



Illustration by Gaia Orion

Holy Fire II

Will We Take the Next Step?

BY ROSE O'CONNOR

THERE IS SOMETHING IN US that resists change. We don't want people to die, to get old or sick or for friends to move away. We find security in sameness. This is also true of our Reiki practice. It is something we love so much. It is so much a part of who we are in the world; it is a constant for us.

So when Holy Fire II, the upgrade, came along in March 2016, some people embraced this change. Yet others resisted it. I know, because, even though my Reiki circle is relatively small compared to some, I still received emails and phone calls about it. What is this change all about? Should I do it or shouldn't I? How can I give up "my" attunements? These were some of the questions that I ran into.

There have been a lot of questions about this upgrade and the things that go along with it. Holy Fire II is an upgrade of Holy Fire that enables teachers to facilitate Placements instead of giving attunements. Yet it is also so much more, as I came to find out.

Since I "represent" Reiki to our students, I looked for the answers, and this time I didn't have them. There was so much about it that I didn't even understand, not one bit. Inwardly a part of me felt skeptical and I, too, wasn't sure that I wanted to give up the attunement process for Level I, II, and ART classes. I wasn't sure I wanted to change.

At the same time, change is part of who I am and how I move through the world. For instance, at that time, I was temporarily residing in Scotland. My husband Joe and I had left our home in Colorado to go to the UK for the winter and do some house and pet sitting. It only made sense that since I had proven to myself that I could be open to great changes in my human existence, I could open spiritually to the Holy Fire II upgrade. Besides, at the core level, I had faith in my teacher, William Lee Rand. He'd introduced my husband and me to Holy Fire. In fact, we were part of the first group of students to receive it in January 2014. I decided that if I trusted him and the energy of Holy Fire enough to bring that bigger change through, I would give Holy Fire II a try.

We gathered that evening in the living room of our temporary home in St. Boswell, Scotland at 11 pm. to receive the upgrade via our laptop. I must admit it had been a very long day and I was quite tired. I didn't hear any bells or whistles during the session; no visions or messages came through. I just felt peaceful. When it was over, Joe and I went to bed and didn't talk too much about it. It was done. We were upgraded, although at the time we didn't know

what that meant for us. I was still wondering what would happen when we started teaching in the new manner, using Placements instead of attunements.

For the next few days after receiving the Healing in the River of Life (this is the name for the method of receiving the upgrade, which includes the ability to facilitate Placements instead of attunements in I, II and ART classes), I became quite ill. I wondered if I was having a healing crisis, a clearing of my energies. I decided to trust, as had been my motto with Holy Fire¹ since its inception, and just rode it out.

Joe and I continued our travels and did not come back to our home in Colorado until May. It took us some time to settle back into the groove of our lives there, and we were guided almost immediately to sell our home. This represented another huge change in our lives, and we found that we didn't teach many classes that summer or offer many sessions. One of the first real experiences we had with Holy Fire II came after I'd received a call from a local woman, asking us to please come and give her husband a Reiki session. Neither she nor her mate had ever received Reiki, but she sounded urgent about connecting with us.

We arrived at their studio and there found a desperately sad young man who was experiencing severe PTSD and deep depression. His wife, a very caring young woman, was looking into every option for him. I trusted in Reiki to provide whatever healing the young man could receive at this time.

He cried as he told us how difficult life had been for him in the last few months. We talked a little with him about the session, and he lay down on the table. Joe and I facilitated a Holy Fire II session for him, which felt entirely guided by Holy Fire. One thing I've found happens more profoundly since the upgrade to Holy Fire II is the innate guidance at all times. It's almost as though the Divine is gently tapping us on the shoulder, saying, "I've got this; just be here." One recent student commented to me that she has found that she is doing less and things are happening faster. Boom. It is done.

At the end of the hour, our client sat up and cried again a bit. Then as we began talking, he suddenly smiled. As the minutes

¹ Rose O'Connor, "Learning to Trust with Holy Fire Reiki," *Reiki News Magazine*, Spring 2015.

passed, he became more animated and smiled several more times. His wife pulled me aside and said she hadn't seen that smile in three months. I knew one session wasn't the cure-all for him, but certainly it had brought him back some of his joy.

I offered both him and his wife a Reiki Level I class (pro bono since he'd just lost his business). I felt they could both use Reiki as an everyday tool to help them move forward, especially knowing they probably couldn't afford regular sessions. They agreed, and we left with many hugs exchanged.

This particular Reiki session and their subsequent class was the first real glimpse we had of Holy Fire II in action. I've taught several Holy Fire Master classes in the past couple of years, and have become comfortable, not to mention filled with joy, in the presence of these Ignitions. Yet somehow making this particular shift to facilitating a Placement for Level I instead of an attunement brought up the ego in me for a moment. Would it actually work? I laughed at myself when I realized I was asking such a question of a Divine energy that I'd already seen work fully and with deep grace.

I've come to understand more clearly with the help of two of my teachers that the Ignitions and now the Placements are Holy Fire's way of removing the teacher so that the energy can guide itself directly to the student. It is both a privilege and a deep honor to be a loving, intentional presence to this process.

Holy Fire showed me that, with the new upgrade of the energy, it was able to move more deeply and at a higher level of consciousness than before. The Placement energy was gentle, soft and exquisitely peaceful for both students. When we saw them a week later, the formerly sad young man was glowing with reports of returning to his creative side and streaming ideas for a new business that involved helping others through his art. He admitted that he still had rough days, but it was clear that Reiki had begun to pull him out of a dark place.

Soon after, we taught another Holy Fire II Level I class with four students. Again the same deep peace enveloped the classroom at a level of consciousness I'd not experienced before in a Level I class. The energy was subtle, refined and yet more loving. The experience of Holy Fire II, the upgraded energy, was once more speaking for itself.

And it continued to get better as we taught a Level II class. The Placement for Level II took the students to a place of pure connectedness to the Divine that felt like a river of peace flowing through and surrounding us all.

Distant healing sessions have taken on new healing qualities. The ability to allow Reiki to flow is easier and the experiences sublime. In one instance, I was moved to ask Holy Fire for the Ocean of Love to surround us both during a Distant heal-

ing session. Later, when I received an email from the client, she said she felt that she was being led by the hand underwater. There were so many dolphins around, urging her to play, and she asked if this was the Ocean of Love. We'd talked briefly about Holy Fire and the Ocean of Holy Love, but she had not received an experience of it before, so this information came as a surprise and lovely blessing!

And then came Holy Fire II Karuna Reiki®. It was only the third or fourth time that I've taught Holy Fire Karuna and the first time teaching it as Holy Fire II Karuna! A new manual, new methods, changes, here we go! I felt nervous about it at first and called a mentor teacher to ask her a few questions. She supported and guided me gently, and I moved ahead, using trust to light the way in front of me. It was all being taken care of, as William told us in that first Holy Fire training.

Before me sat a group of eight beautiful women and one man, my husband Joe. Several of these students had been with us since they first discovered Reiki, and they were loyal and good friends by this time; women who'd matured with Reiki along with us. A few were newcomers to the circle, but we all felt an immediate kinship. Since Joe and I had attended the Sedona Reiki Retreat two weeks prior, I was inspired to share the concepts that were explored deeply at the Retreat, those of *self-love* and *self-gratitude*. These concepts, sent by Spirit, were received wholeheartedly by this group. The group's efforts to seek the Divine through our joined consciousness began almost immediately and continued throughout.

A phenomenal class in every way, the class soared beyond anyone's expectation, if we had come with any at all. The circle was indeed Divinely ordered. Led by the energy of Holy Fire II, I became not a teacher, but a channel of the energy. In the past, a few of my students have told me that Reiki has a way of speaking directly through me in classes, and I know that many teachers find this to be true. Yet in this Holy Fire II Master training, I heard Reiki speaking through me more often and more eloquently at times than ever before. Messages were coming all the time, and I gratefully allowed Holy Fire to be our guide.

Another aspect of this class that was different than the others was that I was more open about myself. I realized that I had, with the help of the Holy Fire II, matured in the way I looked at myself over these past months. No longer did I need to excuse my own behavior or "try" to be anyone in particular, except exactly who I was right then in that moment. I could call on my past experiences to illustrate something to the students without worry about what they might think about me personally. I knew that feeling of being completely just as I was and that it was enough. More than enough, it was exactly what they needed to hear for their highest

good. This was Holy Fire again, guiding the class to manifest for its greatest good, through us all.

The students shared deeply felt experiences and ignitions. Most significant perhaps was that I realized for the first time that I felt comfortable talking about Jesus to this class. I'd read and understood, on an intellectual level, about Holy Fire healing religious trauma and knew that I had had a great deal of religious trauma. I've never been comfortable even saying the word Jesus even though I knew I was *supposed* to be okay with it now that Holy Fire was channeled through Jesus, and I asked for this healing regularly. I'd been presenting classes with the idea that Jesus was the Master teacher of Holy Fire, although I always felt a little uncomfortable talking about it.

But suddenly in this Holy Fire II Karuna class, I found myself simply and fully okay with Jesus! Not just talking about him to the students but really feeling good about it. The students surprised me even more. Once we talked about it, everyone seemed to shift (some of them had come to the class already comfortable with Jesus) and when that happened, Jesus appeared to almost all of them at some point or another. I believe that two of the students actually have a Jewish background, which made it even more astounding. During the closing circle, there were a few giggles about how their parents were going to take this news!

Our candle of Jesus, which was barely burning on the first day, burned brightly on the second and third days after we talked openly about him.

After this class was over, I had a conversation with one of the students from that class (who was brought up Jewish) and she had questions—about Jesus. Is this now religion we are teaching or is it Reiki? What are our beliefs?

Many of us Reiki practitioners (myself included) like to call ourselves spiritual and not religious. I have understood this for many years now and am quick to say I am spiritual but do not belong to any religion. While this is true, it came to me in a message from Holy Fire that we are still getting it *WRONG*. If we are setting ourselves apart from other human beings by saying no, we are not religious, we are spiritual, then we are continuing to support separation instead of Oneness. This is the separation that Jesus wants us to put aside now. This is why, to my understanding, he has brought Holy Fire through Reiki and why he is the Master teacher of it. He wants us to know HIM as he is, a beautiful Divine Enlightened Being who is guiding us, who is there to help us close the gap between each other, a gap that only exists because we con-

tinue to build bridges for it. This is the only way that peace will happen, that *Love* will prevail in our lives. He is asking us to stop asking so many questions and listen to him residing in our hearts. Just listen.

In the Philosophy and Purpose of the International Center for Reiki Training, it states the following:

- Placing greater value on learning from experience and inner guidance than on the teachings of an authority.
- Basing the value of a theory or technique on the verifiable results it helps one achieve².

In the ICRT's Licensed Teacher's Manual, Laurelle Gaia's welcome letter draws attention to these two statements in particular as her own motivation, in part, for wanting to join this organization.

I couldn't agree more, and with this in mind, here is what I would like to share with you about this energy. I have tried it; I have experienced it, for myself and through my students, and what I am experiencing with Holy Fire II is a more refined plane of consciousness, an energy that is a surprisingly deep and peaceful place to be, a richer connection to Jesus, God, Divine, Source. It just is. Words cannot describe it. Even if they could, they are only words. You must experience it for yourself, if you so choose. Holy Fire respects free will, as does all Reiki. If you are happy where you are with Reiki and do not want to take the next step, it's okay. And it is also there for you if you decide you do. What's most important is for us to remember that we are all the same, no matter what type of Reiki we practice. We are One. 🌿

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² *ICRT Licensed Reiki MasterTeacher Training Program Manual*. Retrieved October 5, 2016, www.reiki.org/reiki/classes/TeacherLicensingProgram-Manual_EWH_110416.pdf.