

Introduction to Holy Fire III Reiki

BY WILLIAM LEE RAND

Holy Fire III Supplement Instructions

This supplement explains the unique features of the new Holy Fire III Reiki system including the nature of the energy, the way it works and the benefits it provides. Also included is a page on how to give the Holy Fire III Ignitions.

Use this supplement with your current Holy Fire II master manuals, including the *Usui/Holy Fire II Reiki Master Manual* and the *Registered Holy Fire II Karuna Reiki® Master Training Manual*. Print copies to give to your Master students along with the corresponding Master manual. You may also want to give a copy to your Reiki I&II students.

Usui/Holy Fire II Reiki Master Manual

Print this supplement but do not include the class outline for Karuna Reiki®

Holy Fire II Karuna Reiki®

Print the entire supplement including all the class outlines.

Usui/Holy Fire II Reiki I&II

Provide just the first section but do not include the class outlines.

This supplement will allow you to use the manuals you currently have in stock. The Holy Fire III class manuals are being developed now and should be available by the beginning of February, 2019.

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Holy Fire Reiki Overview

Holy Fire Reiki is a type of Reiki energy and a system of Reiki healing based on Holy Fire energy. Mentioned in the Bible, Holy Fire energy has been active in the world since ancient times. Based on sessions with the late Janice Jones, a spiritual adviser, our understanding is that God, working through the Holy Spirit created Holy Fire energy and Jesus is the one who first brought this healing energy to the Earth. While the words *Jesus*, *God* and *Holy Spirit*, are used in religion, in the practice of Holy Fire Reiki we do not consider them to be religious, but instead, consider them to be spiritual in nature.

It is important to keep in mind that the entire Holy Fire Reiki system is not something I designed or created, but something that came to me as part of healing sessions I had with two talented spiritual healers who channeled illumined beings.

While Jesus was the spiritual master who introduced Holy Fire Reiki, he is also part of a group called the Brothers and Sisters of the Light. This group is a combined force of all illumined beings and includes those beings from which all the world's religions and spiritual paths have originated. Previously they were in the formless world but came into the world of form so they could assist us in the development, teaching and use of Holy Fire Reiki.

Its expression as a Reiki healing system moves Holy Fire energy from being an experience that has happened occasionally throughout the past to those fortunate enough to experience it, to being an energy that can be utilized on a regular basis by anyone initiated as a Holy Fire Reiki Master. This training takes place in the Usui/Holy Fire ART/Master and Holy Fire Karuna Reiki® Master courses. The energy is also present in the Usui/Holy Fire versions of Reiki I and II.

I first experienced Holy Fire Reiki energy on January 23, 2014, when Janice channeled the energy from Jesus. I presented it to my Reiki Master class a few days later, and the students indicated that they experienced it to be a stronger healing energy and guided by a higher level of consciousness than which any of them had previously experienced.

Our Licensed Reiki Master Teachers (LRMTs) received the ability to use this energy during attunements with myself and also directly in sessions with Janice Jones. They also agreed that there was a perceptible improvement in the quality and strength of their Reiki energy. Each began using this energy in sessions and teaching it to students. At this time, the energy was part of the attunement process for the Master level only. Subsequently, the word *attunement* was changed to *Ignition* as it appeared that the flame of the Holy Fire energy was ignited within the student during the attunement.

In December 2015, through instruction by Jesus received through Janice, the system acquired the ability to use this energy during Reiki I and II attunements. Because each student appeared to have the energy placed within them, the term for this process changed from *attunement* to *Placement*. At this point, it was noted that the overall effectiveness of the Holy Fire energy had increased for all levels of instruction; because of this, we began calling the system Holy Fire II.

Holy Fire III

During spiritual healing sessions with Colleen Benelli, who is one of our LRMTs and has extensive training in shamanism and who also received training from Janice, I began receiving information that something new was coming to my Reiki practice, although what it was wasn't exactly explained. In addition, when contemplating the Reiki classes I was going to conduct at Mount Kurama in Japan, which is the sacred mountain where Usui Sensei had a spiritual experience and was given the gift of Reiki, I was shown that something very important would take place there.

Then on September 21, 2018, while conducting those classes, a new level of Holy Fire energy appeared. Colleen provided guidance from Jesus that I was to teach these classes differently. Rather than provide a pre-Ignition as is done in the Holy Fire II classes, I was to change it to a regular Ignition for a total of four Ignitions rather than three as was previously done.

The Ignition is conducted by the teacher who provides a short, guided meditation lasting five to seven minutes or so and then stops talking while gentle music plays in the background. This process allows the Ignition energy to interact directly with the student's energy field rather than being channeled through the teacher. The whole experience continues for about 26 minutes altogether.

After conducting the guided meditation for the first Ignition and sitting there, allowing the process to proceed for the students without my interaction, I began to inwardly observe a tube of translucent white light through which stars were moving up through it. Then I saw that this tube was coming from a ball of translucent white light within myself. I also saw an arc of light coming from the surface of the ball of light, and I felt the spiritual power the ball of light contained. Then I was invited to enter into the ball of light. When I did this, at first, I felt pain. But the light said to let go, as this is just your Culturally Created Self being released. When I let go, the pain disappeared, and I felt peace and a great depth of spiritual power. At that point, I said to myself, "I am Free, I am Free, Forevermore, I am Free."

I must say that this was one of the most powerful spiritual experiences I have had. In addition, when this was happening, I also observed that the three Holy Fire flames which were installed below the navel, above the head and in the heart during my first Holy Fire training were joined together by a shaft of light. Then eventually, they expanded and filled my entire physical body. The effects of this experience lasted for a week or so during which I traveled to Taiwan and taught an Usui/Holy Fire III ART/Master class. Then slowly the energy seemed to subside. But then at the end of October, while teaching, it ramped up again then subsided. However, these experiences left a residual effect, and I can tell they are conditioning my system to adjust to a higher spiritual energy which will remain steadily present. I was also told that these "peak" experiences will continue.

Up to this point, which is the first week of November, 2018, I have taught eight Holy Fire III classes. In addition, some of my students have taught, and also our LRMTs who were upgraded to Holy Fire III have also taught classes. Altogether there have been about 200 students who have received the Holy Fire III energy so far. Many of these students have been Reiki Masters for years and have extensive experience taking Reiki classes, teaching and giving sessions. The effects of the energy reported by these students and those of the other teachers have been consistent. All indicate that the Reiki energy is more effective. Those who had Holy Fire II report that Holy Fire III is a definite improvement over what they previously had. Many report that the energy feels both subtle and more powerful and that new healing is taking place, often on an extraordinary level.

As we have experienced Holy Fire III, a new set of concepts have been given to us to explain the energy and the levels of healing that are taking place. The following is a description of the main ideas.

The Authentic Self

Within each person resides a compelling and extraordinary aspect of our inner nature that is composed of the pure, unaltered self. This part is connected directly to God consciousness and possesses the awareness and power of the Universe. It is unlimited in its ability to know and to do, and it is who we really are. (Note that psychology also uses the term, "Authentic Self" and while there is some similarity, our definition has important differences.)

The energy of the Holy Fire III Reiki class ignites and reveals the light of the Authentic Self, making it easier for a person to see and experience. Students find that their light, their wholeness and brilliance, is right there inside them. To some, the view of their Authentic Self has appeared as a beautiful light within; as brilliant as the sun. The remarkable qualities of their soul, life purpose, and their inner truth become revealed to them, and in addition, they feel they are now empowered to fulfill their life purpose!

The influx of Holy Fire III energy is a special experience that feels safe, steady and grounded. Rather than being aware of one's Authentic Self in an altered state or as something happening in a high and distant place, it is experienced as being present within one's physical body and as part of one's everyday life.

One's personality, ego, emotions, and thoughts rise to a higher level of consciousness so that one can view life with heightened awareness and enjoyment. Innovation, intuition, inventiveness, creativity, and solutions are more readily available and expressed in one's intentions, goals, decisions and actions.

After the process makes the Authentic Self visible to one's inner awareness, the process continues to develop and further highlight its attributes. These include qualities such as intellect, talents, identity, authority and voice, as well as spirituality, personality and more.

Unfortunately, most people have little connection to their Authentic Self. One of the reasons for this is the development of, and identification with, the Culturally-Created Self.

The Culturally-Created Self

When a person is born, he or she is dependent on his or her parents for food, shelter, clothing and physical contact; everything necessary to support the life of the child. This dependence creates a strong relationship between the child and its parents and forms the basis for the development of the child's identity. The influence of the parents also teaches the child what is important in life and what is not.

While the young child usually has some awareness of the Authentic Self, the parents often discourage its expression because they do not have contact with nor understand their own Authentic Selves. And because of the influence of the parents and exposure to the everyday world around it, the child is encouraged to develop a personality based on cultural conditioning. And so, as the child grows and matures, he or she comes to identify more and more completely with the Culturally-Created Self. And as this happens, awareness of the Authentic Self fades until in many people, there is little or no awareness of it at all. The Culturally-Created Self has a limited view of who it is and what it can accomplish, and by comparison to the Authentic Self, possesses greatly diminished awareness.

Origin of Dormant Unhealed Energy

As a child grows into adulthood, it often becomes apparent to him or her that they exhibit behaviors that are not considered acceptable by adults. These behaviors can include angry shouting and screaming, crying, pouting, fearful shaking and so forth. Insecurity, anger, jealousy, impatience, selfishness, fear, sadness or other similar feelings are often a cause of these behaviors. If parents do not show the child how to handle these feelings in a healthy way and instead, as is often the case, tell the child, “Stop that!” or “Don’t act that way!” over time, the child learns to push these feelings inside and hold them in place, and they go unexpressed.

Also, many times when children suppress their feelings, they are rewarded by the parents telling them, “Good girl!” or “Good boy!” or they hear their parents tell other adults to look at what a good boy or good girl he or she is, or other similar words. These actions reinforce the child’s behavior of hiding feelings and encourage the child to deny that they have such feelings at all. Eventually, as this process develops, these “unwanted” feelings begin to be held inside automatically by conditioning that takes place in the subconscious mind and because of this, they are never expressed.

This pattern of behavior can develop to the point where the person does not know they have these feelings. Because these feelings are unknown, the person no longer gives them energy and instead, directs their awareness toward what society considers to be positive qualities and develops the expression of those feelings instead. When unhealthy feelings do not receive energy or attention, over time, they become dormant.

In addition, the unhealed dormant parts reduce a person’s ability to experience feelings and emotions and reduce the ability to respond in an effective way to the challenges of life. A person becomes less flexible and is not as creative in their ability to solve problems, in being productive, or in finding enjoyment in

life. In other words, the unhealed dormant parts limit the person’s ability to enjoy the full range of healthy, positive feelings that they would otherwise experience.

Because a person isn’t aware of the unhealed dormant parts, they are not motivated to heal them. In addition, these parts are unusually difficult to heal, and up to this point, regular Reiki energy or other healing methods have difficulty discovering them, and therefore, they are rarely healed.

These unhealed dormant parts build up in layers that cover up the Authentic Self and often create a thick hard shell that prevents the Authentic Self from being known to the person or expressing its amazing potential. Experiences from this lifetime as well as past lives, ancestral history and cellular memory, to name a few, can cause the buildup of unhealed dormant layers that block our Authentic Self from being seen and therefore stop it from contributing to the quality of our lives. The unhealed dormant parts present a great challenge to our healing process. However, there is a solution.

Holy Fire III Heals Dormant Unhealed Parts

Holy Fire III Reiki originates from higher dimensions of consciousness that we call heavens. In the fourth and fifth heavens, the levels of consciousness there are aware of the dormant parts and can heal them, and as healing happens, more of the Authentic Self can emerge. As this occurs, an increasing level of serenity, vitality and joy expresses itself, accompanied by an awareness that this is who you *really* are.

Joining People Together

Holy Fire III contains the fire of unity. Its purpose is to unify all people. As one becomes ever more aware of the Authentic Self and begins to assume it as one’s identity, it becomes apparent that everyone has an Authentic Self within them and because of this, it is easily seen that we are all one. The awareness that we are all one makes it easy to accept others regardless of the diversity of race, religion or beliefs, national origin, gender, sexual orientation, or age. In this way, we can more easily work in harmony with all people to create peace and happiness in the world.

Interestingly, the promotion of this process is the purpose of the World Peace Crystal Grids which were placed at the North Pole in 1997, at the South Pole in 1999 and in the Old City of Jerusalem in 2004. There is also one at the ICRT Center in Michigan and one at the ICRT Center on Maui; they have been described in greater detail in previous issues of the Reiki News and on our web site at reiki.org. The inscription on the Peace Grids reads, “May the followers of all religions and spiritual paths work together to create peace among all people on Earth.” It is felt that this proclamation which is also embedded in the energy

of Holy Fire III has already started to influence the people of our planet and is destined to bring the peace to our world which so many have prayed for and worked to create for thousands of years.

Location of Holy Fire III Energy

In the Holy Fire and Holy Fire II Master classes, the energy consists of three spiritual flames; one below the navel, one above the head and one in the heart. In the Holy Fire III Master class, if one already has Holy Fire, a shaft of light first joins the three flames together and then the energy spreads throughout the entire body sometimes appearing as thousands of small flames. This action takes place gradually over a period of weeks or a month or more. If one has not previously taken a Holy Fire Reiki Master class and takes the Holy Fire III Master class, the energy will simply spread as small flames throughout the entire body. As this happens, it grounds the experience in present time and in the material world, making the experience feel very real.

The Heavens

In Holy Fire Reiki and Holy Fire II Reiki, we became aware of the three heavens. (In our use of the word, “heaven” we are not referring to a religious system, but simply use this word to denote levels of consciousness.) The first heaven is the material world in which most people have egos which are in need of healing; the second heaven is a non-material world in which the spirits that reside there also have unhealed egos. We also spoke of the third heaven and beyond. And it was in these realms that the problems of the unhealed ego are no longer present. While we knew there were more levels within or beyond this, we didn’t have a clear understanding of what was there. With Holy Fire III, we have gained a more detailed awareness of the fourth, fifth, sixth and seventh heavens.

Fourth Heaven

The fourth heaven provides additional healing in preparation for entering the fifth heaven. This healing includes awareness of and trust in the idea that a higher way of living life is possible involving the release of unhealthy competitiveness, acceptance of higher guidance and the gift of wonderful new energies that heal and empower you.

Fifth Heaven

When revealed, the energy of the fifth heaven begins a continuing process of leading the dormant self in the direction of complete healing and allowing the Authentic Self to replace the Culturally-Created Self. This process takes place at a pace that varies with each person but can feel remarkably fast, yet smooth and stable.

In class, during an Ignition, often the Authentic Self can become visible to one’s inner awareness, and one may be invited to enter the Authentic Self. This occurrence causes the Culturally-Created Self to begin a releasing process which can be an extraordinary experience.

Even though with this process a person becomes connected to and works from the higher heavens, they are still very much present in their physical body. As the energy from the heavens enters the physical body, the health and well-being of the body increases, making it more comfortable to be in the body, enabling one to deal more successfully with life, helping solve any issues one might encounter and helping one make use of opportunities as they arise.

Sixth Heaven

On this level, the intellect begins a healing process. Rather than having an attitude that the ideas and knowledge one possesses makes one better than others, they begin being valued for how they can be used to improve the quality of one’s life and the lives of others including family members and society in general. In addition, a love of learning and of knowledge and its application to everyday life can develop.

Improvements in communication can also take place. This involves a more thoughtful choice of words making it more enjoyable for others to listen to what you have to say. Your words may also spontaneously begin to be combined with the Holy Fire III energy making what you say feel soothing and even providing a noticeable level of healing for those you speak with. Writing can be affected in a similar way.

In addition, one may develop an interest in acquiring a greater depth of understanding in topics one has previously had an interest in and also develop interest in studying new subjects. This could expand into learning to play a musical instrument, taking singing or dancing lessons, beginning an exercise program, getting involved in a new hobby, learning to play new games, writing poetry or articles for a magazine or writing a book, learning a foreign language, taking a trip to a foreign country, taking college classes and so forth.

The Holy Fire III system of healing increases one’s quality of consciousness at the same time it provides an extraordinary healing experience.

Seventh Heaven

This level deals with healing the ego. In many spiritual and metaphysical systems, it is taught that the ego is the enemy and that it must be negated or overcome, or even killed; or otherwise, one must rise above the ego if one is to proceed forward on one’s spiritual path. It is important to note that from our observation, what is

being focused on here isn't the ego, but the unhealed ego. And for some unknown reason, even though healing is often part of spiritual and metaphysical studies, little is said about the possibility of healing the ego. However, the guidance we have been given through Holy Fire III is that while the unhealed ego can be an impediment to one's spiritual development, the unhealed ego can be healed! And once healed, it is no longer an impediment, but is able to fulfill a very important purpose. The healed ego is a vehicle for the expression of higher consciousness in the material world!

This is a remarkable idea that we had not heard before, yet, based on the experiences of those who have taken Holy Fire III classes, it is apparent that many receive this important gift. In addition, while it is rare, there is at least one other spiritual school that has this teaching as well. Google "healed ego" and you'll see what I mean.

If our purpose is to bring spiritual values to the material world, then this can be more effectively done through a healed ego. Holy Fire III contains the energy needed to heal the ego. This healing process happens at a pace that is right for each student and happens spontaneously without the student needing to do anything special except use Holy Fire Reiki with themselves and others. As this happens, one begins to experience higher levels of consciousness becoming grounded in one's physical body. One also begins to have a greater awareness of higher consciousness in the material world and in everyday life.

As the ego heals, one becomes less and less upset by those who are on "ego trips" and it becomes easy and natural to deal with them in a relaxed and healthy way. Often when a person is on an "ego trip," it isn't what they say that can be off putting, but how they say it. But as your ego heals, it is easy to hear the factual and often helpful part of the information they are communicating and then understand and make use of it in a healthy way. Doing this will also help the person on the "ego trip" to realign to a more all-inclusive state of mind. Overall, with Holy Fire III, the material world comes to be experienced as a safer, healthier and more enjoyable place to be.

Searching for spirituality in a place that is disconnected from the material world can result in one becoming detached from one's physical needs and responsibilities. This makes the process of healing our planet more difficult by encouraging an attitude of one not wanting to be here. Being able to connect with a spiritual energy that is able to express itself in the material world is a

powerful solution; it encourages us to be fully present and empowers us to make a difference in the world we live in.

The healed ego is a vehicle for the expression of higher consciousness in the material world!

Four Ignitions

Previously in the Holy Fire system, students received three ignitions. In the Holy Fire III class, an Ignition now replaces the pre-Ignition for a total of four Ignitions. Also, there is an enhancement in the effectiveness of each Ignition. The overall result is the creation of a system that increases one's quality of consciousness while also providing an extraordinary healing experience.

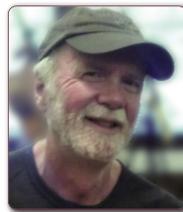
Students often find that healing takes place after the first Ignition and continues throughout the class. After class, many, report that the energy continues to develop, providing ever-greater feelings of health, well-being and confidence.

The ideas in this article attempt to express what many who have taken a Holy Fire III Reiki class have experienced; however, the introduction of this healing energy is still very new, and much is waiting to be learned and experienced.

You may be wondering if the Holy Fire III class is right for you. While the Holy Fire III system of healing can enhance your consciousness and provide deep healing, keep in mind that this class is not for everyone. I suggest that you read this article through again, then meditate on the Holy Fire III energy and allow your intuition to guide you in the decision that is right for you.

Holy Fire III Upgrade Webinar

I will be presenting a live online upgrade webinar for Holy Fire III for anyone who already has Holy Fire or Holy Fire II. The cost is \$35.00, and the date is January 7, 2019 at 7pm EST. The webinar will be recorded and available to attend after this date as well. Please go to www.reiki.org/holyfire.html for details. 🌿



William Lee Rand has an extensive background in metaphysics and has spent the last 37 years in the study, practice, teaching and development of Reiki. To learn more about his background, please go to www.reiki.org/ReikiClasses/teachers/rand.html. He can be contacted by email at william@reiki.org.

Holy Fire III Ignition Instructions

Procedure for the First Two Master Ignitions

There is no pre-ignition in Holy Fire III. Instead, an Ignition replaces the pre-ignition for a total of four Ignitions. The new class outlines reflect this change. Students can be sitting in a circle, lying on the floor or on a couch or be seated in a chair as each chooses. Meditation music can be played in the background. Let the students know that they can follow your direction at the beginning, but at any time, even as you continue to give guidance, they may begin being guided inwardly by the Holy Fire. If this happens, it's okay to follow their own inner guidance.

1. Spoken slowly with appropriate pauses: "Take a deep breath and close your eyes. Bring your hands up into the Gassho position. Now focus your attention on the space between your palms. If thoughts arise in your mind, gently brush them aside and bring your attention back to the space between your palms."
2. Wait 1–2 minutes and continue with: "A beautiful light appears in a place beyond the third heaven. The light comes down, descending all the way down to in front of your hands, then flows through your hands and into your heart. The gift of Love."
3. "The Ignition process will begin now. Remain with your eyes closed and your attention focused inwardly on your own inner experience. Open your heart and receive as the light of the Authentic self is revealed."

Then stop speaking and wait 15-20 minutes or so. During this time say prayers giving thanks for the experiences the Holy Fire is providing to each student, and also spend time going inward and being in your own experience.

Keep track of the time using a clock or your cell phone set to airport mode. When you sense it is time for the students to come back say words to this effect: "Whenever you are guided to do so and at the pace that is right for you, take a few breaths, bring your awareness to your eyes and slowly open your eyes and come back."

After it appears that most are back, ask them to take time to write down their experiences and to integrate.

Wait until all are done writing, then ask, "Who would like to share his or her experience?"

Procedure for Second Two Master Ignition

Follow that same process as described above except in the second two Ignitions substitute the above numbered directions for these below.

1. Spoken slowly with appropriate pauses: "Take a deep breath and close your eyes. Place your hands palms up resting on your legs or somewhere comfortable."
2. Then say, "Focus on being receptive." Pause. "The Ignition process will begin now. Remain with your eyes closed and your attention focused inwardly on your own inner experience. Open your heart and receive as the light of the Authentic self is revealed."

Usui/Holy Fire III Class Outlines

Usui/Holy Fire III

Reiki I Training

Suggested class time: 9 a.m.–6:30 p.m.

1. Registration and sign in.
2. Smudging or energy clearing. Have students raise hands and place positive energy all over the room and then get hugs from everyone.
3. Introductions—name, where you are from, why you decided to take this class and something you like about yourself.
4. Ocean of Holy Love Experience. Have students write experiences and share.
5. Reiki Talk—what is Rei-ki, the different levels, how the Placement process works. How does Reiki work? (Use information from the manual.) What can it be used for? (Use examples and Reiki stories to explain these topics.) History—Usui—Hayashi—Takata—22 Masters and include information on the Gakkai and the discovery of the Japanese Reiki Techniques and a brief history of the Holy Fire.
6. Explain and review the Reiki Ideals. Explain that the Reiki energy in this class is based on the Usui/Holy Fire III system.
7. Lunch (one hour).
8. Return and regroup—circle shoulder massages and hugs.
9. Explain Gassho meditation (page 54, *Reiki: The Healing Touch*).
10. Briefly explain the three heavens and talk about the Placement and how it works.
11. Reiki I Placement.
12. Have students write about the Placement and experiences then share.
13. Break (10 minutes).
14. Practice Reiki (three or four to a group)—make sure all feel Reiki or that the client does. Share after.
15. Byosen Scanning (page 55, *Reiki: The Healing Touch*)—pick a partner, scan, then switch. Explain Reiji-ho (page 54, *Reiki: The Healing Touch*) and that it is more advanced as one uses intuition directly rather than the hand.
16. Explain and practice the standard session for treating others, all hand positions (pick a partner and switch).
17. Explain and demonstrate Kenyoku (page 59, *Reiki: The Healing Touch*). Have students use it at the end of the session.
18. Explain Hayashi Healing Guide and how to use it.
19. Explain the Reiki Client Information Form, Reiki Documentation Form and charging money or bartering.
20. Go over the Code of Ethics and Standards of Practice.
21. Break (10 to 15 minutes).
22. Explain self-session—Byosen self-scan (page 58, *Reiki: The Healing Touch*) and practice self-session hand positions.
23. *If students are continuing the next day: Reiki II Symbols—show for memorization only, sacred, keep them secret, explain the test. Distribute handout. (Use last 1/2 hour of class for this part.) If students are taking Reiki II, it's a good idea to give each a copy of the Reiki II symbols when they sign up, so they have time to memorize them.
24. Closing meditation or prayer.

Usui/Holy Fire III Reiki II Training

Suggested class time: 9 a.m.–6:30 p.m.

1. Registration. Smudging or energy clearing. Place Reiki all over the room and then get hugs from everyone. Do introductions if this class is taught separately from Reiki I—name, where you are from, why you decided to take this class and something you like about yourself.
2. Holy Love Experience. Have students write experiences in notebooks and share.
3. Talk on Reiki II symbols—deeper, complete meaning, how to use them including the many ways to use Hon Sha Ze Sho Nen for distant and past/future healing. Explain why they need to be kept private as described on page 45 of *Reiki: The Healing Touch*. Explain that the energy in this class is based on the Usui/Holy Fire III system.
4. Lunch (one hour). Students can use some of the lunchtime to memorize the symbols.
5. Test on symbols—use the form on page 149 of the *Usui/Holy Fire II Reiki Master Manual*. Make copies for your students. If there are errors, gently point them out and ask the student to correct them. Use hints if necessary or have the person use her notes. Coach so that everyone passes.
6. Circle massages and hugs.
7. Explain Placement. Conduct Reiki II Placement.
8. Have students write Placement experiences in their notebooks—sharing.
9. Break (10 minutes).
10. Break up into groups of three to four to practice. Start with them doing straight Reiki without any symbols. Then have them add the Choku Rei and after five minutes or so, share how this felt. Repeat with the Sei heki, so they get an experience of what the symbols do while in class.
11. Explain how to do a complete session using all the symbols.
12. Practice Gyoshi-ho (page 60, *Reiki: The Healing Touch*)—choose partners and switch. You can do this exercise with the students sitting in two rows of chairs facing each other. Also, explain that a practitioner can use this in a regular session. (Note that this replaces Beaming.)
13. Enkaku chiryo (page 60, *Reiki: The Healing Touch*) with group. Ask for requests from students. Write the names of those to whom you are sending Reiki on a piece of paper and place in the middle of the circle or use a photo of the person if it is available. Send to create harmony among all people on the planet or perhaps a world situation.
14. Have students pick a Reiki buddy to exchange Reiki with during the week and to send distant Reiki to and then share the experience.
15. Ending meditation or prayer.
16. Encourage students to participate in a Reiki support group.

Usui/Holy Fire III

Reiki Master

Suggested class time: 9 a.m.–6:30 p.m.

This outline is for teaching the 3 day Master class.

Day 1

1. Registration and sign in.
2. Smudging or energy clearing. Place Reiki all over the room and then get hugs from everyone.
3. Introductions—name, work, family, metaphysical background, understanding of Reiki, why you want to learn Reiki, and something you like about yourself.
4. Explain our definition of Soul and Spirit, the Heavens, and Letting Go of Guides. Explain that the energy in this class is based on the Usui/Holy Fire III system.
5. Explain the unique way that Holy Fire III Experiences, Placements and Ignitions are done. Explain that in this class students will not learn how to give attunements but will give Placements instead. Placements are for Reiki I and II and Master and provide a stronger, more effective healing energy for the student, open students to higher consciousness and activate the symbol(s). Explain how Holy Fire III works and the concepts of the Authentic Self, the Culturally-Created Self and the Dormant Self.
6. Healing in the River of Life introduction. Explain how it works—removes attunement energies and replaces them with the Placement energies so teachers can give Placements for I and II and Master and students will no longer be able to give attunements in Holy Fire classes if they previously had this ability.
7. Healing in the River of Life Experience, have students write experiences and share.
8. Using crystals and stones with Reiki—how to use a single crystal to send Reiki continuously. Making a Reiki grid that will continue to send Reiki to yourself and others: used for distant healing, personal healing, goals and manifestation. Note, this step can be done later in the day or on the second day if you don't have time.
9. The Usui Dai Ko Myo—show it to students, explain usage, practice drawing it. Go over the meaning of the Japanese words and explain what it means to Reiki people.
10. Lunch (one hour). Use some of the lunchtime to memorize symbol.
11. Test on symbol.
12. Explain the Ignition process and that you will give a brief guided meditation and then stop talking while the energy guides the student directly. Explain that some students may have inner experiences, and some may just feel relaxed and that the most important effects take place below the students' level of awareness. Explain that the four Ignitions progressively empower the Holy Fire symbol.
13. First Ignition. Give students time to write down their experiences and to share.
14. Break (10 minutes).
15. Explain how Placements work; that they do not come from the teacher or through the teacher but come to the student directly from the Holy Fire.
16. Usui Master Symbol Placement. Have students write down their experiences and share.
17. Practice giving the Usui Master symbol to each other in sessions—two or three students giving Reiki to one. Share about this experience.
18. Reiki Moving Meditation. This exercise can be covered now or the next day, and if the next day, use the Holy Fire symbol rather than the DKM.

**Usui/Holy Fire III
Reiki Master Class**

Suggested class time: Two days from 9 a.m.–6:30 p.m.

Day 2

1. Registration.
2. Smudging or energy clearing. Place Reiki all over the room and then get hugs from everyone.
3. Second Ignition. Give students time to write down their experiences and to share.
4. Explain the evolution of Reiki and how it developed from Usui Reiki into Holy Fire Reiki.
5. Describe the history of Holy Fire Reiki.
6. Describe the essence of Reiki.
7. Holy Fire Symbol—show students, explain the attributes and benefits and usage, practice drawing it. Test on the symbol. You can also do this as part of step #11 on the first day of the Reiki Master class.
8. Explain Holy Fire III Reiki and spiritual guidance.
9. Lunch (one hour).
10. Third Ignition. Follow instructions. Have students write experiences in notebooks, then share.
11. Practice giving Reiki sessions using Holy Fire. Three students giving Reiki to one.
12. Break (10 to 15 minutes).
13. Holy Fire Healing Experience. Follow instructions on page 58 and have students choose two things they would like to have completely healed and so forth. Then conduct the Holy Fire Healing Experience. Have students share their experiences.
14. If you have extra time, you could do one of the Holy Love Experiences.
15. Questions and Answers.

Day 3

1. Smudging or energy clearing. Place Reiki energy all over the room, then give hugs to each other.
2. Fourth Ignition. Follow instructions. Have students write experiences in notebooks, then share.
3. Discussion—the values and spiritual orientation of a true Reiki Master.
4. Questions and Answers or discuss other Holy Fire concepts.
5. Lunch (one hour).
6. Practice Reiki in groups of three to four using Holy Fire. Seven minutes per student or longer.
7. Explain how to practice Holy Fire Meditation. Practice it if you have time.
8. Explain religious trauma and how Holy Fire Reiki heals it.
9. Explain Healing Spirit Attachments. Conduct this process for the class if you have time.
10. Experiences, Placements and Ignitions—go over the outlines, discuss, explain how to do them. Practice is usually not needed.
11. Conduct another of the Holy Love Experiences if you have time.
12. Talk about teaching, go over class outlines.
13. Explain doing Ignitions by yourself.
14. Go over the Code of Ethics and Standards of Practice.
15. Talk about developing your Reiki practice and the value of membership in the Reiki Membership Association (RMA).
16. Pass out class review.
17. Pass out student certificates.
18. Closing prayer.

Holy Fire III Karuna Reiki® Master Class Outline

Day 1

1. Registration.
2. Smudging or another form of energy clearing.
3. Send Reiki to four directions—sky and ground and all around the classroom.
4. Get a hug from each person and welcome each to the class.
5. Introductions—name, where you are from, why you decided to take this class and something you like about yourself.
6. Explain our definition of Soul and Spirit, the Heavens and Letting Go of Guides. Explain that the Reiki energy in this class is based on the Usui/Holy Fire III system.
7. Explain the unique way that Holy Fire III Experiences, Placements and Ignitions are done. Explain that after this class students will no longer give attunements but will give Placements and Ignitions instead. Placements are for Reiki I and II and the first part of Master and provide a stronger more effective healing energy for the student and open students to higher consciousness and activate the symbols. Explain how Holy Fire III works and the concepts of the Authentic Self, the Culturally-Created Self and the Dormant Self.
8. Healing in the River of Life introduction. Explain how it works; is a healing experience and sets up the ability to give Placements for use when teaching Usui/Holy Fire Reiki for I and II and Usui/Holy Fire Master.
9. Healing in the River of Life Experience, have students write experiences and share.
10. Break.
11. Brief history of Reiki including the idea that Reiki has evolved with Usui, Hayashi and Takata and there is no limit to the quantity and quality of Reiki that is possible for us to channel.
12. Explain Holy Fire III Karuna Reiki® including origin. Explain Holy Fire III Reiki and spiritual guidance.
13. Lunch.
14. Explain that the class is both a practitioner and master class and that the master Ignitions both initiate the student as a Karuna Master with the ability to teach and give Ignitions and attunes the student to each of the practitioner symbols for use in sessions. Because of this, only Ignitions are given to the student by the teacher in this class and that there are four.
15. Explain how they will be able to teach all their classes as Holy Fire classes including I and II, Usui/Holy Fire Master and Karuna and that the Holy Fire Placements for Usui/Holy Fire I and II and Master will be explained in class.
16. Explain how Ignitions work and that they do the same thing as attunements. Explain that you will give a brief guided meditation and then stop talking while the energy guides the student directly. Explain that some students may have inner experiences, and some may simply feel relaxed and that the most important effects take place below the students' level of awareness. Explain that the first two Ignitions empower the Karuna I symbols and the second two Ignitions empower the Karuna II symbols. All four Ignitions progressively empower the Holy Fire symbol.
17. Do first Ignition with integration time and sharing.
18. Break.
19. Tell students about the Holy Fire symbol and energy.

20. Show them how to draw the symbol. Have them practice drawing it if they haven't already memorized it.
21. Talk about each of the Karuna I symbols, how to draw them and what they are used for and go over them thoroughly.
22. Test on the Holy Fire symbol and the Karuna I symbols.
23. Break.
24. Talk about the Karuna II symbols, how to draw them and what they are used for and go over them thoroughly.
25. Test on the Karuna II symbols. An alternate method is to teach all nine symbols at the same time and give one test for all of them.
26. Ending prayer or affirmation. Hugs.

Day 2

1. Smudging or other energy clearing process, energy sent around the room, hugs.
2. Ask students to share how they are experiencing the class and if they have any questions or comments.
3. Second Ignition.
4. Break.
5. Talk about the trademark for Holy Fire III Karuna Reiki® and why it was developed. Go over the registration process and how it works, including the certificates.
6. Lunch.
7. Do the third Ignition. Write experiences and share.
8. Break.
9. Practice using the Holy Fire and Karuna I symbols starting with the Holy Fire symbol and using each of the four Karuna I practitioner symbols, three to four students at each table. Practice each symbol for 5-7 minutes or so. After each student finishes, have the client share with their group the feeling of each symbol. Have each person in the group share what it was like to use the energy.
10. Experiences, Placements and Ignitions, explain how these are done and go over the scripts. Practice is usually not needed.
11. Explain Holy Fire III Meditation and practice if you have time.
12. End class with prayer, affirmation or hugs.

Day 3

1. Smudging or other energy clearing process, energy sent around the room, hugs.
2. Ask students to share how they are experiencing the class and if they have any questions or comments.
3. Do the fourth Ignition. Write experiences and share.
4. Go over all the class outlines for all levels. Talk about teaching. How the teacher needs to keep his or her energy out of the Experiences, Placements and Ignitions and how these are done without the teacher physically interacting with the students. Explain that this allows the energies to go directly to the student without being slowed or affected by the teacher and that this keeps them pure and allows them to be more powerful and effective.

5. Additional topics can be covered such as the World Peace Reiki Grid project or the benefits of the RMA, or the Center for Reiki Research.
6. Lunch.
7. Practice Holy Fire and the Karuna II symbols same as step #9 from the previous day. Decide on the time used for each symbol based on the remaining class time. You could also combine this step with Chanting done as the last part with each client on the table rather than presenting it separately in #11. If you do this, use step #10 to explain the difference between Chanting and Toning.
8. Break.
9. Chanting and toning. Practice chanting unless you practiced it in step #7. If you have time, you can practice toning or demonstrate it.
10. Go over class outlines for all classes. Talk about teaching. How the energy more strongly guides the class and does the Experiences, Placements and Ignitions without the teacher having to interact with the students physically.
11. Explain the importance of releasing negative spirits and explain the Healing Spirit Attachment process. Conduct this exercise for the whole class if you have time.
12. Cover anything remaining to be covered and ask for final questions.
13. Pass out class review.
14. Graduation—pass out certificates.
15. Final prayer or affirmation.
16. Hugs.

Giving a Holy Fire Reiki Talk

This outline can also be used at a Reiki share group or a Reiki session.

A Holy Fire Reiki talk as outlined here is more than just a talk as it includes a Holy Fire Experience. Hosted by a Holy Fire Reiki Master, it is an easy and enjoyable way for people to be introduced to Holy Fire Reiki and to experience its healing energy.

Promotion

Hard copy flyers can be created and posted on bulletin boards; announcements can be made on Facebook, on your website, and sent by email directing people back to your website announcement, and by word of mouth.

Location

It could be held at a home, a school auditorium, or a conference room.

Fee

It could be free, or a small fee could be charged to cover expenses.

Outline

1. Could be a similar set up as for a Reiki circle or share group.
2. Arrive at the meeting room early and say prayers and become receptive to the Holy Fire energy asking it to clear the room of any energies not compatible with Holy Fire and to bless the room.
3. Registration could be done with hard copy forms or with a computer form set up for people to fill out. The minimum information would be the person's name and email address.
4. When people arrive, allow them to mill and talk.
5. Then ask them to sit. If it's a smaller group, do introductions—name, where are you from, if they have Reiki or not. Then ask them to stand and with permission share hugs. If it's a larger group in an auditorium, have them stand and introduce themselves to three people, then get three hugs and sit down.
6. Brief talk on what is Reiki.
7. Explain the evolution of Reiki and how it developed from Usui Reiki into Holy Fire Reiki.
8. Describe the qualities of Holy Fire Reiki.
9. If there are people present who have Holy Fire Reiki, ask if any of them would like to describe their experience of Holy Fire Reiki.
10. Questions and Answers.
11. Break.
12. Talk about the Holy Fire Reiki Experience and how it works; that you'll be conducting a brief guided meditation and then stop talking for about 20 minutes during which time the Holy Fire energy will be working directly with each person, providing a unique healing experience that contains what is needed by each person. Also explain that some will experience inner experiences such as seeing colors or feeling waves of healing energy flowing through them or visions of spiritual beings and so forth, and that others will simply feel relaxed, but that everyone will receive something meaningful that will continue to produce benefits even after the event.

13. Conduct the Holy Love Experience or the Ocean of Holy Love Experience, the Heavenly Banquet Hall Experience, or the Holy Fire Healing Experience. Play Julie True, *Music to Journal By, Volume 1*, or other similar music.
14. After bringing people back, ask them to write down their experiences, then share if they choose to do so.
15. Close with a prayer or positive affirmation.