

Growing in the Experience

It is possible to go beyond the Holy Fire energy and experience something more profound. In many ways, this experience goes beyond meditation. When working on higher levels of consciousness, the less you do and the less the ego is involved, the higher you go. Because of this, there

is very little for the student to do, yet what takes place can be more meaningful. Simply sit in a comfortable position. Have no agenda; let the Source, God decide what is next. Direct your attention inward and express gratitude that you are growing in the experience. Then simply wait.

Soul and Spirit Defined

Soul and spirit are words commonly used in metaphysical work. However, each speaker, group or school will usually have its own understanding that they intend to convey in their use. The following is how these words are used in Holy Fire Reiki.

Soul is that part of us that is the repository of all our experiences from this life, from all past lives and in between lives. It also contains all the attitudes, values and beliefs we've formed about our experiences as well as the decisions we've made about ourselves and about life, and what we've learned. It contains many parts—some conscious but many subconscious. It is also the home of the ego. There are usually many levels of awareness within each soul and each soul is different depending on the experiences each has had and the way the soul interpreted those experiences. There can be parts that have been traumatized and not recovered, parts that are sick, angry and sad, injured and have low levels of consciousness. There can also be evolved parts that have healthy positive qualities such as wisdom, kindness, love,

joy, vitality and have highly evolved levels of consciousness. The soul is who we are as a unique individual. And it is at the soul level that Reiki attunements are received.

The spirit is that part of us that is connected to Source, connected to God. The spirit can evolve too. This means that it can develop a greater connection to God. Since God is infinite, there is no limit to the development the spirit can experience. There will always be a higher level, a greater experience that will give access to more of God's resources, experiences and states of consciousness. Because the spirit connects to God, it is the spirit that provides mystical experiences including a feeling of oneness, of being connected with all other beings, all of life. It is through the spirit that we have a feeling of love toward everyone and everything. The spirit makes its awareness and resources available to the soul. As our spirit evolves and becomes more refined, so do our various levels and types of consciousness. And it is the spirit that experiences the Holy Fire Ignitions and then sends the energy into the soul.