



# How Holy Fire Reiki Changed My Life

BY FRANCIE SOITO

## My Journey to Holy Fire

In July 2014 I received an unexpected phone call at my Reiki center from a man named Sone who was calling from Tibet. He had been meditating at a monastery when my phone number came up during his meditation, twice. He said he saw me writing two books (one that I was in the middle of writing at the time), that I should let go of things that no longer serve me and that I should *meditate to a candle flame*. This stranger went on to tell me more things about myself and my current life that he couldn't possibly know. It was inspiring, humbling and a bit daunting frankly. I didn't know what to make of it.

By this time I had heard of Holy Fire Reiki and was curious about what it entailed. I felt compelled to learn more about it and had signed up for William Rand's class in February, 2015. Just prior to the class I had an angel reading done by a gifted medium who also brought up meditating to a candle flame. It was then that it hit me—these two encounters, which both mentioned meditating to a candle flame, were signs pointing me towards learning Holy Fire.

Then, a week before the class I was providing Reiki to patients at a medical clinic when I saw a white and blue flame completely surround me in my mind's eye. It surprised me and took my

breath away! Following the vision was a tremendous feeling of warmth that radiated throughout my body starting from the back of my heart chakra and slowly expanding to encompass my entire body, from my toes to the top of my head. The energy that came through felt comforting and with it came a sense of grace. This white-blue flame continued to surround me throughout the week as I worked with each client, and it wasn't until the latter part of the week that I realized that it was connected to the Holy Fire class that I was signed up for the following week. At this point, I now had three very distinct signs of flames prior to my Holy Fire class. I knew that I was on the right path and was ready and excited for the adventure that lies ahead.

### **The Holy Fire Class Experience**

When I got to the location of the Holy Fire class, I was struck by the immense beauty around me. The town of Hana in Hawaii is a tucked-away little gem that few tourists visit. William's center is a beautiful, round, wooden structure covered with windows that face the vast ocean. It was a perfect refuge for a spiritual retreat. I met my wonderful classmates and the class got underway.

Part of learning Holy Fire Reiki requires *experiences* or guided meditations that open up the student to his or her own experience with the energy. During these experiences, I received guidance on how to use Holy Fire. I was told to let go of judgment, ego and attachment and to heal from the heart center. I was also told that a blue and white flame indicates purification while the orange-red flame signifies healing.

During the ignitions, when Holy Fire is placed into the student, I felt my heart chakra expand and a great soothing warmth radiate from the center of my chest through to the middle of my back. The Holy Fire was so powerful that I found myself taking in deep breaths to make room for the energy. I was told that Holy Fire is the embodiment of Christ energy and that when using it, we're tapping into the unlimited healing power of Jesus. I felt baptized by fire and felt a calling to a bigger purpose, much greater than myself.

### **Facing Challenges with Holy Fire**

Shortly after my return from Hana I received some disruptive news about our business. My husband and I co-own a retail store and had previously renegotiated the lease for another three years. When I got back, the landlord had changed his mind and increased our rent by twenty percent instead of the three percent we had already negotiated. This was our life blood and a business that we had poured our hearts into for over thirteen years. We didn't have the money to sign the lease and were seriously considering having to close down the business.

Upon hearing this news, I applied the tools that I learned from Holy Fire and trusted that this was happening for our highest and greatest good. After the initial range of emotions of panic, anger and frustration came a sense of peace and calm that I hadn't experienced before. The pre-Holy Fire me would have gone into a full-blown meltdown complete with tears, screaming and excessive eating or drinking. Instead, when I felt those emotions beginning to surface I had this knowing that all would be well.

We started to think about whether or not we could find a property to purchase. Our business is in Silicon Valley in Northern California, one of the most expensive and competitive real estate markets in the country, so the dream of buying our own business property was a lofty one at best. Over the years, on long walks, my husband and I would fantasize about buying our own property and having room for both the retail space and my Reiki center right next door. We would talk about how we would decorate it and how that would make our lives so much easier. Now faced with this as a real possibility we started to feel excited that our dream might actually come to fruition.

Again, I applied my Holy Fire tools. I would give myself Holy Fire Reiki each night and asked to be guided in the right direction. Within a week we had found a property just a mile from the old location with two tenancies right next door, one for our retail space and one for my Reiki center. It wasn't even the property we went out to see; it was one we just happened upon while we were out touring another property. It was perfect! We quickly submitted an offer and it was accepted. We had not only secured the future of our businesses but would be our own landlords as well. No one would be able to raise our rent and we would never have to be uprooted again.

I truly believe that my Holy Fire class accelerated this miracle. I can't quite explain it but my intuition tells me that it cleared some of my blocks, which then allowed this manifestation to take place. My husband and I had applied the Law of Attraction techniques to owning our own building with visualizations and feelings like it had already happened for years prior to the Holy Fire class. But it wasn't until the class that these manifestations finally took shape, and with a speed that left me feeling grateful if not a little dizzy.

### **Holy Fire and Saying Good-Bye to My Dad**

Just a few months later, my 82-year-old father came to live with us. He was in late stage liver cancer and my husband and I were going to be his caregivers. He had been diagnosed the year before and had undergone various treatments and surgeries but these never seemed to slow him down. In fact, in February, shortly after my Holy Fire class, my siblings and I took



Francie and her dad, Vern Soito.

The night before he passed, I was lying on the bed with him and we were chatting with my sister and my husband. My dad had stopped talking at this point and was mostly sleeping and would gesture if he needed something. As the night went on and I was alone with him, I saw a dark purple cloud over the top of his head. I knew intuitively that it was his bridge to the other side and that I needed to apply Holy Fire and Karuna Reiki® to remove any blocks to his journey. I did a Byosen scan and gently cleared the space above his crown and applied all the Reiki symbols and tools that I knew starting with Holy Fire. Once I stepped back I could no longer see the purple mass hovering above his head. He passed away the next morning. I knew Holy Fire helped him with his transition and removed any obstacles to him passing over to the other side.

The whole experience with my father was a blessing and a miracle. Holy Fire instilled a sense of compassion and grace that I didn't have before. I felt that all would be well and it was. It left me feeling unconditional love for my father, myself and my family as we went through this powerful journey together.

### How I Know That Holy Fire Had a Hand in it All

The peace and clarity that came to me with these two largely significant events in my life were 100% attributable to Holy Fire. Before Holy Fire, I would worry about the future, worry about others and things that were outside of my control. With Holy Fire I learned to trust, let go and find the joy and love in all things. I am a different person, a more compassionate and patient person with Holy Fire. I still struggle with certain emotions like anger and fear, but they no longer affect me as significantly as they did before. I am able to let go of things I no longer need more quickly and easily and live in a constant state of love. 🌿

him on a trip to Belize to fish for bonefish, a dream of his that he'd had for most of his adult life. He was strong, independent and never showed signs of weakness right up until the last few months of his life.

His disease rapidly accelerated and within a few months, he was in hospice care. During those last few months I discovered strength and compassion I didn't know I possessed. There were times where I was mentally, physically, spiritually and emotionally exhausted but still had this overwhelming sense of peace knowing that I was right where I was supposed to be, doing what I was supposed to do. My dad allowed me to do Reiki on him a few times. He was a devout Catholic and resistant to the idea of Reiki until I told him about Jesus and Holy Fire. Once I explained my experiences during my Holy Fire class and how I believed it was the Holy Spirit working through me, he agreed to let me perform Reiki on him. It helped to diffuse his agitation and discomfort and provided me with a new connection with him. I had known him all my life but to see him in this vulnerable, dependent state was a new perspective for me. I was honored to be a part of his journey and thankful for Holy Fire giving me the gift of peace and healing for my father.



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