



Finding a New Way

How I Let Holy Fire Reiki Take the Lead

BY ANNE SAMSON

Holy Fire, burn away the parts of me that keep me from being a blessing to others!

I remember vividly the first time I heard of Holy Fire Reiki: I was sitting on my deck in the summer of 2014, enjoying the latest issue of *Reiki News Magazine*. As I read the “The Birth of Holy Fire Reiki” by William Lee Rand, I felt a rush of excitement in my belly that rose up through my chest and erupted as laughter. I realized that the Holy Spirit of my Creator God had initiated a grand and dynamic movement in the world of Reiki. I recognized that beautiful Spirit, and vowed immediately that I would be

addition to Reiki. In the fall of 2013, I published a book I had been working on for six years. *Abba House & Me: Prayer Changes Everything* is the history of an Albany, New York house of prayer that operated for 30 years; the book intersperses Abba House’s history with my own spiritual memoir describing a period in my life when I developed a strong spiritual connection as my family dealt with the mental illness of our son. After publishing the book, I continued writing, submitting short pieces to different magazines, but none were published. In November—around the same time I signed up to attend the Holy Fire class—I considered

Reiki. I also received and deeply appreciated my new ability to attune others. Although I had no plans to teach at that time, I immediately began practicing healing attunements—on my husband, my mother and myself. We were all amazed by the strength and significance of those attunements.

The day after my Usui Reiki Master attunement, I received advance copies of my *Reiki News* article, which I passed around the table at a card game I was hosting for some women friends. My friend Diana scanned the article, and commented that she had been a Reiki Master since the 1980s (of which I had not been

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attuned with Holy Fire Reiki as soon as the opportunity presented itself.

It wasn’t long before I learned that William Rand was taking enrollment for an April 2015 class in Glens Falls, NY—just an hour drive from my home! I signed up to attend, along with my friend and Reiki teacher Theresa, who had attuned me in Usui Reiki Levels I, II and Advanced Reiki Training (ART). In our confirmation email, William said that transformation would begin the moment we registered for the class, and I watched for those changes. They were real and immediate.

First, there was a shift in my writing, another one of my favorite pastimes, in

writing an article about my healing experiences with Reiki. I sent an email inquiry to determine whether *Reiki News Magazine* would be interested, and William responded within 10 minutes! I took that as a sign that I needed to focus my writing on healing. I wrote the article and it was promptly published, in the December issue of this magazine.

Around the same time, Theresa asked if I would like to receive my Usui Master attunement so that I could see the difference between that and Holy Fire, and we set a date in early December. During the class I was gifted with greater sensitivity in my hands and spirit while channeling

aware). Suddenly she spoke out clearly, “We should teach a class together.” Maggie, another of the women present, is on the board of a local retreat center, and she encouraged us to contact the center and ask if they had any available dates for a Reiki Level I class. The next day Diana emailed the center and learned that, although there is usually a one to two year wait list for class space, they had a cancellation in early March. We excitedly booked the date and began collaborating to advertise, organize and prepare for our joint presentation.

During the next several months, I began to seriously entertain the idea of

early retirement from my full-time government job as an office manager to start a healing practice, as well as spend time speaking about my book. One night, I had a dream that combined elements of my full-time job with my healing practice. In the dream I provided comfort and pain relief to a business owner who was also an exhibitor at an annual work event I coordinate. I viewed this as a “transition dream.”

As the weeks passed, I practiced the moving meditation that I had learned in my ART class, using the Master Symbol and chanting “I establish my divine presence on earth; I fulfill my divine purpose on earth.” I continued to ponder early retirement, discussed it at length with my husband, consulted a financial planner and determined that it would be economically and practically possible. So exciting! I began to understand that Reiki really does move us toward our true life-paths. I made a new vision board for my goal of being a Reiki teacher (I had made a vision board seven years earlier for my book with the focal point “I am a writer and speaker of God’s love.”) I realized that my Higher Power, whom I choose to call God, had provided me with an abundance of money and just enough time while I was working, but that I was moving toward a new phase of my life, when I would be blessed with an abundance of time and just enough money. I felt very blessed.

My awareness of negative energy and the effect it had on me increased significantly in the months preceding my April Holy Fire Reiki class. I noticed that I was deeply affected when I encountered any of my staff at work who exhibited anger or negativity: I became nervous and less articulate than usual. I began to practice Kenyoku or dry bathing more often and was able to finish each day with more energy and a better attitude. I also noticed

how giving Reiki to my friends and family actually healed *me*! I always felt healthier in body, mind and spirit after I gave a session. I began to understand the connection between Reiki and my own health and happiness; I also began to deeply appreciate the ability to channel the gift of Reiki to others, and to positively impact their health and happiness.

All of these changes happened in just three months! Meanwhile, I continued to go to work every day and fulfill all my family obligations to my husband, adult sons and elderly parents.

With the April 24 Holy Fire Reiki Master class hovering on the horizon, my Reiki teaching partner Diana and I were busily creating flyers, discussing our outline and enrolling students for our class. We both also became quite ill with different ailments and remained so for two weeks. Diana suggested that we were undergoing a “healing crisis,” which I chose to believe, as it sounded far more romantic than simply being sick. Our bodies were purging themselves of toxins as we moved forward in our collaborative effort to bring the healing gift of Reiki to our students. (I learned at my April Holy Fire class in Glens Falls that several of my classmates experienced similar health challenges prior to our class.)

As Diana’s and my class approached, I also noticed the difference between my anticipation toward it and the anxiety I usually felt around speaking engagements at my day job. I was grateful to notice the contrast, and wrote in my journal that it seemed to confirm my decision regarding early retirement. During our class, we introduced six wonderful women to the grace and beauty of Reiki, while greatly enjoying ourselves and our collaboration. This was a new and wonderful way to “work” in the world.

I began to listen to the Reiki guided meditations from William for spiritual

protection, healing and spiritual guidance, and had a profound experience one morning. As I lay in bed I felt the presence of the Archangel Michael who touched my third eye, awakening wisdom and connectivity to the spirit world. I found myself at a pool of water and understood it was the pool of Wisdom. I drank deeply. When I returned to a consciousness of my physical body, I tried to get up and write about the experience in my journal. Before I could rise, I sensed the presence of three individuals laying Reiki hands on me. Usui Sensei stood at my feet with his hands resting on me. I heard “Go where you need to go.” His presence was peaceful and serene and he exuded great Reiki energy. Hayashi Sensei stood next to me with his hands on my abdomen. I heard “Heal what you need to heal.” His smile was full of light, and as he placed his right hand over my heart, I was flooded with healing energy. Takata Sensei stood near my head, with her small hands lightly covering the sides of my face. I heard “learn what you need to learn.” She was very real, very present. I awoke in awe of the experience, deeply and profoundly grateful for the visitation.

Daily life continued, with its stressors, including my day job in my office. For years I have struggled with a tendency to try to do more than I am physically able to do, and once again, over a period of several days, I repeated that pattern. I became ill and chastised myself about my behavior, which made it worse. I decided to try one of my new Reiki tools—aura cleansing to remove what I identified as a clump of self-loathing. It worked amazingly well. I was purged of that negativity and provided with a new awareness of my physical limits.

Finally, the April Holy Fire Reiki Master class arrived. It was tiring, but rich with William’s wisdom, profound experi-

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ences during the meditations, beautiful new friends, and the deep, healing energy of Holy Fire. It has a different, higher vibration than Usui Reiki, which was apparent immediately. Many of the students received profound healing on many levels. Several spoke openly about their revelations and experiences, and we were all enriched by each other.

William encouraged us to notice the changes in our mindsets, tendencies and healing abilities. I was gifted with greater efficiency in my day job, and a deeper empathy for the challenges faced by my elderly parents. I became more aware of

some of my own long-standing attitudes and propensities that have caused me pain over the years, and prayed for healing, which was granted. I have been struggling with some of these issues for over 20 years, in therapy and 12 step groups, and they were resolved with Holy Fire within weeks!

In November I take my early retirement and begin the next phase of my life, a time of graced healing. I look forward to introducing more people to the wonders of Holy Fire Reiki, both individually and by teaching classes. Holy Fire, take the lead! 🌸



*Anne is enjoying the journey that Reiki is leading her through, and excitedly looking forward to receiving her Master training in Holy Fire Reiki in early 2015. Anne is the author of **Abba House & Me: Prayer Changes Everything** and the co-founder of a bountiful prayer shawl ministry at her home church in Albany, New York. Anne can be contacted by email at annejoyful1@hotmail.com or by phone at 518.322.1373.*