

Joanna Bristow-Watkins

Founder of Reyad Sekh Em®



*Interview by
Edwin Courtenay
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I have known Joanna for some years now and have always been struck by her dynamic, shining, bright and powerful energy. Hers is a brilliant blue topaz aura with a corona of vibrant bright yellow denoting not only a powerful mental body – a strong will and high intelligence – but also a powerful connection to the higher spiritual realms of truth and light. Joanna has a unique communicative gift – in my opinion – plus an infectious enthusiasm and drive that sweeps one along enfolding them in confidence and a ‘can do’ attitude.

Joanna can you tell us a little about how your spiritual path began?

The first significant event happened after my father died unexpectedly in his sleep in 1990. We owned a chain of travel agencies, with 50 staff and an annual turnover exceeding £7 million. The Company was already in financial crisis and, as Acting Managing Director, the Bank demanded to see me to justify their ongoing loan to us – the equivalent of £250,000. It seemed hopeless. My father appeared to me, as if in a vivid dream, sat on my bed and told me not to worry as everything would be OK. Fortunately it was, and though it was a 5-year struggle, the lessons learned have been invaluable.

In 1998, following a profound and unsolicited Reiki demonstration, I studied Usui Reiki Level One. Amazed and motivated by the apparent healing energy unlocked by this initial course, I almost developed a morbid fascination for aches and pains to see if I could get them to go away!

Then I heard about Tera-Mai™ Seichem, an Egyptian energy healing system involving the four elemental healing rays of earth, fire, water and air. So I qualified in that and started teaching it from December 1999.

I believe that you have developed your own healing system, Reyad Sekh Em®, based upon ancient Egyptian philosophies and angelic and elemental energy, can you explain what this is?

Although the Seichem I learned was fantastic and had great results, I felt the study manuals didn't develop the connection with ancient Egyptian Philosophies, so my original intention was to visit Egypt to help me to understand its roots. I also noticed the attunements for Seichem used Reiki format and symbols. Although the system was incredibly effective, the use of the Japanese symbols seemed irrational to me.

Following eight separate visits to Egypt, one trip in 2003 led me to Abd'El Hakim Awyan (Hakim for short), an indigenous

oral tradition Wisdom Keeper living near the Sphinx (sadly he died in October 2008). The original name for Egypt was Khem, so he mentored me in Khemitian Philosophies, resulting in a more authentic Egyptian approach to my healing methods. Changes were gradual, concluding in Reyad Sekh Em® (RSE), now very different from the original Tera-Mai Seichem. RSE harnesses the five elemental healing rays, adding the fifth element of Ether (aka Spirit or Quintessence). The system involves initiations into the five stages of life as identified by the Khemitians – Kheper (Re-birth), Ra (Inner Child), Oon (Scholar), Aten (Wisdom Keeper) and Amun (Lifting the Veil).

Over time, alchemy principles, etheric crystals, angels, colour breathing and sound vibrational healing were included.

How did you settle on the name Reyad Sekh Em?

Initially, Hakim told me that Reyad meant 'Elemental' but subsequently he said 'Reyad' was like a little piece of Heaven – the source of Cosmic Spirit (aka Chi, Prana etc.), adding that the meaning of the word vibrationally within you is much greater than any definition. The Khemitians used the word 'Hekau' meaning 'power words' to describe the dramatic effect of specific words on a person's auric field (energy body), hence correct pronunciation was a key aspect of what we would call Egyptian Magick.

The Khemitians didn't use vowels so the spelling of Seichem, Sikkim, SKHM, Sekhem varies depending on the phonetic choice of the teacher. However, these names all refer to modern healing modalities based on the same ancient Egyptian concept of harnessing the 'Sekhem', translated as inner master, power or 'make complete'. Hakim said the spelling 'Sekh Em' reflected the ideal frequency for the Hekau.

How then is RSE taught and how does it work?

RSE courses are profound and intensive, with most students being already trained in another healing modality, often to Reiki or other energy healing Mastery level, though this isn't a pre-requisite. It appeals to those who are fascinated with Egypt, have a deep thirst for knowledge and ideally a capacity to absorb and retain new concepts easily.

Like most energy healing attunements, sacred symbols are 'suspended' onto key points on the chakra system. These help the recipient to 'channel' the RSE healing rays and identify them to benevolent inter-dimensional beings as someone wishing to work with them; an insignia – like wearing a blue cap of office! At practitioner level, symbols are placed on the hands and feet

to facilitate healing hands and to open a two-way exchange of therapeutic energy to/from the Earth as we walk.

When offering RSE sessions, I open my heart and merge first with the RSE energy, then – by invitation – with the Ka (Higher Self energy body) of the recipient. With experience, it is then a simple case of intuiting where his/her energy flow is blocked. This can then be discussed and resolved, generally by channelling etheric crystalline rays and/or directing vocal sounds into the areas. Having an 'energy block removal' session with me, or any other energy healer, means taking responsibility for a new positive direction in life. I aim to provide clients with self-empowerment which brings self-sufficiency, not co-dependence, which is a burden to both parties.

I have heard you are also an expert in etheric device removal and past life healing, can you explain what these things are for our readers and how you heal them?

From 2002, there were occasions when I perceived what are best described as 'structures' within the auric field of my clients, these could be metallic rods and bolts (like Meccano!), symbolic depictions (eg a kettle if the person got angry and boiled over readily), or else I might get a 'glimpse' of a whole sequence of events relating to another setting or even a different historic era. They seemed to be coded messages from my spirit guides (generally high vibrational beings such as Angels or Egyptian Deities) which I had to learn to interpret. I intuited that the structures represented areas of the body where the client's energy flow was restricted and removing them would typically propel the client forward along his/her spiritual path. I theorised that these 'Etheric Encodements'* might represent self-imposed blocks to spiritual progress (by means of cellular programming) to encourage careful scrutiny of one's chosen path, so as not to repeat 'mistakes' made in past incarnations. (* article in *Paradigm Shift* issue 24).

I interpreted the glimpses as possible Past Life Memories*, or perhaps a flash of events in the client's ancestral line, certainly they were usually apt metaphors for situations in their life at that point in time. Working with the 'sequence' of events to resolve any conflict they created in the client's consciousness was a successful way to reduce all sorts of hang-ups and even aches, pains and chronic conditions. It could be simply a process of supplying a reason for the client's subconscious to self-heal and reframe their attitude; rather like a computer reboot! (* articles in *Paradigm Shift* issues 42 and 45)

Can you tell us a little about your Sacred Tours and if you have any up and coming excursions?

It's funny now to think that as a travel agent I visited numerous international sacred sites as a tourist oblivious to the potential force they radiate! Now I see ley lines as the Earth's Meridians, and Sacred Sites as power vortices signifying her chakra points. I believe it is possible to visit these locations and collect vital 'keys and codes' to use as pathways to personal enlightenment.* (* article in *Paradigm Shift* issue 22)

The aim of Harmony Journeys was to develop a core of caring spiritual individuals to be like a family, travelling together to bring love, light and harmony to a network of key sites.

My favourite tour locations are Egypt and Stonehenge/Avebury in the UK. Currently the political situation in Egypt is interesting but unstable; though the people certainly seem emotionally liberated. In December 2012, I am planning to escort a group to Egypt. Patrick Zeigler, founder of 'ALL LOVE SHKM', has asked me to present at a 12.12.12 gathering of all the different Sekhem practitioners.

Private access visits to Stonehenge and Avebury, featuring a walk along the Michael ley line and with meditations en route during the day, take place annually.

I see from your website that you offer a corporate programme; this sounds interesting and very important in this day and age. How does this operate and what response have you found?

As an ex-corporate senior executive, I saw the potential to offer intuitive insights into the administrative structure of industrial organisations and offer self-empowerment and stress-management programmes for employees at all levels.

The concept is to tune into the energy flow of the company, ascertaining whereabouts in the organisation the current is restricted and devise ways to resolve it.

It's a relatively new venture with provisional interest, but will require full support from an open-minded, esoteric, influential decision-maker within the establishment, so we shall see ...

Have you any courses up and coming that you might consider to be of particular importance for humanity now?

I'm presenting mini-workshops at the Paradigm Shift Road Show on using Ancient Egyptian philosophies for self-empowerment. This is a taster for full RSE Courses, some of which should soon be available as e-courses.

I offer courses to enable qualified therapists to add alchemical practices to their treatment sessions using planetary or zodiac symbology, and I'm looking at the application of alchemical 'immortality' principles into a modern lifestyle!

I'm also collaborating on two programmes for holistic weight-loss and menopause support.

What do you feel is important for humanity to focus upon at the moment for their health and well-being and for their spiritual growth, and particularly with regard to 2012?

If, as many spiritual leaders believe, we have co-created our own global chaos reality then, by implication, collectively we must be able to 'uncreate' it.

The Law of Attraction* says that the emotional state we emit via our thoughts and actions reflects back as an empathetic response from our environment. I believe we have a simple choice whether to focus on fear or love. If 2012 is about the Earth Ascending, as many deem it is, then we should stop focussing on fear. (* article in *Paradigm Shift* issue 40)

It is said the universal response to thoughts and emotions emanating from more spiritually developed individuals is faster and more intense – the more enlightened we become, the stronger our influence. This positive intent can be amplified exponentially when like-minded people get together in focused groups such as meditations at powerful sacred locations.

Author Bruce Lipton says a human body comprises 50 trillion cells, each meeting the definition of a living organism, ie. they respire, digest, reproduce, excrete and demonstrate sensitivity, growth and movement. Each cell is like a miniature human being. The current population of the Earth is almost 7 billion. I reckon if 50 trillion individual cells can harmonise together as a single being, there must be hope for 7 billion ...

You can sign up for Joanna's latest e-newsletter at her website www.harmonyhealing.co.uk, and visit the [Get in Touch](#) page for forthcoming workshop details. Joanna's articles have featured in issues 21, 22, 24, 26, 30, 31, 38, 40, 42 and 45 of *Paradigm Shift* on many of the subjects summarised above. Most of these issues are still available to purchase.