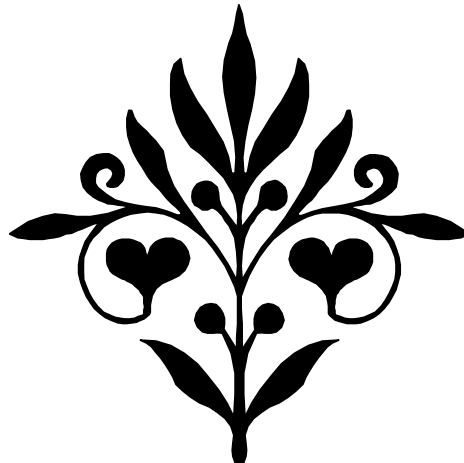


# **AN INTRODUCTION TO 'ROSE' S E I C H I M**

## **THE MAGIC OF SEICHIM ENERGY TRAINING**

**By DR. CHRISTINE (CRIS) HENDERSON**



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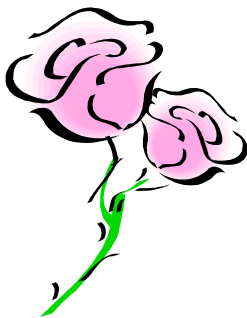
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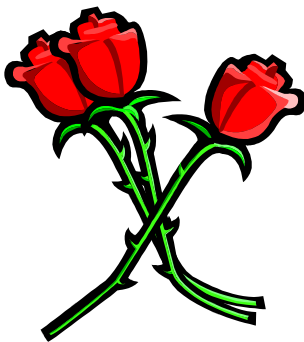
WELCOME TO THE 'ROSE' SEICHIM COURSE. THIS COURSE WILL GIVE YOU THE BACKGROUND AND ATTUNEMENTS TO PROCEED ON TO THE ADVANCED 'SHAMBALA STAR' COURSE AND THE MASTER'S COURSE IN SEICHIM SHOULD YOU SO WISH.

THE REASON FOR THE DESIGNATION 'ROSE' WILL BECOME CLEARER AS THE COURSE CONTINUES. IN THE BEGINNING JUST UNDERSTAND THAT THE KNOWLEDGE OF SEICHIM IS BEING PASSED ON TO YOU IN ITS PURE SENSE, SO THAT YOU HAVE A BODY OF KNOWLEDGE TO WHICH YOU CAN ADD YOUR OWN ESSENCE AS TIME GOES ON.

AS A START KNOW THAT THE TITLE 'ROSE' HAS BEEN INTEGRATED WITH 'SEICHIM' BECAUSE OF THE CONNECTION WITH THE SISTERHOOD OF THE ROSE. UP UNTIL THIS TIME A GREAT DEAL OF INFORMATION ON THE SISTERHOOD HAS REMAINED SECRET, BUT IT IS NOW TIME FOR MUCH OF THEIR TEACHINGS TO BE OPENED UP FOR UNIVERSAL BENEFIT.

PLEASE REMEMBER, IF THERE IS ANY PART OF THE COURSE, WHICH YOU WOULD LIKE EXPANDED TO CONTACT ME. AGAIN, WELCOME TO THE COURSE AND BEST WISHES FOR AN ENJOYABLE EXPERIENCE.

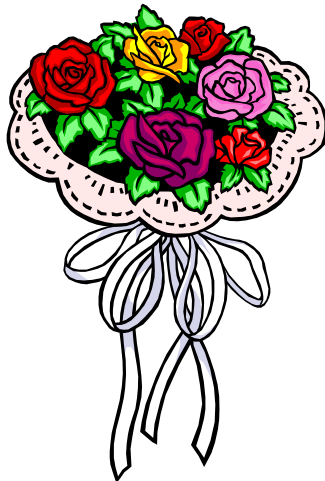
CRIS HENDERSON





### DEDICATION

This COURSE on Seichim by distance education is a first. It is dedicated to my dear friend Bess. For her help, encouragement and patience I am truly grateful. May she receive many blessings in her life.



**PART 1 INTRODUCTION AND BACKGROUND TO 'ROSE' SEICHIM**

*The first level of seichim teaches how to channel the power of unconditional love. This is done through the transmission of influential symbols, which have been part of the legend of the Sisterhood of the Rose from its formation. The simple definition of seichim as the **secret language of the goddess** amplifies the power of its symbology.*

*First level rose seichim contains a series of powerful initiations, which can be transmitted to the student absently or in person, depending on how the course is delivered. The option you have chosen is the purchase of a workbook. In my experience each person is different and sometimes may even need a combination of several options in order to enjoy the energy of the Rose Road to his or her fullest capacity.*

The ancient art of Rose Seichim is linked definitively with the feminine energy. The feminine archetype is an integral component of all cultures across time. As part of my search for the Goddess I have worked with the myths, legends, images, songs and fairytales of many cultures. But who is the goddess – how does she relate to this course – and to the wider and more intriguing subject of Rose Seichim? A goddess is a particular form of the feminine archetype.

Linkages with the feminine energy, or the feminine ray, and ancient heritages are profound and still being fully understood. As we understand Seichim we are taken back to ancient Egypt to the symbols used on the tombs. We are also taken to Atlantis, to India, to the Far East, indeed we travel the ancient earth. The feminine energy of the period was and still is extremely powerful. Ancient rituals existed which gave people a new and direct link to universal energy and opened them up to a power directly available and without any interference whatsoever from external sources.

Many of the symbols used in Seichim are similar to those etched into the



stone of the pyramids of Egypt and Mexico. The symbols have been handed down through the ages. They are often very personal – as well as being an integral part of this holistic system of ancient knowledge.

*The goddess did not work alone. She shared knowledge with the other kingdoms, the Faery Kingdom and the Angelic Kingdom. All the kingdoms associated with gnomes, giants, elves, devas and leprechauns are also linked to this energy pattern. Over time a co-operative way of working developed in the form of a **Holy Alliance**. This term is one that I have developed and copyrighted to describe the integration of the various kingdoms into one co-operative alliance. These groups worked together to help human kind achieve its fullest possible potential. It showed the human race through legends, fairy tales, dreams, and visions how life should be lived without the barrier between the matriarchy and the patriarchy. The term Holy Alliance describes the symbolic sacred marriage between Heaven and Earth or, to put it another way, the sacred marriage between the goddess and god. In another sense this symbology means that nothing is separate now - take the union between 'rose' seichim and 'rose' reiki as another example. The energies are combining to bring a reunion of these two energy disciplines. This is a difficult concept to explain so it may be that the reader feels it rather than understands it through logic. Simply notice how things are changing in the relationships between people in the world around you and it will begin to clarify. The world of the Holy Alliance is a honeycomb world, a world of layers and steppes, a world of colour and light, and also a world of darkness and light. The links that seichim has with these other kingdoms is also explored in any introduction to the rose energy.*

***As you work with the gentle energy of Seichim you will find that symbols linking you to your own essence emerge from the ether to influence your life and your life's purpose. Soon these symbols will become so much an integral part of your life that you may forget their source or origin, or the exact time when they made themselves known to you. It is important at this point that you begin a special and very private diary or journal that is just for you, in order to record your experiences. In deciding to walk the Seichim path you will find a new and gentle energy enters your life. In fact, it will already have entered your life, because, as you read this you will remember that once you decided to undertake the Seichim journey, a gentle cleansing occurred in your life. So begin your book now, and record your symbols and the***

*experiences that led to your receiving your very own and personal set of information.*

### **WHAT IS SEICHIM? A SUMMARY**

Seichim is a secret language of communication. It teaches us how to manage energy. The universe is made up of energy. Human beings are light bodies composed of layers of energy. The nature of energy is that it moves and flows – therefore the nature of life is one of constant movement and development. Understanding the principles of universal energy opens us up to a better understanding of life and of the art of being.

*Seichim protects by its integrity.*

In learning Seichim we take on the function of learning and harvesting energy. The symbols we learn take us and link us in to the highest spiritual power on a direct line that can never be polluted.

### **SEICHIM IN DETAIL**

Seichim is a system, which enables better self-management in all areas of our lives. It is both practical and profound. It is a process that creates meaningful change in our lives.

Seichim is an advanced form of hands-on healing, which is said to be the parent energy of all hands-on healing systems. It is based on the lore of women, women's rites and women's rights. Written records have been lost along the way until now and the system has been passed down by word of mouth from generation to generation. This course aims to bring the history together. It is time that much of this gentle art is now released to those who can understand the implications of what they study. Seichim is beauty in rhythm – it is open to anyone to learn and to understand, but some people will

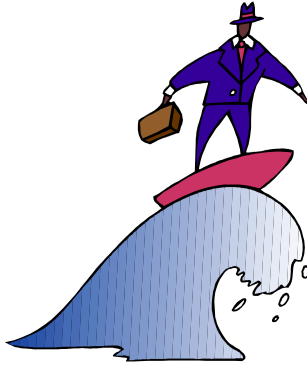
be drawn to it more than others will. Everything comes in its own way and in its own time. There is a time and place for everything. We must understand our own place within the energy before we can come to terms with the gentle art of an energy discipline such as Seichim.



Every day, wherever we are, we are striving for and thriving on energy. Energy is a major pattern in our lives. It is lore unto itself. It is an absolute necessity if we are to keep on living! Some people are takers of energy, and some are givers. Some people are neutral and unaware of the implications of energy and its significance in their day to day lives. Some rely on patterns of energy in different ways. The only way to understand energetic vibrations is to really work with them and empathise with their practical effect on our lives. Energy patterns exist with all objects in our universe – animate and the so-called inanimate. For example, rocks, trees, flowers, even the grass – all these elements of the earth possess their own individual energy and vibrational patterns.

Any understanding that we have about energy can translate into our daily behaviours and our everyday lives. Energy can be described as an enabler. It 'enables' positive change – it 'enables' new directions to be taken and issues to be resolved. In terms of work it 'enables' us to create what we ourselves desire in a workplace which is harder to please – there are fewer jobs, more competition for those jobs and a need for us all to self-manage, in our lives, our careers – and in our homes.





As we understand more about vibrations, waves, and the eddy and flow of energy, we are able to determine things for ourselves such as how much time we have and can create, how we can energise the missing aspects of our lives, and how we can **co-create** our own future.<sup>1</sup>

If you are unsure as to how you feel about this concept of quiet and reflective energy, go and walk on a beach and watch the water. Watch and listen to the waves and the ebb and flow of the water as it becomes part of a wider energy pattern, and understand the implications of the absolute ability to be fully accountable for each and every facet of our own lives. If you are not near the beach go to a mountain and watch and listen to the trees and see the ebb and flow of the wind bring in a wider energetic patterning.

**Life is totally an energy experience.**

Seichim works to change the energy, both your energy and the energy you are experiencing around you from the negative into the positive. It enlivens the energy. It lifts heavy energy and makes it feel light.

Seichim is a handy first aid kit. In practical terms it enables the following to occur:

- Seichim cannot interfere with the free will of the person to whom the Seichim is directed unless that person wants to receive the energy assistance.
- Seichim accelerates the healing process.

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<sup>1</sup> There is an enormous difference between creating your own life and co-creating it. This difference will emerge as an integral part of the course. Please keep open to looking for clues as to how this works, and, if you feel unsure at the end of the course as to the methodology do not hesitate to contact me.

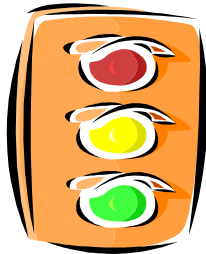
- It opens the person concerned to profound change – it really provides a practical program for personal change.
- It enlivens the aura – often the aura is static and does not dance and flow and meld beautifully with our current life experiences. Seichim enables that to happen.
- It moves stale places, people and things on from the Seichim learner. This is baggage that is not needed for the exciting journey ahead. For example, relationships that are 'stuck' may change – people just decide to move on. A job that is not really in tune with the real you will change – and so on. And the changes will all be for the greatest good of all concerned.
- Seichim is a system of very profound knowledge. It is an ancient mystery system. More aspects of Seichim are being discovered and developed all the time but the key aspect is its link with antiquity, wisdom and profound knowledge.
- Seichim links people in with a new network or fraternity – this network is part of a myth concerning an ancient order of women thought to have worked with Mary after the Crucifixion. This ancient order of women was called the **Sisterhood of the Rose**.<sup>2</sup>
- The more you use Seichim, the more you grow. The intention for positive change is the important component and Seichim acts as your own personal growth program.
- Seichim can be your Best Friend. You can take it anywhere and you can use it at any time. It is simple and discreet. It does not have to be used flagrantly as the symbols in your own mind can bring amazing results. It is certainly user-friendly. It does not require extra space in your suitcase when you travel. It gives you everything you need for the journey of life.
- Seichim can help with food intake, particularly if binge eating is a problem. Simply put seichim symbols underneath the plate of food or on top and watch the balance appear in your life.

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<sup>2</sup> More details of the Sisterhood emerge later in this course, and, in particular in the Shambala Star Advanced 'Rose' Seichim course.

- Seichim can protect you wherever you are and whatever you are doing. When you are stopped at traffic lights, use seichim symbols to reinforce this protection within your car.

Seichim is free to use once you have learnt it.



- Seichim enables a person to be self-managing and self reliant in a world where dependency is rife.
- You will never lose Seichim even if you do not use it consciously for some time.
- Seichim is simple, easy, gentle and definitely non-competitive.
- Seichim works directly with the soul. It opens the heart and brings out the best in people and it opens us up to showing our authentic selves.
- Seichim is practical and grounding.
- Seichim creates protective energy.
- Seichim can be used in all areas of your life.
- Seichim often brings clarification as it cleanses the surrounding atmosphere.
- By building a critical mass of people who have learnt and practiced Seichim the world will become a more peaceful and happier place for every single person.

### **More positive aspects of seichim**

Seichim can: -

- Revitalise body and soul.
- Act as nature's tonic.
- Cleanse the body of toxins.
- Release the depth of wisdom and innate knowledge stored in the body's cellular structure and in the higher self.

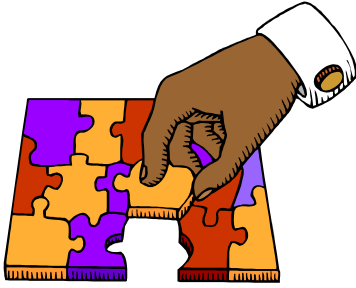
- Release patterns that are not in harmony with a person's life or soul purpose.
- Loosen blocked energy that could be inhibiting the body's process of natural healing.
- Heighten the harmony in life.

In a practical sense the following things may be experienced:

- Intuition is heightened.
- Sensitivity to energy and the way in which all things are connected is enhanced.
- Discernment is a really practical result. It will be possible to 'read' a person's energy almost instantaneously – there will be an attraction to those with the same ethical base as you.
- Health will improve because of the ability to change negative aspects into the positive.

Seichim is a gentle art. It is uplifting in its sensations. The use of its light touch can bring healing to the recipient and also to the person who is giving the energy. The reason is that the receipt of positive energy can be uplifting for all those involved.

The history of Seichim rolls back through the centuries. It has no formal history, nothing written down or easily understood. It emerges via an oral tradition down the generations and it has been passed from one person to another in this way. Much of the information about Seichim has also been suppressed over the centuries, and it is now re-emerging in the form of a jigsaw puzzle. We all share a responsibility for putting this jigsaw puzzle together.



One of the benefits of this system is the way we can transform negative energy into positive. There are many aspects of this, particularly in our modern world where there are actually competing energy patterns – both positive and negative. Take a multi-storey building for example. It is filled with different people who add or subtract energy – how can the energy be transmuted – how would it be if the energy in which people worked were crystal clear and free?

Inspiration is another of the key aspects of seichim. This happens because seichim helps us to release our true essence. The soul of the person begins to shine through. As that release is made it creates vibrations which, like the ripples on a pond, flow out from the centre. As the ripples eddy and flow, they affect others in a really deep and positive way.

Seichim works by raising the vibrations of both the people using it and the person to whom it is directed. This relationship is very special and the series of symbols, which are generated quite naturally after a time, open both the recipient and the trainer up to a new sense of well being. Seichim steers people to new heights of development; it satisfies an unexpected longing both in the here and now and possibly for earlier times. It reveals a process so powerful yet so obvious that few have ever really experienced it in all of its many and varied aspects or understood the extent of its opportunities.

### **EXERCISE:**

*Write down at least three aspects of learning Seichim, which really appeal to you. They do not have to be from the above information, but they can be.*

*Personalise the aspects and make them relevant to your own life. As part of this discussion add how you found Seichim and why you feel drawn to it. Answer the question of how you intend to use Seichim in your life. When you have finished this exercise keep it for one day and look at it again to review it. Has anything changed? Are there other important aspects of the way you intend to use Seichim, which have emerged since you considered the question? If so, what are they? What do you think this means? When you are happy with your answers please send them to me.*



### **WHAT IS THE DIFFERENCE BETWEEN 'ROSE' SEICHIM AND OTHER HEALING METHODS?**

- All healers use life force or Ki, but not all use the energy of the Rose.
- Seichim is a special kind of life force that can only be channelled by someone who is attuned to it.
- Healers report an increase of at least 50% in the strength of their healing after taking the seichim training.
- Seichim energy is powerful and of a high frequency.
- Seichim flows without having to enter an altered state.
- The attunement processes are powerful healing experiences in themselves.
- 'Rose' seichim can be used naturally with other modalities; however the Rose Road, which is the energy training of the Rose stands alone in its magnificence.
- 'Rose' seichim helps manifest a new and positive future.

Here is a simple method

- Conceive the best possible world for yourself.
- Use your imagination to the best possible advantage.
- Become pregnant with ideas that please and inspire you.
- Gestate health, wealth and happiness as you define them.
- Be inspired by poetry, drama, great books, heroes and heroines.
- Understand yourself and see if you are really ready to receive the new into your life.
- Prepare for the manifestation to happen.
- Use seichim to assist your creative energy by bringing towards you what you want to produce: you are tapping into a very powerful core that you must be ready to use: in other words be prepared for the results to be realised. Be prepared for love, abundance and happiness.
- Fill your mind with success stories that you find exciting: somewhere there is a culture and an age with which you identify: go there in books – in your imagination – in video: open to the wisdom of another time.
- Meditate and use a favourite Seichim symbol that links you to your wish.
- Bring that symbol into your DNA and see it as integrated with every single one of the millions of cells in your body.
- Reinforce with the Seichim symbols as appropriate.
- Create a word – one word – that identifies your wish. This is your signal to the universe!
- Hear it in your mind and think of it during your day.
- Give thanks for your creation when you receive it. Be happy and move forward into the next stage of your life.
- Look high – find a model for your creative outcome: a hero or heroine – a person you admire in this life or another.
- Give joy to others.

*This is the end of the introduction to 'Rose' Seichim. Remember to write in your Diary anything that you consider you need to follow up at a later time. And remember to e-mail or mail your answer to the question, which appears in the text about your response to the nature and role of Seichim in your life.*

*Please read and consider this introduction for at least one or two days, and then proceed in your own time to the next section of the workbook.*

Cris Henderson

## **'ROSE' SEICHIM AND THE LEGEND OF THE SISTERHOOD OF THE ROSE**

Seichim is an ancient mystery system of profound knowledge that has been developed and perpetuated by a mythical group of women called the Sisterhood of the Rose. More aspects of Seichim are being discovered and developed all the time but the key aspect, and the basis of the learning of the Sisterhood, is its link with antiquity, wisdom and knowledge and with the foundations of universal law.

'Rose' seichim is linked with the divine feminine, which comes in many forms – as Isis in Egypt, as Kwan-Yin and Kwaneen the Goddess of Mercy in the East, as the Black Madonna, in Poland, France, Switzerland and Mexico <sup>3</sup>and in Australia as the Rainbow Serpent Mother of the Aboriginal people. Each of these women represents the mother Goddess, or the feminine ray of energy. The wise woman form of the Goddess helps to bring an




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<sup>3</sup> These are just some of the sites where the Black Madonna can be found.



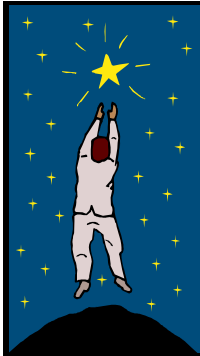
understanding of the mystery of Death and of Life itself and the way in which life is preserved through death. The Goddess holds the key to eternal wisdom and so the practice of seichim, the art of the Goddess, brings with it a key to truth, trust and wisdom. The rate at which truth, trust and wisdom are absorbed depends on the rate at which the individual can integrate the experience into daily life in a practical sense.

The format of the Sisterhood may be of interest. There were twelve groups of twelve women who formed the basis of the Sisterhood of the Rose. The Divine Feminine was expressed as a Goddess who led each group of women. The Goddess is the manifestation of the feminine essence, that essence just described that has manifested in different generations and in different ways across all the nations of the world, producing with it variations of the same theme.



The Goddess symbol is the Rose, and the Rose is often the first thing that draws a person into a relationship with the Sisterhood. But the magic and energy of the Goddess vibration and the Sisterhood of the Rose then extends us to a relationship with the

Stars, and the Shambala Star in particular. This is the new energy of Seichim, the magical and incredible link with the stars.



Each group of the original twelve women was loosely organised into the four cardinal directions of North, South, East and West. Their work involved holding each colour ray steady, and balancing their work within the four quadrants of the earth under the guidance of the appropriate Goddess and with the assistance of the angelic realms. This **was** the case.

The Sisterhood **today** is a Supreme Healing force, a gathering of the goddess, in the realm of the new energies. The Sisterhood acts as a major custodian of the sacred wisdom. Its purpose is to heal all of the kingdoms on Planet Earth, an enormous claim, but the way in which this healing takes place is part of the sacred knowledge that is only released to initiates. As epochs in human history have needed certain colour rays or healing tools the Sisterhood has as its role the management and development of the different energy and light vibrations. The Sisterhood has a direct linkage to the universal symbols. They are the guardians of these universal symbols and they are responsible for releasing these symbols to us at this time.

The members of the Sisterhood work independently and in cooperation with each other. Each individual member of the Sisterhood has a particular talent in terms of creativity, which she uses, to its fullest possible extent. And so, there are writers, artists, healers, mothers, grandmothers, sisters and friends. All the elements of these roles have a significant place and a major contribution to make within the Sisterhood. And externally all contribute to the creation of a critical mass, which is charged with changing the negative into the positive at a local, national, international and universal level. The Sisterhood is a Holy Alliance,<sup>4</sup> and more information becomes available on this emerging energy during the study of Seichim. Because not only is Seichim a Holy Alliance itself, it is part of a larger Holy Alliance, one which is important for the furtherance of the positive energy of Mother Earth. The excitement of the new vibrations coming into all our lives is reflected in the increase of activity amongst the membership of the Sisterhood at this particular time. Women and men are increasingly being drawn to the simple and straightforward energy of seichim, because its principles are universal.

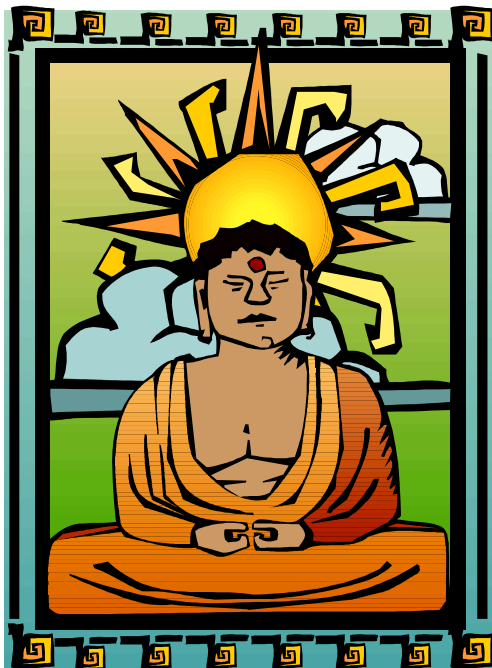
Women and men alike are being drawn to understand the nature



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<sup>4</sup> The Holy Alliance is not simply one between the members of the Sisterhood, however. It is much more complex than this, although the Sisterhood is definitely involved.

of the sacred contract that they have with the universe, and how they can work in co-operation with the Angelic realms. The Angelic realms manage the energy grids of the earth and keep the polarities in balance, in order to secure the health and well being of Planet Earth. The Sisterhood has a direct linkage to these realms and to the universal symbols themselves. Members of the Sisterhood have always acted as the guardians of these universal symbols. They are responsible for releasing these symbols to us now. **And so, if you feel a connection with the Sisterhood it is important that you honour it. Now is the right moment for you to make your universal declaration in order to fulfil your full potential. Seichim is one path that can be chosen to enable an individual to do just this in a gentle, progressive and wondrous way.**



## **MORE INFORMATION ABOUT THE AUTHOR AND COURSE CREATOR**

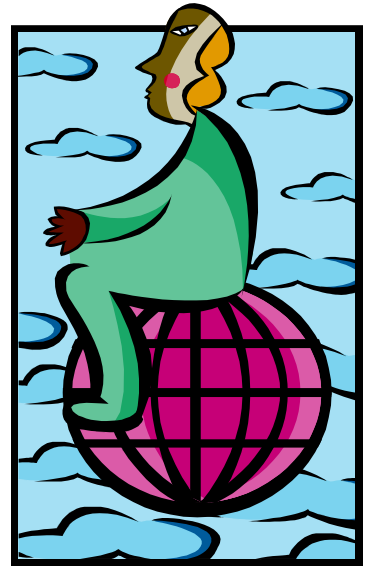
As the Principal of Crescendo Solutions and a Creativity Consultant I am delighted to be presenting you with this workbook – your own personal course. As you know, but it is worth repeating so that you have the information easily available, my contact details are as follows. Phone/fax is 61 (0) 7 3410 1194, e-mail [crishendo1@bigpond.com](mailto:crishendo1@bigpond.com), or write to PO Box 1207 Bongaree, Bribie Island, 4507, Queensland, Australia, if you have any questions or should you need to discuss any aspect of the changes happening in your life. The on-going contact is important, so, if you do experience any difficulties of understanding the material, or responding to it, please get in touch with me. With regard to phoning, it is best to make a time so that I am free and ready to go through issues with you in depth. Much of the material we are discussing is presented in a new format, because this is the first course to my knowledge in open learning or distance education in Seichim. At this stage there is also very little written on the topic, so whatever you find yourself is important, and whatever you intuit yourself is also very important.

There are other materials available to help to support you during the course. On my web site at [www.roseseichim.com](http://www.roseseichim.com) you will find a series of booklets. Each booklet is a support in itself. Simply look at the site and see if there may be some that appeal to you and order them in the usual way. They are all infused with the rose energy. Also keep in mind that should you wish to order your personal taped sacred 'rose' seichim journey that this option is available to you. There is also a possibility of experiencing the benefits of a 'Rose' seichim Intensive through the next stage in the workbook development. My teaching covers Seichim, Reiki, Meditation, Stress Management and the processes of gentle change by distance education to individuals located in any part of the world. And it includes a special advanced seichim course is called Advanced Rose Seichim, the Shambala Star.

And now some more exciting news. Also available now is my new blog which will update the knowledge and information about the rose energy.

To find the blog access <http://sistersoftherose.blogpoint.com>.  
Keep an eye on the blog for new experiences, articles etc. all of  
which you can weave in to your personal workshop experience

.



So let us continue this marvellous journey of discovery together,  
and most of all please **ENJOY THE JOURNEY!**

**Cris Henderson**



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<sup>i</sup>To notice how relationships are changing, it is sometimes important to look at how the past can influence and tangle relationships. *Ghostheart* by Roger Jon Ellory is one of the best fiction reads on this topic. London, Orion, 2004. ISBN: 0 75286 059 3.