

# One Heart Way

## How to Teach Reiki Classes Online

Solutions for the Coronavirus  
by William Lee Rand

At the ICRT, we feel it is our responsibility to be a stable source of consistent, high-quality Reiki training. This has been the guiding principle which we have adhered to over a period of many years in the development of our Reiki teaching program. The introduction of online Reiki classes at this time has been guided by our Brothers and Sisters of the Light who also brought us Holy Fire® Reiki. This is not just a method of teaching online, but also comes with a significant improvement in the quality of Reiki energy it provides. This new Online Ignition system was given to us as a continuation of their program. We are grateful that this gift has been given to us at such a momentous time when it is so dearly needed.

As part of this process, we have become aware of the importance that the development of technology plays in the teaching of this new Reiki system. And in a similar way as in other parts of creation, we have been shown that the introduction of technology to humanity is being guided by spiritual beings; and as we work with them, they help us harmonize the use of technology with the development of our spiritual path.

March 26, 2020

The Coronavirus poses serious problems for many people all over the world and it is spreading quickly. There is no medicine for this virus and no vaccine. In order to avoid infection or to avoid spreading infection if one already has the virus it is suggested to stay at home; in some areas this has become a requirement. In many areas, travel outside the home is allowed only to get food or medical help or conduct other indispensable tasks. If this is the case and one works outside the home, then one may not be able to go to work. In addition, there have been a record number of layoffs. So an ever-growing number of people are left with a complex set of problems; how to avoid infection and create new ways to earn a living at the same time.

Motivated by a desire to help, I prayed and sought spiritual guidance. This resulted in receiving an improved healing energy that allows Holy Fire® Reiki teachers to conduct Reiki classes online. In addition, this new rendition of Holy Fire® Reiki is also a more powerful and effective healing energy. These two qualities make it a wonderful gift for dealing with the Coronavirus pandemic and the challenges it has created.

In the past, the only classes I have taught online were the upgrade webinars for Holy Fire® Reiki. And I was able to do this because Jesus gave me a series of special Ignitions and was present energetically when the webinars took place. To understand why it is possible to teach online classes now, keep in mind that the Holy Fire® healing system is one in which the energy has been continually working to help students evolve to higher levels of consciousness since its inception in 2014. And since the beginning of Holy Fire® III, the energy has been working with each student's energy field to prepare him or her for this next step. It is fortuitous that we have become ready for this next step at a time when we must deal with the issues brought on by the Coronavirus.

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This new level of healing energy has come through Jesus and the Brothers and Sisters of the Light. This happened just last week while working with Colleen Benelli. Usually, when a new healing energy comes along, it is important to take the time to gain experience with it and develop a deeper understanding of its nature and how to use it before sharing it with others. However, because the virus is spreading so quickly, we have been told that it is important that it be taught to other Holy Fire® teachers quickly because it is needed right now.

This is a wonderful new energy that looks and feels beautiful. It heals by making it easier for students to become the Authentic-Self. When this happens, the parts that need healing are counseled by the Brothers and Sisters of the light. In these sessions the parts are able to express all their concerns and as they do this, they are healed! This takes place in the background of one's awareness, on one of the higher heavens while the individual focuses on the Authentic-Self. And it is the revealing of the Authentic-Self that does the healing. It is a pathway of unification in which one's self-image merges with the Authentic-Self. It is the pathway of empowerment!

***Whether we are aware of it or not, each of us is in our current life situation for the long haul. And as we rise to the challenge, we are called upon to share our gifts, express our love and follow our inner guidance. And by doing this, even though we are practicing social distancing, in our hearts we are drawn closer together.***

This new system allows us to make a smooth transition during these changing times and allow us to continue teaching. This is not a recorded system, but a system which is taught live through a webinar by the teacher who will be in touch with each of his or her students during class, able to interact with them and answer questions. The students also will be able to interact with each other, to share Reiki and exchange ideas. We have even developed an air hug which can be given to other students and the teacher over the Internet. Certainly, this is an example of Reiki responding to societal changes in a loving and effective way so that it can continue to bless us.

In this system, there is greater emphasis on self-Reiki and Distant Reiki. Online Placements and Ignitions are given that enable you to give them to your students when you teach online classes. Classes will be limited by the technology to a maximum of students, we encourage you to teach smaller classes than this if this larger number does not feel right for you. And in fact, we recommend that you teach about the same number of students that you usually teach. By doing this, the class will be small enough for the students to have their questions answered and receive the attention they require for your classes to go well.

This teaching system is set up for the Holy Fire® Reiki method of teaching. There is a supplement and class outlines for all the Reiki classes including Reiki I&II, Master and Karuna. In these classes we recommend that you supply your students with the usual hard copy class manual, making sure each student receives one through prior to class, usually sent through the mail. In addition, you will be sending the class outline and supplement to them by attached file.

A webinar is scheduled to be taught by myself and Colleen Benelli in which you will receive the Holy Fire Online Ignition and also be shown how to teach online classes. This will enable you to continue teaching

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your Reiki classes online from our home during this time when we are being asked to avoid crowds and stay at home. However, the same Ignition also allows you to teach classes in person when it is safe to do so.

## The World Changes and Reiki Responds

### Reiki Empowers us to Empower Others

In answer to our prayers and responding to our needs, a new frequency of Reiki has been sent to the people of the earth, just as Reiki has done throughout its history. Usui Sensei's first decision when he received Reiki was to spread Reiki to all the people in the world. And to quicken the pace of this development, he said the most important quality for a Reiki Master to have is to continually seek to develop the quality and quantity of Reiki energy one is able to channel. Usui Sensei, Hayashi Sensei and Takata Sensei were each guided to adapt and develop Reiki according to the needs of the people of their time.

Conditions in our world have recently changed requiring that we not meet in groups to avoid spreading the Coronavirus. And many of the governments of the world are restricting people from leaving their homes. Unless something is done, this would prevent Reiki people from giving Reiki to others in person, unless they are currently part of the same household. And more importantly, it would also prevent people from teaching Reiki classes. This would have restricted our practice of Reiki and limit the number of Reiki practitioners to those who currently have Reiki. Those who teach part or full time would no longer be able to derive an income from teaching classes. And this is especially critical now when so many are out of work.

**On March 20, 2020, during the time of the Spring Equinox, William Rand was given the ability to give Placements and Ignitions at a distance and to teach distant Reiki classes. In addition, the strength and quality of the Reiki energy was also increased. This took place during a session with Colleen Benelli. This new ability was also intended to be passed on to others in distant Reiki classes. These new gifts came to use through the help of the Brothers and Sisters of the Light.**

And at the same time, our technology has kept up with our needs as the ability to work with others over the Internet is now much easier. These two developments make it possible to provide high quality, live Reiki training to others anywhere in the world and at a level in which one can easily sense the presence of the teacher and other students and feel their love and caring.

And in fact, as we have begun this journey, we are aware that the development of our technology is being guided by spiritual beings! And it is their intention that we be aware of them as through this awareness, they are able to help people use technology with greater clarity and mastery.