



# Learning to Trust with Holy Fire Reiki

BY ROSE O'CONNOR

**H**OLY FIRE IS AN IMPORTANT and exciting development in the history of Reiki. I was led to Reiki in 2008 while in massage therapy school in Pennsylvania and received my Reiki Master training in 2009. I began to teach some small classes and two years later received my second Master training. My husband and I moved to Colorado in 2012, at which time I decided to focus solely on teaching Reiki. Once I committed fully to Reiki, many doors began to open, and I was teaching more classes than ever before. Before long, I had a core of students ready to take the Master training. I decided to further my training by taking a Master class with an ICRT teacher. In 2013, I had taken Karuna Reiki® with Laurelle Gaia and Michael Baird, both ICRT teachers, and found their professionalism and experience to be unmatched.

My husband Joe was trained in Level I, II and ART at that time, and he decided that he was ready to take the Master training so he could assist me with classes. When I joked with him that there was a class being offered in Hawaii with William Rand, he looked at me and said without hesitation, "Let's do it." I felt truly blessed to be receiving this training from William in Hawaii, something I'd often dreamed of doing. Little did I know that the dream had just begun, as our presence in that particular class would forever change our life with Reiki.

When we arrived the first day, William told us that we would be learning a new energy called Holy Fire, a new Master symbol, and a new method of attunements

(now called ignitions). It turned out that we were to be part of the first Holy Fire class. As soon as I heard about Holy Fire, I felt completely trusting of it, although on an intellectual and energetic level I did not completely understand the changes that were happening with it. But William, following the strong and clear guidance he had been given, taught this class in such a loving and direct way and the energy felt so right that I accepted it openly.

Holy Fire has been a bit like an unfolding mystery in my life. Since this was the very first Holy Fire class, there was no Holy Love or Healing Fire as of yet. These came in the months that followed and I learned about them from William, who patiently answered my many questions. The energy itself also continued to teach me. I must admit that I faced some uncertainty as Holy Fire continued to develop and change. I wondered if I might not know what I needed to know, yet because of receiving this new energy, I was able to trust and feel as though everything would work out. One of the qualities of Holy Fire is that you begin to realize that everything is already alright; that there is nothing we have to fix or change.

This may seem difficult to understand, for it is our nature to want to control everything in our world. But Holy Fire teaches us that our true spiritual nature is not attached to our sense of ego or separateness from others. Instead, it allows us to feel and know the Divine energy that binds us together into one big energy, the energy of Love. Surrounded by that state

of Divine Love, we find ourselves in a place where we are fully supported. As one of my students remarked, "Holy Fire serves as a natural anti-anxiety treatment for me. I have started to feel as though everything is being taken care of, for the first time in my life. Life feels a bit gentler to me."

Holy Fire started for me in that same gentle, loving way; like a soft whisper in my ear. In those first few months when I wondered if I knew "enough" to share Holy Fire with my students, I was lovingly guided to go ahead and teach my first Usui/Holy Fire ART/Master class. Even as I studied and thought about the lectures prior to the class, I heard a voice inside saying, "Just show up. We've got this."

I remember how it felt sitting in front of this first group of five students teaching the Holy Fire Master class for the first time. I was explaining to the group about the Three Heavens, a concept I wasn't sure I even understood fully at that time. And suddenly it was as though Holy Fire came in and sat down next to me. As I opened my mouth, words came out, and I realized the class was being entirely guided by Holy Fire.

This is a process that involves learning to trust and let go. In this first Master class, I trusted Holy Fire to do the ignitions, yet a tiny part of me still wanted to ask, "Is it working?" And yet as I sat and listened to the group share their experiences after the ignitions, the depth of healing seemed both quite natural and completely inspiring. As one student described it, "It is amazing that such a simple process, a Holy Fire ignition, could have such a profound effect."

I began to realize in this first class what an honor and blessing it was to share this experience with others. Shortly after this class, one student summed it up by saying, “The experiences and ignitions were exquisite and memorable. Emotional releases happened with a grace I have not experienced in my many decades of releasing. The camaraderie, the listening to others and being listened to, that’s what in part makes Holy Fire Reiki take root in the most enduring and sacred of ways.”

By the time I taught the second Usui/Holy Fire ART/Master class, I became keenly aware of the Holy Fire energy when it came in. It does not feel like a presence that one might feel when facilitating a Reiki treatment; like the presence of an Angel or Guide. This presence is all encompassing; it wraps itself around everything in the room and settles in. It is amazing to be in this God space. It is joyous, safe, peaceful and timeless. I continue to be surprised and grateful when I feel the presence of Holy Fire during an ignition or experience. It becomes a continually evolving process, not unlike the process of life itself; the more you trust in the energy, the more your awareness of it grows.

Since taking the Usui/Holy Fire Master training, I am learning to trust the outcome of life in a larger sense, and becoming better able to facilitate healing for others without ego getting in the way. The inner knowing that everything is being taken care of infuses sessions with a deep sense of trust, both for the client and the practitioner. While Holy Fire continues to work completely on its own, your connection with it deepens the more you actively work with it, speak to it and just be with it. With Holy Fire, TRUST has become such a good friend of mine.

One student puts it this way, “The worries of the world weigh much lighter on my shoulders and my reasoning is much clearer. I feel more at peace with the things I have no control over.”

I’ve found that Holy Fire Reiki can produce astonishing effects, even after just a few minutes. One of my first experiences sharing Holy Fire Reiki with a client was during a brief introductory Reiki session. This was Beatrice’s first experience receiving Reiki. As Holy Fire began to flow, she began to cry and shake a little, and I asked her if it was okay to continue. She said yes, and I knew she was releasing something very powerful. Afterward, Beatrice shared that during those ten minutes, she realized that she had been sexually abused as a child, saw her abuser and the entire incident and also let it go, forgiving the situation and releasing. This session with Holy Fire was unlike anything I had ever experienced, especially in such a short session.

Another brief encounter showing the strength of Holy Fire Reiki was with Sue, who had a terrible migraine during a workshop we were taking together. As the lecturer spoke, I stood behind Sue with my hands on her head, giving her Reiki. After about 10 or 15 minutes, she turned and told me her migraine was completely gone. Sue then shared that her migraines are usually so severe once they start that she has to go to the hospital. She was surprised, and we were both grateful.

A client in her eighties named Mary was diagnosed with compression fractures in her spine but she could not take medication for the pain. When she came for Reiki, she was most concerned about staying mobile. After four Holy Fire Reiki sessions, Mary went back to her doctor for an x-ray. The doctor was stunned to find that all of Mary’s fractures had fused and that she was, and continues to be, pain free without medication.

My husband and I often do sessions together. Lynn, a client, suffering from a bout of depression, took her first Reiki session with us. During the session, I asked Reiki to comfort her and immediately felt the presence of an angel next to me while I was standing at her head. After the session, she revealed that her grandmother, the one

person who had treated her kindly growing up, had appeared to her during the Reiki session, and assured her that she would be there for her any time. Lynn was very thankful to receive this gift from Reiki.

My colleague Claire, with whom I took my second Master training, took the Holy Fire Master class with me this year. She says that the biggest difference she has found to date is that “Holy Fire seems to be present at all times with little or no invitation. The energy is all encompassing. Our Healing Fire ignition in class was like nothing I have ever experienced.”

This class was a particularly powerful one, especially the Healing Fire ignition on the final day. As soon as the ignition started, I felt as though I was being drawn into the healing process. I was a little confused by the strength of the energy I was feeling, thinking that I was there to hold the space energetically for the students. Then I heard a voice inside saying, “You aren’t getting out of this one.” The Divine energy surrounded us and moved like an invisible cord connecting all of us through the ground. The energy then went from the crown of the head upward, connecting all the way to the heavens, it seemed. This feeling of connection and healing/releasing continued and was still quite intense 20 minutes later. After telling the class that they could write in their journals or otherwise integrate their experience, there ensued complete stillness that lasted for some moments. The group sat quietly in a deep meditative state for some time, not moving, not writing anything down, and speaking very little. Slowly they began to share their collective experience with the Healing Fire ignition.

Students shared a sense of deep timelessness and inner peace, a feeling of not having to do anything, be anywhere or even think about anything. One student described it as a feeling of infinite love, balance, of being grounded and completely supported. It was a sense of being so fully present in the all-engaging moment that none of us, myself

included, wanted to move. One student shared hearing the words of the John Lennon song during the ignition, “Seeking words of wisdom, let it be.” About 45 minutes after the ignition ended, the group finally got up, spending the next few hours integrating this experience.

The effects of this Healing Fire ignition stayed fully with me for two days afterward. I talked with the students, and they all wondered what had caused this group to have such a profound healing experience. It wasn’t until a few months later that I received guidance about this from Holy Fire. The message that came through was that Holy Fire is continuing to develop and, more importantly, strengthen within all of us as a whole.

I am seeing this in the number of people interested in classes and the increase in Reiki clients since our Holy Fire class. Holy Fire seems to grab people’s attention energetically, without increased efforts on my part. My colleague Claire shared this: “Since the class I have experienced an increase in clients right off the bat—it must be the energy attracting people.”

If asked to explain the difference between my previous Reiki training and Holy Fire, I would say there are many changes, but one of the most profound is the

deep sense of safety I experience at all times. Holy Fire allows us to let go of our fears, gently, one at a time. This is transformative in many ways, allowing relationships to flow more easily while opening a channel for Divine energy to flow through. It creates wondrous circumstances for us very easily.

I’m able to dive more deeply into projects I previously thought were only “some-day” dreams. Writing an article for the *Reiki News Magazine* is one of those projects I’d often hoped would manifest, and suddenly I have found the necessary confidence and motivation, along with the guidance from Holy Fire, to help me realize that dream more easily than I’d ever imagined!

In teaching Holy Fire Reiki, I’ve become aware of an increasing ease and flow that some might attribute to experience, but the change since the Holy Fire training is so distinct that I know it is more than just experience. I feel Divine guidance and presence so clearly in classes and feel Holy Fire speaking through me. I feel so grateful for the growth I have experienced as a teacher with Holy Fire. It has ignited an ever-burning passion and devotion for teaching and sharing it with others. My dream is for everyone to have Holy Fire Reiki!

A recent student described it this way, “I took this course because it had been

quite a while since I have taken any energy training classes. I felt I had gotten away from living in healing energy. I needed a reminder of who I am: healer. Since the Holy Fire training I am reconnected to my life’s purpose and also filled with a sense of Divine Love. There is definitely a change; almost on a cellular level. There are almost no words to truly describe the experience.”

Other students have also expressed how difficult it is to describe in words the feelings that Holy Fire Reiki evokes deep within. A reverence and a sense of deep gratitude barely seem to scratch the surface. Holy Fire Reiki is truly a communion with Source. This connection and presence with the Divine is quite a remarkable way to be in the world and being able to share it with others is an exceptional blessing at this time. Gratitude, peace, inner joy, a lack of worry; these things are all words we say and hope to invoke in our lives, but ones that Holy Fire lays gently at our door without any amount of work or striving for them; only an invitation and an open heart. Quite simply, Holy Fire Reiki opens our hearts to the gift of Divine Love in our lives.



—Rose can be contacted by email at [rose@rockymountainreiki.com](mailto:rose@rockymountainreiki.com)