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# Stepping Out of the Way

BY DODI MITCHELL

**T**HIS PAST MARCH, I received the Holy Fire II energy upgrade, something I was immediately drawn to do after hearing about an upcoming webinar being offered by William Rand. It's clear to me that energy all around us is shifting, expanding, being refined in every moment, so it felt right to move with it into this new Holy Fire II experience. I did have some reservations, as I knew this new expansion of the Reiki energy would mean a change in how I have attuned students for the last 10 years. No longer would I be placing my hands on stu-

dents for attunements. How, I thought, will students react to my simply holding space and letting the energy direct their experience? Not only would I need to ask my physical body to step out of the way, but my ego, as well. Well, I thought, if sending distant Reiki is not only possible, but often even more profound than hands-on Reiki, then shifting from hands-on attunements to energetic placements seems in perfect alignment with how the energy is expanding. So I embraced receiving the Holy Fire II upgrade with an open mind and a willing heart.

A month after the Holy Fire II upgrade, I taught a Level I & II (Holy Fire II) Reiki class. Each of my students had been attuned to Reiki Level I, either Usui Reiki or another style, so they had all experienced a hands-on attunement before. Throughout the week-end of learning, with each healing experience and placement, my students shared their insights and experiences openly. It was clear to all of us that the Holy Fire II placements were connecting them in a profound way to the healing energy of Reiki. I had no doubt that this expression of the Reiki energy was going to continue to expand in my students and in myself. I continued to meditate with the Holy Fire II energy over the next month, exploring the way it moved within my own energy field.

Then my son Isaac (a 37-year-old man with Down Syndrome) asked to be attuned to the level of Reiki Master. Over the past nine years, Isaac had already taken Levels I, II and ART classes with me and has been incorporating the Reiki energy into his daily life ever since. Because of his developmental challenges, expressive language is challenging for Isaac and I was aware that his expression of a Reiki Master would be different from that of other students. Isaac did not desire to be a teacher in the traditional sense of Reiki Master/Teacher. He wanted to deepen his own experience with Reiki. But I knew that, in truth, he already was a teacher in a most divine and beautiful way.

You see, over the many years I have spent in the company of children and adults with developmental challenges, I have seen the love and peace they are able to radiate in the world. I have watched them soften even the most hardened of hearts and bring peace to those around them. I have felt the healing power of their love energy expressed in the joy and laughter they so freely share. I have personally felt how purely they are able to channel the healing energy of Reiki through their hands and their whole being. I have also witnessed the tremendous weight they often carry as they hold their high vibration of love no matter what their experiences in this challenging world. I knew Isaac was ready for this next level of Reiki energy, and I was honored to be the one to facilitate his experience.

Isaac and I planned four days for our training, which would include ART again (Holy Fire II this time) as well as Holy Fire II Reiki Master. We had the opportunity to be together at our lake house in New Hampshire, with peaceful surroundings and lots of space and time for assimilation of the new energies. Because of Isaac's different style of learning, we needed more time for reviewing symbols, discussing concepts, hands-on techniques, etc. We explored how each symbol shifted the feel of the energy and the profound feel of the Holy Fire II energy. We focused on helping him to embrace this energy in order to expand his own energy field and to offer healing to those around him, whether it would be hands-on Reiki sessions, sending Distant Reiki to the planet or simply raising his own vibration through the Holy Fire energy and being lovingly present for others.

Throughout our four days together, Isaac and I shared many special moments, as we learned together and moved through the meditations, healing experiences, placements and ignitions. Isaac went deeply into each meditation and slept deeply each night, assimilating the energy in his own way. Of all the moments, however, one particular discussion and its meaning still sits with me. After one particularly deep meditation (Healing in the River of Life Experience), Isaac opened up to share his experience with such clarity, I found myself sitting in a mix of awe and deep gratitude.

With Isaac's permission, I share his exact words here:

*I heard God's voice, it was loud! I went to His land. It was a peaceful land. It was Jesus that took me there and his voice said I love you Isaac. I saw angels. They were beautiful. Some of them were sleeping and some were awake. He took my soul into my spirit; the part of me I can't see. It felt powerful to me. They told me to take care of you. I also saw Jerry (\*a dear friend of Isaac's who had transitioned into Spirit two years ago). He told me he wanted me to have a happy life. It felt so sweet and peaceful.*

It was certainly clear to me that Isaac had had a deeply spiritual experience, purely through his communion with the Holy Fire energy and his own soul and spirit.

Now, as Isaac moves forward on his Holy Fire II Reiki Master journey, and I continue with my own, I reflect on this thought: If I am truly the open and willing channel for this divine healing energy of Reiki that I aspire to be, then each expansion of its quality and character should be met by me with a willingness to shift myself as well. It is such a divine gift—to facilitate another's experience, to offer the information and remain present in a state of gratitude and love and then be the witness as another soul communes with his Divine source. The energy is all that is needed. We lead the way, offer the information from a place of love and then step out of the way and let true healing begin. 🌿



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