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The Birth of Holy Fire Reiki

BY WILLIAM LEE RAND

HOLY FIRE CAME QUICKLY and unexpectedly into my life as I was not seeking something as powerful and transformative as this. I first became aware of it and that I'd be teaching it on Thursday, January 23, 2014, which is just one day before I was to teach an ART/Master class. I was shown the symbol, received the attunement for it and how to give the attunements during three morning sessions I had with a spiritual adviser I have been seeing regularly for the past 19 years.

It was also explained to me that the Holy Fire energy needed to connect to my system in a unique way and that this would require that the Tibetan symbols and the energy of the violet breath be released. These energies had served their purpose and had helped me advance to this point and were also valuable in the healing they facilitated for others, but it was important that I let go of them. Once I gave my permission, the Holy Fire energy came in and in a respectful way created the energetic changes necessary for this to take place. It was also explained that the Tibetan energies will remain appropriate and useful for those who have them and haven't taken the Holy Fire Reiki training.

Of course all of this was a big surprise for me but the energy was so strong and the guidance so clear that I found it appropriate to accept the process and follow the instructions for teaching it.

The weekend before this class I taught a Reiki I&II class in which the Level II attunement and the healing energy we received was as powerful as a Karuna Reiki® attunement. I feel this must have been a preview and preparation for the Holy Fire.

Interestingly, Jessica Miller was present in both classes and her feedback on what unfolded was helpful and supportive.

Pre-Attunement

On Friday I was guided to conduct a pre-attunement meditation prior to the ART attunement. The pre-attunement meditation wasn't for the ART attunement, but for the Master attunement I was to give the next day for the Holy Fire energy. I was guided to minimize the guidance I gave in the meditation and simply help the students move into a receptive state and let them go, allowing the Holy Fire energy to take over and guide each one individually.

At that point I suggested that they trust in the light and allow it to guide their experience. Then I sat quietly meditating for 20 minutes or so and then suggested that each would return at a time that was right. Then once they were all back, I suggested that they write their experiences in their notebooks.

After this we shared our experiences and most students described a cleansing and purifying experience in which they felt they were being prepared to receive the Holy Fire. They described having their chakras opened and purified and other kinds of purifying and some also described having spirits released with an understanding that they were no longer needed. This cleansing process continued after the meditation, and I was told that it would take about 24 hours for this process to be complete before each would be ready for the Master attunement, which is why it was done the day before.

Master Attunement

The next day we did the Master attunement. This was done outdoors as had been the pre-attunement and ART attunement since the weather on Maui where the class was being held was warm and sunny.

Eleven students were sitting in a row. First I guided them in a focusing and vibration raising meditation. Then after a minute or so I said, "The attunement process will begin now. Remain with your eyes closed and your attention focused inwardly on your own inner experience. The attunement will guide itself, so allow yourself to be receptive and follow the guidance you receive." And that was all I did. I remained seated and did not physically interact with the students at all. I waited about 20 minutes and during this time I said prayers giving thanks for all the benefits each student was receiving. After this time, I suggested that each student return when the time was right and that after this, at their own pace, they were to write their experiences in their notebooks or otherwise allow an integration to take place. Then I stood up and returned to the Center and went to my room to relax and meditate.

When I heard the attunement music coming to an end, I came out to the classroom to find all the students seated in our classroom circle. They said that while the attunements were an indi-

vidual experience, when each was complete, they all connected as one and as a group came back to the classroom together.

I asked people to share their thoughts about their experience. Each had his or her own inner experience but one student said that at the end and just after I had left, she asked that she be given a very definite physical sign so she would know that the attunement had taken place. At that point she and the others experienced a very strong and forceful wind that also contained strong spiritual energy. The wind came around them from behind and as they opened their eyes, they saw a small tornado-like wind encircle the chair I had been sitting in. The wind carried many leaves within its vortex and they were circling rapidly around the chair; then the chair shot straight up about 20 feet into the air and was spinning round very fast and then was blown across the yard about 100 feet away. While this was happening, the students, having just come out of a deep attunement experience, sat wide eyed as they watched this taking place. Jessica wanted to find out what the energy of the chair was like so she went to get it and said the chair was radiant with energy.

The attunement experiences students had had some similarities. The Holy Fire, which burned very hot and was a multicolored flame, had installed itself in a space a few inches below the navel. Located near the place often referred to as the diantien, I was told that this isn't the diantien, but is near it and resonates on a much higher vibrational level. The flame purifies, and wherever it purifies it releases disharmonious energies, replacing those energies with the Holy Fire. Some could see the flame; others could sense it in various ways. One student said it produced a hum-like sound that resembled the sound of Om, although not exactly the same, and that it gave him a sense of spiritual power. Others said it was like heat. Some said the flame surrounded their entire being. It was purifying but also healing and empowering. Many had a sense that all their worries for the future were gone and replaced with a sense that the Holy Fire was preceding them into the future to take care of everything for them in a very healthy, peaceful and effective way. This produced a feeling of confidence that engendered the freedom to enjoy the present moment, knowing that everything was alright.

It is also apparent that the Holy Fire, once ignited in the student, continues to grow in strength and vibration, cleansing more deeply and healing and empowering in ever more powerful ways. This feature gives a sense of profundity as we contemplate the experience of ever greater purification, healing and empowerment. (Reports from many students verify this experience.)

During the Reiki sessions when we practiced with the Holy Fire symbol energy, some saw flames coming from the hands that seemed to flow throughout the client's entire being and often surrounded the client with a living flame. Feelings of deep peace and healing were expressed as we shared our experiences.

The introduction of the Holy Fire experience into the teaching of the ICRT makes the attunements easier to do as there is no violet breath, no need to hold the hui yin or tongue and no use for the Tibetan symbols. Also, the Master attunement requires little for the Reiki Master to do as there is no physical interaction with the students, just a simple, short, guided meditation. The quality and nature of the energy also facilitates the teaching process and brings greater meaning to the experiences students have in class.

There is also a calm confidence in knowing that the Holy Fire will guide and empower its own path forward to spread to all those who are willing to accept its blessings.

Ignitions

Since our first experiences with Holy Fire we have noted that the attunements for the Usui Master and Karuna levels are considerably different from what we have previously experienced. I have been told that because of this, they need a new name. We have been told to call them ignitions. The attunements for the Healing Attunement, I&I and ART are done in a similar way as they were in the past with the teacher physically interacting with the student, but substituting the Holy Fire symbol for the violet breath and Tibetan symbols. Complete instructions are in the Holy Fire class manuals.

Added Features

After teaching the first Holy Fire classes, additional features have been added. These include:

Ignitions

There are now two Master ignitions given in Usui/Holy Fire ART/Master and Holy Fire Karuna Reiki®.

Holy Love

This experience takes place in class and installs Divine Love into one's soul. Divine love is a special kind of love that is more highly refined and has a higher level of consciousness than human love. It is simultaneously many things: It is a feeling of being loved by a kind and wonderful being that is very powerful. It is a feeling of being cared for by a being that knows you intimately and is fully capable of taking care of all your needs. It is a feeling of being safe. It is a healing and enhancement of your own ability to love so that there are no unhealthy feelings associated with it. It is a love that you have for yourself and others that feels very natural and normal. It is an energy similar to life energy that flows throughout your body and your entire being and is part of who you are. It is present in your space without having to have someone or something as its focus. It soothes and relaxes and nurtures and heals very deeply.

Healing Fire

This is an additional ignition that enhances Holy Fire. Its qualities include healing deeply seated issues more quickly including pre-birth, birth and early childhood issues, child and sexual abuse and PTSD. It eases stress and releases anger, fear, hostility and rage toward others. It also releases the need to compete with others. The healing and releasing done by Healing Fire is gentle and is accompanied by a feeling of peace and being loved and cared for.

Lineage

Holy Fire has no lineage. Lineage as it is used with Reiki refers to the physical person who originally channeled the energy. No one originally did this. Therefore, the lineage of Usui/Holy Fire Reiki Ryoho will remain with Usui Sensei. The lineage for Holy Fire Karuna Reiki® will remain with William Lee Rand. But we need to always indicate that the Holy Fire does not have a lineage.

Registration for Teachers of Holy Fire

A list of those Reiki teachers who have Holy Fire training has been set up that includes: Student name, date of training, level of training, teacher. This will be a public list located on www.reiki.org. Proof of training will be required to register and a \$3.00 fee will be charged. Registration is required in order to purchase manuals.

Privacy of the Symbol and Procedures

The Holy Fire symbol and the attunement and ignition procedures are similar to other Reiki symbols and procedures in that they are to be kept private and not shown to those who have not taken the Master training.

Holy Fire Definition

The use of the word holy in the name Holy Fire is not intended to have a religious meaning. The word holy has as its root meaning to be whole and complete and this is how it is used Holy Fire Reiki. Therefore, Holy Fire is a spiritual energy that creates wholeness through purification, healing, empowerment and guidance.

Only One Holy Fire Master Class Required to Teach All Classes

If you have taken only Holy Fire Karuna Reiki®, because you've received the Holy Fire ignitions, and you had previously taken ART/Master, you'll also be able to teach Holy Fire ART/Master. And for the same reason, if you've taken Karuna Reiki® (the non-Holy Fire version) and take Holy Fire ART/Master, you'll be able to teach both Holy Fire ART/Master and Holy Fire Karuna Reiki®. This means you'll be able to teach Holy Fire classes including I, II,

Description of Holy Fire Reiki

HOLY FIRE REIKI is a new form of Reiki being introduced by the ICRT. It is both powerful and gentle and provides purification, healing, empowerment and guidance. It is included as part of our Usui Reiki classes and has also been added to Karuna Reiki® training.

The Holy Fire energy is noticeably more refined and comes from a higher level of consciousness. Some of the qualities students have experienced include:

- Works continuously even when not thinking about it and spontaneously heals issues as they come up.
- Always respects free will.
- Heals relationships and interactions with others.
- Releases worry and replaces it with a sense of safety in a most pronounced way.
- Heals deeply and quickly without distress.
- Spontaneously provides guidance that is palatable for every level of life experience.
- Tends to develop all the personality traits that are healthy for a person to have such as love of self and others, kindness, patience, confidence, vitality, enthusiasm, optimism, trust, joy, peace and so forth.
- One of the more wonderful effects is a feeling of being loved. This is a deep and refined feeling that is very nurturing.
- Once received, it continues to develop itself to be more evolved and effective.

These qualities are present in I&II and become more pronounced in the ART/Master and Karuna classes. ■

ART, Master, Karuna Practitioner I & II and Karuna Master. This is allowed, but only if you agree that at some time in the next year or so you'll take the Holy Fire training you haven't received.

Holy Fire Manuals

The Holy Fire Karuna Reiki® and Usui/Holy Fire ART/Master manuals have been written and are available for purchase for those who have taken the training and will be teaching classes. The I&II manual can be used without changes as while the Holy Fire symbol is used in the attunements, it is not given to the students.

Old Manuals

We will continue to sell the old manuals that contain the Tibetan symbols and violet breath for those who have not learned Holy Fire Reiki.

Length of Holy Fire Training

Some students who already have ART/Master or Karuna have asked if they could come by and get the ignitions to upgrade to Holy Fire. Because of the nature of the training, this isn't possible. The Holy Fire Reiki training needs to be done over a period

of three days in either the Usui/Holy Fire ART/Master or the Holy Fire Karuna Reiki® training. This is a necessary time period, even for those who are already Usui and Karuna Reiki® Masters. There are several reasons for this. First of all, there is the time period necessary after the pre-ignition in order for the purification process to take place prior to the first ignition. This is a minimum of 24 hours. The number of ignitions that take place in the Master classes has increased from what were done in the first class. There are now two Holy Fire ignitions and the Healing Fire ignition, plus two meditations, which must be spread out over the additional two days. In addition, the Holy Fire training creates a significant shift in the student's energy in which restrictive patterns are replaced with Holy Fire. This shift takes time and also needs to be done in a supportive environment in the presence of the teacher and other students.

Learning Holy Fire Reiki

Holy Fire Reiki is taught by ICRT Professional Licensed Teachers. You can also learn from any registered Holy Fire Reiki teacher. A list of PLT classes and a list of registered teachers can be found at www.reiki.org. 

¹ <http://www.sciencechatforum.com/viewtopic.php?f=46&t=14247>

—William can be contacted at william@reiki.org

What Experienced Reiki Practitioners and Teachers Say About Holy Fire Reiki

Jessica Miller

I find I really like the Holy Fire energy. I am using it multiple times daily, and I am feeling major, positive shifts in my life occurring in areas I have long had difficulty with. Holy Fire energy seems to fulfill the promise of Reiki to make life more positive, bountiful and fulfilling. I have been teaching Reiki since 1993, and since 1995 as a Center licensed teacher. I have done all the Reiki classes with William, Laurelle and other teachers multiple times. I have spent a lot of time in Japan, spending time communing with the mountain where Reiki started.

But since I received the Holy Fire energy, things are starting to shift and change. My business is improving, and so are my relationships. I am finding I take my joys in life more seriously. And I also find I have an easier time getting things done, and having less angst about things I dislike doing [like bookkeeping/finances] and getting them done... It's like the Holy Fire energy is healing another layer of my psyche. This is resulting in improvements in my level of organization and project accomplishment and in less procrastination...and yet more time for things in life I really enjoy.

I have a renewed energy for self-treatments. I am focusing a lot on the solar plexus... It's an extraordinary journey, and I am honored to be part of bringing this energy more into the world. ■

—Jessica has practiced and taught Reiki classes full time for the past 19 years.

Colleen Benelli

I am writing to you to tell you of my experiences with Holy Fire. When William first told me about it I was excited. Then I had some doubts, fears and resistances show up. I talked with William about them and he asked me to consider learning about this new symbol and energy and then decide what I thought about it. So I agreed. I said “yes” to Holy Fire itself and committed to getting to know it and to work with it in my classes and with my clients, and also in my daily life.

It has been a tremendous growth opportunity and a change I didn't know I wanted. I have experienced healing crisis about a variety of subjects: the name Holy Fire, what others would think, how it could all work, what about all my plans and previous work, what about my students and my shamanic colleagues. I call them the “what ifs and what abouts.”

Holy Fire has shown up with a powerful energy of love to heal my what ifs and what abouts. It continues to tell me that they are not mine to worry about, that everything is already all right. I have been amazed at how easily the energy has healed the trust within me, and all of my worries and concerns seem to simply fade away. My mind is

in more peace than it has been for years. It seems to be one of Holy Fire's foundational attributes—it clarifies and heals worry.

I have also experienced great bliss and love from Holy Fire energy. I found that instead of focusing on my issues and worries about it, I asked for its full power of love to fill me. It was such a big energy that I could hardly hold the power of it in the moment. That love seems to permeate the issues and they simply heal in the love.

From the time of my first ignition, Holy Fire has increased its energy within me, and added Healing Fire and Holy Love. These additional vibrations add grace and peace to Holy Fire. Holy Fire seems to be increasing its frequency of love as I am able to receive it. It continues to work daily.

As far as how Holy Fire affects my work, so far everyone has been excited about it. I have taught a Holy Fire Karuna Reiki® class with five students, then assisted William with a seven-day Holy Fire Karuna class in Hana and have taught a Usui Reiki/Holy Fire ART/Master class. All of the students have received it beautifully and loved the simplicity of it. I was worried that they would want the old ways and instead they were really happy about the simplicity of this system. My clients have had good results—it is definitely different, but the results have been exceptional.

Naturally I only have several months of experience with this, so I can only tell you what I have experienced so far. I know that I have committed to focus my attention on the energy of Holy Fire and to help usher it in in a good way and with love. I feel that the years of experience and training I have had gave me the skills I need to do this and commit to it. I am attempting to heal my resistances and worries when they show up, and to get my ego out of the way so that I can give the Holy Fire its full ability to work through me. I will observe the results as I go and see how this beautiful new energy benefits Reiki, healing, the planet, and my personal and professional life.

For now, the benefit I see the most is that I am truly able to let the worry about all of this go. I am able to believe that everything is already all right, and trust. I am excited to have something new and powerful to give my attention to. The love Holy Fire provides is very worth the journey. ■

—Colleen has practiced Reiki and taught Reiki classes full time for 12 years. She has given over 2500 Reiki sessions and teaches 200 students per year.

Laurelle Shanti Gaia

When I first spoke with William regarding the Holy Fire energy, I initially felt both enthusiastic and anxious. I immediately realized that the anxiety was born in my ego, and my soul was excited to begin a new adventure with Reiki, through the Holy Fire.

Physically: About two months before learning about the Holy Fire I was experiencing a “burning” sensation in different areas of my body. I received Reiki, massage, cranial sacral therapy and it would lessen, but the sensation would return. After the attuning and ignition of Holy Fire, I realized that the burning was actually a purification happening in my body. I now occasionally experience a burning sensation in different areas of my body where I have had past injury or pain; the burning is mild and then it subsides (quickly) and there is complete healing.

As I write this I am dealing with a very difficult personal situation regarding my mother and stepfather. Today I have been feeling a similar burning sensation. It seems that Holy Fire is automatically purifying my physical energy and bringing my chakras into balance one at a time. The purification began in the early morning, as I awoke. It started below my feet, and has been moving up my body all day. At this moment I am feeling a major clearing and expansion of my heart chakra and my entire field. The situation we are dealing with is one that could easily create a lot of anxiety. However, I am in a place of trust, and knowing that all things are perfect as they are unfolding.

Mentally/Emotionally: I have random thoughts/feelings arise about past issues, and *there is no energetic charge to them. They are past patterns that are being instantly cleared.* If I have a thought that I might allow to grow into worry or anxiety, it clears immediately—with no effort on my part. I then realize an overwhelming sense of absolute peace.

Working with Holy Fire in sessions and classes is also effortless, and students and clients have profound experiences, more so than reported in the past.

As the Holy Fire energy has been unfolding, I have taught a five-day Holy Fire Karuna Reiki® Master Emergence, two Usui/Holy Fire Reiki I & II classes, and most recently an Usui/Holy Fire ART/Master class. The energy of each class has an intensity and purity unlike anything I have experienced before. The students love the energy.

Although my ego still occasionally raises some “what ifs” and “how” questions, I simply acknowledge the related issue and Holy Fire ignites complete trust and peace as this great gift and blessing unfolds. ■

—Laurelle has practiced Reiki and taught Reiki classes for over 22 years. She is owner of Peace Place, a Reiki center in Sedona, Arizona.

Tracy Houchins

My initial response to the news about this new energy called Holy Fire was excitement. That excitement quickly turned to doubt (if it was so great, why would I be included in this?) and then resistance. The name Holy Fire brought up childhood issues related to

the Catholic religion and my experiences as a student at Catholic school. Clearly, these issues were presenting themselves as ready to heal. Complete healing happened throughout the week as my feelings and views began to soften. These issues were very deep, yet the healing was gentle and complete as no emotional charge remains for me. Each morning I started my day with a short meditation, using the Holy Fire symbol in each of my primary chakras, asking that whatever is ready to heal present itself. I asked that all healing be gentle and benevolent. Issues rose from my chakras—I don’t know what they were most of the time—and the Holy Fire burned them quickly. I was feeling clear and renewed more and more as the week went on. The colors and energy of Holy Fire express themselves to me in a way I’m not able to explain with words as it’s more of a deeply loving feeling and something beyond the material world.

I have used Holy Fire with all my clients since becoming attuned in February. Holy Fire is offering deep healing and my clients are telling me they are feeling REALLY GOOD, renewed, empowered, cleansed, refreshed, motivated and grateful even more than usual. Clients experience what they have called a sense of levitating or hovering above the table during the work. “Trust” comes up quite a bit in the sessions and clients have been courageous in their willingness to heal. I love how a simple intention of Holy Fire brings all the Karuna symbols forward and they know how to do their work.

So far I’ve taught a Reiki I & II class of 10 students using the Holy Fire. Before the attunement, I shared with them that there are powerful, positive shifts taking place in energy and I would love their input on their experiences with the attunements. After attunements, my students generally see some colors and sense temperature changes. After the attunement using Holy Fire, students were sensing my presence two people away from where they were sitting and experiencing overwhelming feelings of love and peace. Colors and temperature changes were intense. A few said they felt like they weren’t in their seat, yet felt grounded. During the attunements I experienced myself levitating above my students. I had to lean over to all of them to complete affirmation and sealing. Yet I felt grounded and present throughout.

I’m really grateful for this experience. ■

—Tracy has been practicing Reiki since 2004 and teaching Reiki since 2006. She is the owner of Sacred Healing Hands Wellness Studio in Marriottsville, MD.

Karen Harrison

When William first told me about the new energy, I was excited and wanted to learn it right away, so I arranged to do so. For the first week, I did a lot of clearing, which was uncomfortable, but it’s always great to release. During that time, I taught a Holy Fire Karuna Reiki® class, which truly felt like an initiation by

fire. Having some time to integrate the energy and work with it before teaching it would have been helpful. While the material of the Karuna class changed quite a bit, the ignitions were very easy to do. The students enjoyed the ease of the ignitions and felt they could do them from the outline and simple instructions I gave them without even the need to practice. They were glad to release the complicated attunements. When the energy came in during the ignitions, I saw golden droplets of light filling the room and permeating through the students and everything. The Holy Fire energy is an incredible space clearing mechanism!

I have used the Holy Fire energy to clear my mother's Florida home, and it sold within a couple of weeks of using the Holy Fire energy, whereas previously with Usui Reiki, it had been on the market for three months. I used it on my mother's estate sale in Kansas City and we made over one third more money than projected.

My resistances showed up, most notably to the name of Holy Fire and the language in the article about the Three Heavens. My concern was mostly for how others would perceive the material because it is important to me to be able to teach students of all different spiritual traditions. I explained to the students that they could conceptualize the Three Heavens according to their own spiritual framework. I consulted William regarding my resistanc-

es and he suggested putting them into the Holy Fire. So I did and realized I had past lifetime trauma and current life issues which are now healing through the Holy Fire. I didn't know I had these issues so am happy to be healing them.

One of my students who took Holy Fire Karuna and who had previously taken the Karuna Reiki® class said using the Holy Fire energy released 72 years of negative energy that had been stuck.

The Holy Fire symbol has even given me new ways to work with the Holy Fire energy. For example, when I am counseling couples, I can easily move the Holy Fire energy through both partners at the same time even while I am speaking with them. Before, I would just visualize a symbol between them but it hadn't occurred to me to try this new technique that the Holy Fire seemed to have suggested to me. This new technique calms the couple and helps them to solve problems. A case that I thought would be destined for divorce is working out!

I am working with the Holy Fire energy every day for myself and in my sessions and really enjoying getting to know the energy and what it can do! ■

—Karen has practiced Reiki and taught Reiki classes full time for the past 14 years. She is owner of Whole Life Center in Kansas City, Missouri.