as possible.

Over this period, your energy system will be expanding and rising in vibration. You may experience physical detoxification and/or the release of old emotions. You may notice that you are more thirsty than normal, which is a sign of detoxification. If you do feel thirsty, it is best to drink plenty of plain water. You may also notice that you have unusual dreams, which is a sign of release and adjustment taking place on the emotional, mental and spiritual levels.

It is especially important to practice working with the energy (as explained in **Channelling in the Sekhem Energy** on page 10), regularly over this 21 day period to assist with the adjustment and detoxification processes. The energy will support you through this time. Begin practicing working with the energy on the day you have the first attunement.

If you go on to do the full version of the system, there will be a similar 21 day adjustment and detoxification period that begins when you receive the first attunement for the full version.

Channelling in the Sekhem Energy

The Sekhem Law of Attraction Accelerator system requires you to practice channelling the Sekhem energy into your body. This is extremely easy. All you have to do is place your hands comfortably on your body, ask the energy to come through and then observe what happens.

This system uses a combination of two forms of Sekhem energy. The first form is called Ka Shen Sekhem and the second form is called ALL LOVE. When you carry out the following exercise, you ask for both these forms of Sekhem to come through and work on you. As they are coming through, they will automatically combine and work together.

Below are detailed instructions for performing this exercise:

1. Lie on your back. (If that is not comfortable for you then lie on your side.)
2. Place your hands (palms down) comfortably on the upper part of your legs – with your left hand on top your left leg and your right hand on top your right leg. Or if you find it easier, place your hands on your stomach. Do not spread out your fingers and thumbs – keep them together. (If you prefer to lie on your side, you may find it is more comfortable to put your hands on other parts of your body instead. In this case, the exercise will still work.)
3. Say in your mind, as if you are saying a prayer, “I ask please for the Ka Shen Sekhem energy and the ALL LOVE energy to come through to heal me for my Highest Good.” **If you want to, at this point you can also ask that the energy focus on healing a particular problem or issue, or that it focus on clearing blocks related to attracting something specific (that you are wanting to attract).** The energy will know where to go and what to do.

You can also practice channelling in the Sekhem energy **without asking it to focus on healing anything in particular**. In this case, the energy will just work on healing whatever will be for your Highest Good at the time. When you first begin experimenting and practicing this exercise, you may prefer to just allow the energy to work automatically on whatever is for your Highest Good at the time.

4. Now just relax and observe what happens. Do not try to make the energy come through. Instead, just allow the energy to come through all by itself. The energy will begin channelling through your hands into your body. It will automatically go wherever it is needed within you. It may take a little while for the energy flow to build up enough for you to be able to feel it.

Do not try to control the energy – just observe it. The energy will work under the direction of your Higher Self. It will know where to go and what to do. It can work on healing you on the **physical, emotional, mental and spiritual** levels and it will always work for your Highest Good.

Once the energy channelling process has begun, it will continue on as needed, as long as your hands remain placed on your body, even if you fall asleep. Try to remain awake and observe what happens for at least 15 to 20 minutes. (You can do it for much longer than this if you want to. Let your intuition guide you as to how long is needed with each individual session.)

Some people will experience the energy as warmth and others will experience it as a tingling sensation. There may also be a feeling of something flowing. The energy may feel different at different times. As you observe what happens, you may notice that you can feel something going on in a certain part of your body for a period of time and then find the feeling will change and move on to another part of your body.

5. Finish the exercise by thanking the Ka Shen Sekhem energy and the ALL LOVE energy for coming through and working on you, and for the healing they will bring about in you. If you fall asleep before thanking the energy, try to remember to thank the energy later (for example, when you wake up in the morning, if you have been doing the exercise at night).

If you find you cannot feel the energy when doing this exercise, don't worry – even if you can't feel it, it will still be working. Some people find that it takes practice before they start feeling the energy.

Try to do this exercise at least 4 times a week. You will find that the energy will generally relax you and rejuvenate you at the same time. However, if you start to find yourself frequently laying awake at night and unable to get to sleep, this could also be due to the energy. If this is happening and it is a problem, you may need to work with the energy a bit less often for a while or you may need to just give yourself smaller doses of the energy.

If you like, you can do the above exercise sitting in a chair or while you are meditating. You can also put your hands on any part of your body that you feel needs energy, at any time of the day, if you are intuitively guided to do so. The energy will assist any kind of healing process. It will also help rejuvenate you whenever you feel worn, depleted or ill.

Any time you place your hands on any part of your body, your body will automatically begin drawing energy through your hands in that place. If you leave your hands in the same position for a little while, you will find that your body will draw in as much energy as it needs in that place. Then when it has taken in enough energy in that place, you will notice the energy flow will slow down or stop.

If you keep your hands in the same place even after the energy flow has slowed down or stopped, you may find that your body then starts to draw in more energy at the same place. In this case, the energy will most likely start travelling inside you to another part of your body that needs energy.

Normally when you are doing the **Channelling in the Sekhem Energy** exercise as explained in steps 1 – 5 above, you would just leave your hands in the one place the whole time and let the energy automatically travel around inside you as needed. However, if you want to, you can try giving yourself a treatment by placing your hands on a series of different parts of the body, letting yourself be intuitively guided as to where to put your hands next and how long to keep them in each particular place. This can be fun and quite effective.

If at any time you feel like you have given yourself too much energy and you are getting “overloaded”, just take a break from using the energy for a few days or a week. Sometimes your system will need a break so it can digest the energy that has already been channelled in. Sometimes time is needed to work through the healing processes that are taking place within you. Listen carefully to your feelings and your intuition – let them guide you as to when you need to take a break and also when it is safe to begin using the energy again.

Releasing Stored Emotions from the Past

Stored/trapped emotions from the past are one of the main things that restrict our natural emotional and psychological functioning and our personal/spiritual growth. They can also effect our interaction with other people in a big way although we usually don't realise this is happening.

Releasing stored emotions from the past is a very beneficial thing to do and can greatly improve our quality of life. We all have stored emotions from the past within us to some degree, unless we have already done a lot of work on ourselves to release them. Clearing out these old emotions is an ongoing process because they can only be dealt with bit by bit. But every time something is released and healed, this leaves us a little clearer and a little freer. Or sometimes a lot clearer and a lot freer!

Because this system and this energy will work on releasing stored emotions from the past, you may sometimes experience old emotions coming to the surface in an unexpected and unexplainable way. This is a natural part of the healing process. If you notice this is happening, try to just allow yourself to feel the emotions with the intention of letting them come up and out. Rather than becoming very attached to the

emotions, try to be aware that it is just part of the healing process – try to just feel them naturally, witness them, acknowledge them and let them go.

When old emotions are coming to the surface, you may need to express them. Sometimes you may need to shout or cry. It may help to write down in words what you need to express. It could be helpful to have a journal that you can write in to express thoughts and emotions that need to be expressed and released. You may also find it helpful to have a friend you can talk to when you need to express things. Emotions need to be felt and expressed. The way to let them out is to feel them and express them.

Emotions become stored/trapped inside us when we are unable to allow ourselves to feel them and express them naturally at the time they are produced. Once they become stored/trapped inside us, they can then create ongoing problems for us.

During a healing process, you may feel you need to express your thoughts and feelings to a particular person who is related to the thoughts and feelings that are being released (for example, someone who was involved in an experience you had in the past that led to these thoughts and feelings). In this case, you may find it helpful to express your thoughts and feelings in a letter to the person. By writing them down, this will help to release them. It is often not even necessary or appropriate to actually send the letter to the person. Instead you can ceremoniously burn the letter to release its contents.

How to request the Full Version of the system

If you want to receive the full version of the system, you first need to complete the basic version. This is because the basic version will provide a good foundation for the full version. It will prepare you for the full version and enable you to get greater benefit from the full version than you would be able to get if you did not first receive the basic version.

It takes a **minimum of 1 month** to integrate the basic version of the system (from the time you have **finished** receiving all 3 of the attunements) before you can begin the full version. You can wait longer than 1 month if you feel you need to. It is best not to move on to the full version until you really feel you are ready.

To request the attunements for the full version, you will need to email Peter Chapman at: peter@attraction-law.com

In order to send you your attunements for the full version, I will need to know your first name and surname, and your location (city and country). For example: Mary Thomas, Melbourne, Australia.

Please let me know how long it has been since you received the 3rd attunement for the basic version. Please also let me know if you have previously received any attunements to Reiki or Seichim/Sekhem, excluding the attunements for the basic version of this system.

When you are requesting the full version , I would be interested in any feedback you may have on your experiences while receiving the attunements for the basic version and your experiences in working with the basic version. Feedback is very helpful to me. Thank you in advance.

For information on the cost of the full version, please visit www.attraction-law.com

Blocks and Working with the Law of Attraction

An important aspect of the Law of Attraction is that **feelings add power to thoughts**. This means that when thoughts are combined with feelings, they will attract things into your reality faster and more powerfully.

Thoughts send out vibrations that attract similar thoughts. Feelings send out vibrations that attract similar feelings. For example, if you are generating thoughts about some of the positive things that you have in your life, and you are generating feelings of joy and gratitude for these things, this will send out vibrations that will attract similar thoughts about other positive things you have in your life, and also attract similar feelings of joy and gratitude for these good things. And of course, all these positive thoughts and feelings will start attracting more similar positive things into your life.

On the other hand, if you are generating thoughts about some of the negative things that you have in your life, and you are generating feelings of anger, resentment or despair related to these things, this will send out vibrations that will attract similar thoughts about other negative things you have in your life, and also attract similar feelings of anger, resentment or despair. Needless to say, all these negative thoughts and feelings will start attracting more similar negative things into your life.

Gratitude is the most important factor when working with the Law of Attraction to attract abundance and good things. The more you have gratitude for the positive things in your life, the more powerfully and easily you will attract more positive things and greater abundance into your life. If you want to effectively work with the Law of Attraction, it is very important to cultivate an “**attitude of gratitude**” in your daily life.

Even if your life is far from the way you would like it to be, strive to focus on any good things that you **do have** and feel gratitude for them. This will begin to attract more good things and initiate a “Law of Attraction chain reaction”. Things to feel gratitude for could be as simple as good health, a roof over your head or food in the fridge. (There are plenty of people in the world who do not have these basic things, so if you do have them, consider yourself fortunate.)

By choosing our thoughts carefully, and by being very aware and careful about which thoughts and feelings we choose to focus on, we can effect what is being attracted into our lives. We can potentially control what we are manifesting for ourselves in the physical world.

The Law of Attraction can be influenced in a big way by our **subconscious beliefs**, our **feelings** and our **expectations**. The most common obstacles that can **prevent** the Law of Attraction from bringing us the positive things we want to manifest in our lives are our subconscious beliefs of unworthiness, our feelings of unworthiness and our fears.

More specifically, such beliefs and feelings as

- I do not deserve abundance.
- I do not deserve success.
- I do not deserve love.

The above beliefs and feelings stem from the basic fundamental belief and feeling of **“I’m not good enough.”** Feeling and subconsciously believing that “I’m not good enough” are a normal part of the human experience. These things have usually been set up in our past experiences, particularly in our early childhood, and can sit stored within us at a very deep level. They can then give rise to a multitude of negative behaviour patterns and problems in our lives.

These negative subconscious beliefs and feelings can easily override the positive conscious thoughts we may be creating to try to use the Law of Attraction to manifest what we want. In fact, whether we realise it or not, **our subconscious beliefs and feelings can be attracting into our lives things that we do not want**. This is very common.

Let’s say, for example, that you want to use the Law of Attraction to manifest financial abundance. If you subconsciously believe that you do not deserve financial abundance and you feel unworthy of financial abundance then this will automatically lead you to form the expectation that you are not going to have financial abundance.

And then there is also the issue of negative or limiting subconscious beliefs relating to **specific things** - for example, beliefs about money. Some subconscious beliefs that people often have about money, that prevent them from attracting money, are:

- There will never be enough money.
- Money is the root of all evil.
- Money is dirty.
- Money causes inequality.
- Money has a bad influence on people.
- Money drives people do bad things.
- People who have a lot of money are selfish.
- For reasons such as the above, it is better that I do not have a lot of money.

People usually don’t realise they have these kinds of beliefs about money but they are actually quite common.

So no matter how hard you try to focus on thoughts of having financial abundance, any negative beliefs, feelings or expectations that you may have could override these thoughts and instead attract a lack of financial abundance.

Unexpressed and unhealed feelings from the past can remain stored inside us indefinitely and this can affect the Law of Attraction in another way. Stored negative feelings can create and perpetuate **negative conscious thoughts** which the Law of Attraction will respond to. Stored feelings from the past can often be easily “triggered” (activated and brought to the surface) by events and circumstances in our everyday lives.

For example, a person who is carrying a lot of anger from the past may easily become angry in response to events and circumstances arising in their lives. People who are carrying a lot of anger are often considered by others to “have a very short fuse”. (Alternatively, if a person is carrying a lot of anger but they continually suppress their anger because they do not want to allow themselves to become angry, then the suppressed anger can transform into depression.)

Another example is fear. A person who is carrying a lot of fear from the past is likely to easily become fearful in response to events and circumstances arising in their lives.

Anger and fear are both powerful emotions that can easily disrupt and override our normal rational and intuitive thought processes. They can also easily overpower our intentions and attempts to “think positive”. We may be fully aware that the Law of Attraction is constantly responding to our thoughts, so we may be making a conscious effort to monitor our thoughts and feelings and concentrate on creating positive thoughts and focus on positive feelings. But if we are carrying a lot of anger or fear from the past, we may find we are frequently swept of course by these emotions and are unable to achieve our goal of maintaining “positive thinking”.

Anger can stimulate us to create harmful and destructive thoughts. The Law of Attraction will pick up such thoughts and start manifesting them into things and circumstances in our personal reality.

Likewise, fear can stimulate us to create fearful thoughts. It is natural to project our fear into our imagination and create thoughts about negative possibilities that we think could eventuate. Again, the Law of Attraction will pick up such thoughts and start manifesting them in our lives. As far as the Law of attraction is concerned, feelings add power to thoughts. Because anger and fear are very powerful emotions, they have a powerful influence on the Law of Attraction.

Anger and fear are only two examples but it can be seen that unexpressed and unresolved feelings from the past can have a big effect on our conscious thoughts and feelings in the present moment. Therefore, such feelings can have a very big impact on what the Law of Attraction draws into our lives.

In order to clear the way for the Law of Attraction to more easily work in our favour and bring us what we want, we can work on removing **negative subconscious beliefs**, **negative expectations** and **stored negative feelings from the past**.

So how can we release and heal stored emotions from the past? How can we clear negative subconscious beliefs, especially when we usually don't even realise they are there or know how they came about? How can we clear negative expectations and fears?

The Sekhem Law of Attraction Accelerator is a powerful tool for doing exactly this. It will automatically work on clearing negative subconscious beliefs, negative expectations and stored negative feelings from the past when you do the **Channelling in the Sekhem Energy** exercise on page 10. You can increase the degree to which the clearing process is supporting your work with the Law of Attraction by requesting that the energy **focus specifically on removing any blocks you may have, related to attracting the particular thing that you want.**

For example, at the beginning of each practice session, you could say “I ask please for the Ka Shen Sekhem energy and the ALL LOVE energy to come through to heal me for my Highest Good **and I ask for the energy to focus on clearing any blocks I have related to attracting financial abundance.**” When you are working on clearing blocks related to attracting something specific, sometimes you may need to spend a lot longer than 15 to 20 minutes in a session. Let your intuition guide you as to how long is needed with each individual session. If you only have time to do 15 minutes per session, the process will still work but it will take more sessions to get the job done.

The energy works in conjunction with your subconscious mind and your Higher Self, so it will know exactly where to go and what to do to clear the blocks. It may take many energy sessions spread over a period of time to completely clear all the relevant blocks but each session will result in some improvement on some level. The things that need to be released and healed can be held very deep within you. There can be many bits and pieces that have to be dealt with and they can be connected in complicated ways, so it may not be a straight forward process.

But if you are patient and persevering, you will get results and you will see huge changes in your life. The more you are able to clear your blocks, the more free you will be to attract into your life the things you really want. In fact, the more free of blocks you become, the more you will automatically attract wonderful things into your life without even trying.

Releasing Stored Emotions from the Past, and The Law of Attraction

When working with the Sekhem Law of Attraction Accelerator, you may sometimes experience stored negative feelings from the past being brought to the surface to be released. Remember to try to just allow yourself to feel the feelings (expressing them if necessary) and then let them go, as explained in the previous **Releasing Stored Emotions from the Past** section above.

If, instead of just allowing yourself to feel them and then letting them go, you become attached to them and start actively generating new negative thoughts related to these feelings, this may invoke the Law of Attraction and start attracting negative things into your reality. This is a choice you make in the moment and with awareness and practice it becomes easier to avoid.

For example, if you are feeling anger coming up, that is ok. It is ok to feel anger and express it but if you allow the anger to cause you to actively start creating new angry thoughts then you will be asking the Law of Attraction to spring into action. And of course, the Law of Attraction is going to start attracting what you are thinking about **into your reality**. You will be attracting **to yourself** what you are thinking about. If you catch yourself doing something like this, just stop and ask yourself **“Is this really what I want to attract to myself?”**

If you have been studying information about the Law of Attraction, you will probably have heard that it is important to feel positive feelings and to focus on positive feelings. This is because positive feelings affect your vibrational state and the Law of Attraction responds to your vibrational state. You will also probably have heard that when you notice yourself feeling negative feelings, this is a sign that you are starting to create and focus on negative thoughts. And, that this is also a warning sign to you that you should change your focus to positive thoughts which will change your point of attraction back to the positive.

This may be true in some circumstances but when you are using some form of therapy to work on releasing stored emotions from the past, there can seem to be a conflict in the advice you are being given. Law of Attraction theory says “Avoid focussing on negative feelings and take negative feelings as a warning signal that you are walking into negative thought territory” whereas the therapy guidelines say “allow yourself to feel the feelings that are being released, so they can come out of you.”

The difference is that when emotions from the past are coming up to be released, they will be brought up automatically and usually seem to “appear” unexpectedly for no apparent reason. You have not actively created them by generating new negative thoughts. Try to notice and realise when this is happening, then just let yourself feel them without letting them drive you into creating new negative thoughts. You need to be aware, and to remain a little detached, so you can allow yourself to feel them and to observe them without getting hooked into them.

It can be a fine line between: allowing yourself to feel feelings that are being brought to the surface to be released **as opposed to** getting hooked into actively creating new negative thoughts and new negative feelings. But if you are forewarned and prepared for such situations, you will be much more able to navigate your way through these experiences without creating more problems for yourself. It does take practice.

Love, Joy and Gratitude:

Reprogramming your Conscious Thinking Patterns

There are two areas you can work on to make your life more and more positive, and to cause the Law of Attraction to bring more and more positive things into your life. The first is removing blocks held inside you on a **subconscious** level. The second is reprogramming your **conscious** thinking patterns. You can work on both these areas

simultaneously and these two areas of healing and development will support and enhance each other.

As discussed in previous sections, the first area is clearing out negative subconscious beliefs, fears, negative expectations, and stored emotions from the past. Using the Sekhem Law of Attraction Accelerator self-healing technique (see **Channelling in the Sekhem Energy** on page 10) on an on-going basis will automatically work on this area for you.

The second area - reprogramming your conscious thinking patterns - is based on principles related to the Law of Attraction. The Law of Attraction states: **Energies and vibrations attract similar energies and vibrations. Like attracts like.** Our thoughts and feelings send out energies and vibrations into the Universe. These outgoing energies and vibrations attract back to us **things of similar energy and vibration.** Thoughts **attract other similar thoughts** and this tends to create a chain reaction.

There are three very beneficial things you can do in the area of reprogramming your conscious thinking patterns:

(A) The first thing you can do is make a mental habit of **focusing on the positive things** (or related aspects) in your life and in your experiences. You don't have to pretend the negative aspects don't exist but you can make a **big mental effort** to give your attention to the positive aspects in everything. If you can't see any positive aspects in something then keep looking to see if you come up with a positive aspect. And if you can find one then focus on that. Sometimes this may require some imagination and lateral thinking.

This takes practice and determination but with **time and effort** it will begin to become second nature. It will eventually become automatic. You have to reprogram the neural pathways in your brain and this is achieved with **practice and repetition.** It is like learning to play the piano or learning your times tables in maths at school – these things are learnt through practice and repetition. Once the new neural pathways are built, the functions become automatic. **Form a mental habit of automatically looking for a positive side in everything.** Even if you cannot always find a positive side, just the fact that you have a habit of automatically looking for one will put you miles ahead.

The reason for doing this is as follows: Whenever we give our attention to something, we get **more of that kind of thing** coming into our life. This is based on the Law of Attraction. Whenever we are giving our mental attention to the positive aspects of something, to something we do like, something that is positive, something that is pleasing to us, then we will be attracting more things of that kind into our life. And we will soon experience those things we are attracting. Therefore the more we focus on positive things, the more we will be attracting **more similar positive things** into our life.

And of course, the more we focus on negative things, or the negative aspects of things, then the more we will be attracting more similar negative things into our life. This principle is pretty straight forward: Do you want to focus on the positive aspects of things and attract more similar positive things into your life? Or would you rather

focus on the negative aspects of things and attract more similar negative things into your life?

There are many people in this world who are experts at finding the negative aspects in everything, focussing on those negative things and complaining about them. They have spent years cultivating this talent and it has become an effortless and automatic process for them. Can you see from the above explanation how much harm they are doing to themselves without even realising it? **You can do the opposite: Become an expert at finding positive aspects in everything and focussing on those positive things.**

Everything somehow offers an opportunity to see or think of related positive aspects and everything also somehow offers an opportunity to see or think of related negative aspects. Sometimes it may take a bit of creative thinking to come up with a related positive aspect. Here is a good technique to use when something negative comes into your experience, if you are having trouble finding a related positive aspect: Let it prompt you to consider and reflect on any good fortunes you have that are somehow related the negative thing, even if they are not directly related.

For example, say your car gets a flat tyre. You may initially feel down about that and angry that it has happened. But if you look around for any good fortunes you have related to that situation, you might come up with the following. “Well, it is great that I actually do have a car in the first place. Plus it is a good car and it serves me very well. Many people do not have a car as good as this one and many people do not have a car at all. Plus I haven’t had a flat tyre in 3 years. So here are 3 good things that wouldn’t have crossed my mind, that I wouldn’t have stopped to realise and feel grateful for, if this hadn’t happened.”

Here’s another example... Let’s say you fall over and bruise your knee. You may initially feel upset that it has happened and momentarily view it as a great misfortune. But then if you start to do a bit of lateral thinking, you may realise “Hey, I may now have a bruised knee but this has just led me to consider the following... The rest of my body is in very good health. In fact I am pretty much free of body problems. I know friends with all sorts of health problems but I have virtually none. My God, I am so fortunate in the area of physical health. Thank God for that. I never realised just how blessed I am!”

(B) The second thing to do in this area is make a mental habit of taking the time to stop for a moment and **consciously feel love, joy and gratitude**, whenever the opportunities arise. When something good happens or you notice something positive, take the time to stop and consciously feel good about it. If it is something that you love, take a moment to feel how much you **love** it. If it is something that brings you joy, take a moment to feel that **joy**. If it is something that you feel grateful for, take a moment to feel your **gratitude** for having it.

Love is very powerful. It can be in the sense of love and caring for another living creature. It can also be in the sense of something you adore or very much enjoy – for example, “I love walking in nature”, “I love chocolate cake”, “I love that car”. Whenever you are feeling any of these kinds of love, you are sending out powerful vibrations that will attract back things of similar forms of love.

Gratitude is a magical and very powerful thing. Whenever you feel gratitude for something, you get more of it - it gets magnified. **Gratitude is a magnifier.** Taking the time to feel gratitude for the good things you do have is the easiest and most powerful way to bring more good things into your life. It works magic. It is a spiritual law.

Joy is also a very important and powerful thing when working with the Law of Attraction. Whenever you are feeling joy, you are sending out powerful vibrations that will attract good things to you. Whenever you are feeling joy, you are **feeling good**. Good will come to you when you are feeling good. Feeling good is the key to attracting the things you want.

So you can make a mental habit of being on the lookout for things that you **love**, things that you can feel **grateful** for and things that bring you **joy**. And every time you experience or think of one of these things, capitalise on it. Stop for a moment and feel the love, the gratitude or the joy. Give thanks to the universe for it. The more love, gratitude and joy you can feel and express, the more wonderful your life will become.

These are some things you can work on. When people go to the gym, they expect to work hard while they are there, so they can develop their muscles and tone their body. This is the same - you have to be prepared to work hard to develop these mental muscles and tone your thinking. As these mental muscles become stronger and as these new neural pathways get built, these new habits and new patterns of thought will become easier and easier. Eventually they will become effortless and automatic. And as you implement these new ways of thinking, your life will start changing.

(C) The third thing to do in this area is make a conscious effort to feel good in general, as often as possible. You can make a habit of feeling good. Feeling good is one of the most important things you can do when working with the Law of Attraction. **With practice, you will find it is possible to feel good, simply by deciding to feel good.** The more often you can feel good and the better you can feel, the better your life will become. When you are feeling good, you are sending out positive thoughts, energy and vibrations, and you are therefore attracting positive things into your life. When you are feeling good, you are in vibrational harmony with your desires and are therefore attracting your desires to you.

It is not the things we have and do that make us happy – it is **the way we feel about the things we have and do** that makes us happy. So make a conscious effort to feel good about as many things you have as possible, and about as many things you do as possible.

Two ways of using the Law of Attraction

There are two ways you can use the Law of Attraction to improve your life. The first way is to use it to bring into your life **specific important things** that you want. For example, to attract financial abundance, a wonderful loving relationship, great health or a wonderful new job. People often think that this is what the Law of Attraction is all about.

But there is also another way of using it that is equally powerful and beneficial. The second way is to use the Law of Attraction to continually bring **wonderful things in general** into your life on an **on-going, daily basis**. This will make your life easier and more and more positive in a general sense.

The techniques in the previous section are a powerful way to support the process of attracting specific things into your life but they are especially powerful and important for attracting wonderful things in general into your life on a daily basis. And then of course, clearing out negative subconscious beliefs, fears, negative expectations, and stored emotions from the past will also assist in improving what you are attracting into your life in general on a daily basis

Releasing Stored Emotions from the Past, and not always being able to Feel Good

As explained earlier, when you are using the Sekhem Law of Attraction Accelerator and have been working with the Sekhem Energy, you may sometimes experience stored negative feelings from the past being brought to the surface to be released. When this is happening, it is important to remember to try to just allow yourself to feel the feelings (expressing them if necessary) and then let them go.

This is explained in the sections **Releasing Stored Emotions from the Past** (page 12) and **Releasing Stored Emotions from the Past, and The Law of Attraction** (page 17). Sometimes it may not be possible to feel good when you are in the process of releasing stored emotions from the past because the feelings that need to be released may not be ones that feel good.

If you are experiencing unexpected emotions coming up, you may suspect (or intuitively feel) that they are stored emotions from the past being brought to the surface to be released. In this case, don't worry about trying to focus on feeling good. In this situation it is far more important to just let yourself to feel the old emotions so they can be released successfully, even if they don't feel good.

There is a time for feeling good and there is a time for working on releasing stored emotions from the past. With a little experience with this form of therapy, you will come to notice or realise when stored emotions from the past are being brought up to be released.

Clearing Blocks related to Attracting Specific Things

For the purposes of attracting specific things into your life, this system will usually be most affective when used to focus on clearing blocks related to attracting **just one specific thing**, for a period of time. For example, if attracting financial abundance is your primary goal at the moment, you could use the system purely to work on clearing

any blocks you may have related to **attracting financial abundance**. You could focus on just this one goal for a period of time.

In this case, you would need to practice the **Channelling in the Sekhem Energy** exercise a few times a week. Every time you do the exercise, you would need to ask the energy to focus on clearing any blocks you may have, related to **attracting financial abundance**.

As mentioned above, it may take many energy sessions, spread over a period of time, to completely clear all the relevant blocks related to something specific. But each session will result in some improvement on some level. The things that need to be released and healed can be held very deep within you. There can be many bits and pieces that have to be dealt with and they can be connected in complicated ways, so it may not be a straight forward process.

Therefore you would need to continue focussing on just this one goal until you are happy with the results you have achieved. As the clearing processes get underway, you will start to notice some changes going on inside you. You will start to notice some changes in your mental and/or emotional attitudes related to your goal or to things connected with your goal. Once you are happy with the progress made with regard to this particular goal, you could then start working with the energy to focus on a new goal.

So the first thing to do when you want to start working seriously with this system is to decide what is the most important and/or urgent goal you currently have, with regard to your Law of Attraction work. If you had to focus on just one major thing for a period of time, what would it be? Once you have decided on your current goal, you can get down to business and work consistently with this system for a period of time, to clear the way for achieving that goal.

Additional Reading

For a good introduction to the basics of the Law of Attraction, see:

The Secret, by Rhonda Byrne, published by Beyond Words Publishing, Atria Books

You may be able to get this book from <http://store.theseecret.tv/>

or from www.Amazon.com

This manual may be freely
copied and passed on to
others, provided that it is not
modified.

The Sekhem
Law of Attraction
Accelerator
(a free system)

is available from

www.attraction-law.com

Donations

The Basic Version of this system has been made available free of charge, to anyone who would like to try it. However, if you would like to make a donation in return, it is possible to do so on the following webpage:

<http://www.vibrational-alchemy.com/donations.htm>

It does take work to provide this service, so donations will always be greatly appreciated.

If you are considering making a donation, it is recommended that you first receive the free attunements and try working with the system. This is because this system will not suit everybody. It is best to make sure that the system works for you and that you are happy with it before you go ahead and make a donation.

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Peter Chapman is a Reiki and Sekhem teacher and has been working with Reiki and Sekhem since 1992. His passion is developing and teaching new healing systems. He also loves working with the Law of Attraction, teaching others about the miracles of the Law of Attraction, and combining the Law of Attraction with Sekhem.

Peter lives in Melbourne, Australia. He has a University Degree in Computer Science and used to work as a computer programmer in the area of Artificial Intelligence.

Peter's new healing systems have gone to countries and places around the world including: Australia, the U.S., the U.K., Canada, France, Germany, India, Bulgaria, Turkey, South Africa, Indonesia, Romania, Venezuela, Finland, Brazil, Portugal, Malaysia, Thailand, Poland, Latvia, Iran, Italy, the Netherlands, New Zealand, Denmark, Norway, Jordan, Dubai, Peru, Pakistan, Spain, Czech Republic, Mexico, Sweden, Vietnam, Ecuador, Qatar, Barbados, Greece, Bosnia-Herzegovina, Hawaii, Taiwan, Albania, China, Morocco, Kenya, Russia, Austria and Egypt.