

Natural Healing – Tera Mai Reiki & Seichem by Helen Mawon ©



The Tera Mai system incorporates both the healing energies of Reiki and Seichem and as a result is an extremely balanced system of natural healing. The system was developed by Kathleen Milner an American author, artist, teacher and natural healer. Tera Mai is closely regulated and federally registered in the states as a healing modality unlike other types of Reiki which are registered as meditation systems only.

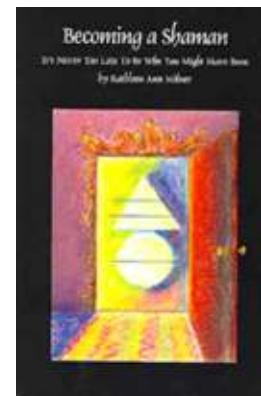
If you are using the Tera Mai trademark as a therapist or teacher you must refrain from giving or receiving any other Reiki or manmade attunements, you must also have been initiated by a registered Tera Mai teacher. The attunements in Tera Mai are standardised in order to protect the quality, integrity & purity of the energy. Everyone initiated into the system receives the same initiation and the same energy this ensures that real healings continue to happen. The integrity and power of the system is evident when considering the healing that is achieved for people time and again. Please visit Kathleen's website to read about these healings.

Reiki:

Reiki a Japanese word meaning Universal Life Energy was re-discovered as a healing technique in the 1900's by a Japanese scholar Mikao Usui. The healing system was taken to America in the 1940's.

Seichem:

Seichem is reputedly one of the healing arts practiced in Ancient Egypt. In the Tera Mai system Reiki is a part of Seichem and represents the Earth element. The other elements of Air - Angeliclight, Water- Sophi-el and Fire - Sakara are all part of the Seichem energy and work to heal at different levels for the healee. This is explained more fully in Kathleen Milner's books *Reiki & Other Rays of Touch Healing*, *Tera My Journey Home*. Kathleen has also recently written "Becoming a Shaman" which describes how Shamanic practice is used for healing. These books with Kathleen's artwork as front cover are shown below:



During a treatment the elemental healing rays are generally experienced by both healer and client. For example Reiki is felt as hot or cold, Sakara is felt as mild tingling, Soph-iel is gentle and is often felt as a pulsating coolness and Angeliclight is experienced as a cool breeze. When you learn Tera Mai and are attuned to the energy you will experience the elemental rays more directly and clearly.

Tera Mai Treatment:

The healing energy is channelled through the healers hands into parts of the clients body, helping to gently release any blockages and restore the body's natural balance. Blocks on physical, emotional, mental or spiritual levels can and do clear as a result of a treatment.

Benefits of treatment may include: relaxation, boosting the immune system, improvement in sleep, pain relief, improvement in joint mobility, reducing the effects of trauma, self and spiritual development.

Tera Mai Training:



There are three levels of training with Tera Mai enabling you to progress within the system. Most people choose to train in the Reiki element first and then move onto Seichem. Personal development and the ability to facilitate your own healing takes place at all three levels within the system.

Level 1 Reiki or Reiki & Seichem – opens you to the healing energies and allows you to work with the energy on yourself and others.

If you have just done the Reiki you can then opt to do the Seichem Level 1 before progressing to Level 2

Level 2 Reiki or Reiki & Seichem – enables you to channel stronger healing energy, teaches you how to use symbols and how to send distant healing. After this level you can obtain insurance and practice on others.

As before if you have just done the Reiki you can then opt to do the Seichem Level 2 before progressing to Level 3

Level 3 Reiki or Reiki & Seichem –enables you to teach the system to other people. Significant personal development is often achieved at this level and healing abilities are enhanced greatly.

Whether you are looking for a system of natural healthcare or considering learning a therapy yourself Tera Mai could be just what you are looking for!

For more information on courses or treatment contact me:

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Or visit Kathleen Milner's website www.kathleenmilner.com

Thank you to Kathleen Milner for kind permission to reproduce her artwork in this article