

# Karuna—The Reiki of Compassion

BY ANNE SAMSON



Karuna manual arrived, I committed to learning one symbol every week. I studied each symbol and felt as if more layers of my psyche were being exposed, as I unearthed new areas where I could benefit from Reiki healing. I wondered, “How could there still be so much more to learn about myself and the way I interact with others?” But I am grateful that Reiki—and its Divine Source—is a gentle teacher. The process was challenging at times, yet manageable, and culminated with the three-day class in Glens Falls, New York.

I was first introduced to the vibrant energy of Holy Fire in May 2015 when I took the Usui Master class with William Rand. The energy was palpably different from the Usui Reiki I knew. It reached new depths, healing deeply, almost stealthily. After the class, every few weeks I would simply notice that I was thinking and/or reacting differently to situations that had formerly provoked me. Within a few months of the class, I made some significant changes in my life, taking an early retirement from a government position and starting my own healing practice (to read more about my experience with Holy Fire, see “Finding a New Way: How I Let Holy Fire Reiki Take the Lead” in the December 2015 *Reiki News Magazine*). In the 2016 class, I experienced Holy Fire in combination with the Karuna energy, and it felt even more profound.

All ICRT Reiki classes are now taught as Holy Fire, with the incorporation of profoundly deep meditation-type Experiences guided by the Holy Fire, which is a manifestation of the Holy Spirit. (Placements and Ignitions, formerly called Attunements, are done in a similar fashion.) The leader follows a standard script to launch these Experiences, and then

**T**HE INTENTION I SET for my Holy Fire II Karuna training in May 2016 was “to just be satisfied,” particularly with my personal efforts around several challenging situations in my life. My heart often feels as if I need to do more, even though my mind usually knows I am already doing my best. I had once heard William Rand speak on a radio program about Karuna as the Reiki of compassion. I now hoped that learning

Karuna would enable me to be more compassionate with myself and that this would spill over into my relations with others: the “ripple effect” of Reiki love!

Since much of the growth we experience through Reiki is about our intention and because the Reiki energy works in a holistic way, the energy of the class begins to work the moment we register; I started noticing opportunities to exercise more compassion immediately. When my

stops talking or interacting with the students in any way. Then the Holy Fire energy comes in and guides each person's meditation, resulting in deeply meaningful, individualized Experiences. My Experiences in all Holy Fire classes have been rich, whether I am a student in the class or a teacher leading my own students. I am very blessed: I often have encounters with Jesus during these Experiences. Our times together are usually quite lighthearted: we have white-water rafted, surfed and swung on playground swings. (Obviously he knows I need help taking time to play!) But there are serious conversations as well, which heal my heart. During one of the Karuna Experiences, I heard what I needed: "You know I'm always here when you need me." I am sure that is a message for all of us, not just me.

My classmates at the Holy Fire II Karuna Reiki® class were an incredible blend of delightful, enlightened and gifted healers. I am in awe of the wealth of experiences I had in those few days: wonderful conversations, joy-filled encounters and deep healing on so many levels. During our healing practice sessions, our hearts and spirits were very open and exposed, but we all felt safe because of the great love in the room.

The last Experience of the three-day class was devoted to our personal healing, and William encouraged us to recall the intention we had set for the class. When I went into meditation, I was surprised to be visited by my four maternal and paternal grandparents, all of whom passed away decades ago. Each expressed their love for me, in their own individual way. My paternal grandfather, who transitioned when I was just nine years old, explained something I had not realized about our family that is helping me to be more compassionate with my mother; she is in her 80s and having serious physical and mental health issues. I give her Reiki when I see her (she lives an hour drive from me) and send her Distance Reiki at other

times. I include the Karuna Reiki® Gnosis for memory issues and Shanti to bring her peace. I am very grateful.

I was also gifted with a visit from a toddler version of my 32-year-old son during one of the Experiences. As a result I am offering him regular Reiki sessions to heal the portion of his childhood that occurred prior to the start of my own Recovery (he was seven when I embraced sobriety). I use the first four Karuna symbols to heal both past and present: Zonar makes the healing manageable, Halu heals deeply, Harth magnifies my love and Rama safely returns him to the present at the end of the session. Since Reiki heals the healer, this is compassionate action toward both my son and me.

After the class, I made myself several promises, and I am keeping them. I am using just my Holy Fire and Karuna symbols when I give Reiki to others and myself, becoming more familiar with the depths and possibilities of each one. During self-Reiki, I often use Holy Fire and Iava, to help me be true to myself. Regarding the challenging situations in my life, I am asking for help when I need it more often. Because I am a writer, I also promised to always have a writing piece in process, with the intention to encourage and strengthen others. When I keep these promises to myself, I affirm that I am worthy of trust and love. And so I become more capable of loving myself and of loving others.

Thank you, Karuna—the Reiki of compassion. 



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](mailto:annejoyful1@hotmail.com) or by phone at 518.322.1373.

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**Patricia Williams**

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[TheInspiredHeart.com](http://TheInspiredHeart.com)). Patricia is a Senior Licensed Reiki Shihan (Master/Teacher) with the International Center for Reiki Training (ICRT). She has been teaching since 2004.



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