



# Exploring the Twelve Heavens

BY COLLEEN BENELLI

I AM ENDLESSLY fascinated by spiritual experiences. So, when William Rand introduced the concept of the Twelve Heavens in Holy Fire® III Reiki, I immediately wanted to know more about them. William says, “This is a more nuanced understanding of metaphysical energies and...higher dimensional consciousness,”<sup>1</sup> and wrote about the qualities of each of the Twelve Heavens.<sup>2</sup> I explored the heavens using Reiki journey techniques and used them in my classes and Reiki sessions with clients. The results were both exciting and profound. I discovered that they are divine spiritual realms we can travel to and experience advanced levels of consciousness. In addition, we can meet spiritual guides in these realms that will help us with our Reiki work.

I knew I had to know more, so my daughter Robyn and I developed a six-month course to study them with others. We journeyed to two of the heavens each month, asked questions, and received answers, which were unique to each person, but also had notable similarities about the heavens. It was so fun and informative that I wanted to share the Reiki journey technique with the readers of the *Reiki News Magazine*.

This article includes the Reiki journey technique that you can use to explore the Twelve Heavens for yourself. In addition, Robyn and I wrote the article, *Reiki Journey Techniques*, if you want more details on how to journey with Reiki.<sup>3</sup> I also recorded *A Guided Reiki Journey to Explore the Twelve Heavens*. If you want to listen to the journey, I posted it on our Reiki Lifestyle YouTube and podcast channels.<sup>4</sup>

Note: I recognize that some other spiritual traditions and religions recognize various systems of consciousness; however, this article explores the Twelve Heavens with Reiki and does not intend to replace previous beliefs or practices.

## Applied Spirituality with the Twelve Heavens

I love spiritual experiences as they lift me out of my body and take me to unique places in my mind; they also provide guidance for my daily life. When I give Reiki to myself and others, I often journey to the Twelve Heavens. I receive answers, solutions, possibilities, healing, empowerment, information, wisdom, and more. I also receive help from spiritual beings.

Spiritual guidance, healing, and empowerment are valuable as they often provide practical advice for my everyday life. I have been delighted to find that I can be in divine upper worldly, heavenly spiritual realms and still be grounded here on Earth.

William writes, “One aspect revealed to us is that the ego’s true purpose is to be an expression of our divine nature on Earth and help us accomplish our spiritual purpose in the material world.”<sup>5</sup>

There are many benefits to learning how to explore, experience, and “entrain” the energies of the Twelve Heavens. To entrain means to make something have the same pattern or rhythm as something else.<sup>6</sup> The levels of consciousness in each heaven are unique experiences, and

our life force will elevate to or entrain to the higher consciousness of each level.

These frequencies are natural to Reiki energy, and entrainment with them occurs regardless of a person's experience. However, the intentional exploration of the Twelve Heavens adds a depth of knowledge, inner awareness, and inner truth to our Reiki experience. Entrainment to higher frequencies of consciousness adds expanded perceptions, possibilities, and insight into our daily life and life choices.

Each heaven has a unique frequency of consciousness that exists here on the earth, in creation, and within us. Holy Fire® Reiki helps us entrain our awareness to the frequency of the heavens. In my article, "Earth, the First Heaven: Part One," I describe the duality of consciousness here in the physical world.<sup>7</sup> There are lower and higher frequencies of consciousness, and we can choose the levels we want to perceive—higher or lower frequencies or somewhere in between. We know the choice is easier when life is easy and harder when life is hard. The higher frequency of Holy Fire® Reiki can help us entrain our life force to the higher frequencies of the Twelve Heavens of consciousness while here in the First Heaven.

The Second Heaven is a non-physical realm that also has dual consciousness. There are spiritual beings with higher and lower frequencies of thought and action here. People in the First Heaven and spiritual beings in the Second Heaven have consciousness for good and can also have consciousness for harm. The First and Second Heavens are dual realms, but once you travel into the Third Heaven and beyond, you enter the non-dual realms, where only enlightened consciousness and enlightened beings exist.

I like to think of the Third Heaven as the place where all there is love. Each of the successive heavens elevates to another level of awareness.

These higher levels of consciousness are also within us and within the frequencies of Earth. However, as a Reiki practitioner, I find that most people have lost touch with them and this is one of the most profound injuries to our self-awareness and self-worth.

William says the following about the Eighth Heaven, "Being able to connect with a spiritual energy that can 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." And about the

Ninth Heaven, "This level is where a person begins to be aware of their human/divine nature. It becomes clearly understood and experienced that the physical body is the spiritual home of our divine consciousness...and results in a feeling that all is right within oneself and within everything around you." I like to think of it as applied spirituality where we can access and experience significant levels of higher dimensional consciousness and receive answers to important questions as well as become aware of solutions that empower us to take meaningful action in the material world.

### **How to Journey to the Twelve Heavens**

Rather than tell you about my experiences of the Twelve Heavens, below is a Reiki journey/meditation you can do to discover each heaven for yourself. Holy Fire® Reiki activates your curiosity and imagination as you travel in these higher dimensions of consciousness. This journey is one you can repeatedly do. You may simply journey to observe each heaven or have specific questions and intentions for which you would like spiritual guidance. The Reiki journey will take you deeper into your inner truth and divine guidance.

You may meet your spiritual guides and have powerful and insightful engagement with them. If you work with spiritual guides, notice how they appear and communicate with you in each heaven. Ask your questions at various levels and see the differences in each. They have unique frequencies, and you may receive unique insights from each heaven. You can explore one at a time or as many as you want. I invite you to experiment and get to know the Twelve Heavens, their frequencies, and their spiritual guidance.

This journey includes letting go of injuries you may have experienced that limit and restrict your abilities. It then shines spiritual light on your special gifts, talents, and abilities so you can connect with them and use them on Earth. It also activates your higher consciousness in a practical way so you can use it in your daily life.

The Holy Fire® Reiki journey presented here is a detailed version of exploring the Twelve Heavens. But I also encourage you to use Holy Fire® Reiki spontaneously to contact the heavens quickly, ask questions, and receive needed insights and answers during random moments.<sup>8</sup> So often, the answers come through as sudden inspiration

while I am busy doing other things. When this happens, I use Holy Fire® Reiki to activate the insights I receive.

Another great tool you can use is automatic writing or free writing. In this method, you activate Holy Fire® Reiki, put your pencil to paper, or type on your computer, and write without evaluating your writing. For me, it looks like scribbling on paper or a jumble of thoughts if I am on my computer. I have learned how to stay in the Holy Fire® Reiki journey state with my eyes open and writing. Some people prefer to stay with their eyes closed and can either retain the information they receive or record their journey aloud. Use what works for you. I find that free writing is a valuable skill for many people to develop, so try it and see what you think. I encourage you to invite spiritual beings to join you in your journey, even if you are not currently in a relationship with them. Focus within and trust your inner-self to guide you.

### Before You Begin

Have a pen, paper, or journal, and play the music you enjoy. I use “Dance of Life” by Peder Helland.<sup>9</sup> People can also use shamanic drum recordings or sound bowls. You will want to be comfortable and in a place where you can close your eyes. If you are free writing during the journey, you will also want to open your eyes while you write, so learn to stay in the Holy Fire® Reiki energy and the heavens with your eyes open. Write questions or intentions in advance, although questions may also appear during the journey. It is also acceptable to have no questions and see what shows up. You can decide if you want to spend time in a specific heaven or let the journey guide you.

The journey guides you to a tree in the Third Heaven where you can sit and intend to lift your consciousness into each heaven one by one. Next, travel to the Twelfth Heaven, then descend to the heaven you want to explore. Let Holy Fire® Reiki expand your perceptions, imagination, and inner awareness.

Take time to observe and experience each of the Twelve Heavens. They will be unique to you. Notice how each heaven shows up for you in your journeys. Here are some suggestions about what you may want to pay attention to in every heaven to become familiar with each.

1. Notice what you feel and what you perceive.
2. What is the energy like? Notice the frequencies.
3. Notice your own energy and your life force.

4. Where is your consciousness?
5. Are there spiritual beings?
6. What are they like in each heaven?
7. Do they have a form?
8. Are there guides, and what is their guidance like in the various heavens? What is your relationship with them here?
9. What kind of answers do you receive if you ask questions or invite solutions?

I have provided some questions for this journey, but you may want to have your own.

Note: If the journey guides you differently than what I’ve written here, follow your guidance.

### Holy Fire® Reiki Journey to Explore the Twelve Heavens

1. Using your symbols, activate Reiki in your hands and surrounding space. Activate HSZSN, HF, and the Karuna symbols Gnosa and Iava if you have them.
2. Invite your spiritual guides. I also encourage you to invite the Brothers and Sisters of the Light, even if you don’t know them or work with them. They are the ascended masters of the world’s religions and spiritual paths.
3. Activate SHK as a spiritual translator.
4. Activate HSZSN as a bridge of light. The bridge of light can travel to the spiritual realm of the Third Heaven, or you can travel on the bridge and imagine it going inward, deeply into your soul and self. Use the following dialogue to go to the Third Heaven:
  - Imagine a beautiful day, and as you walk through a field of wildflowers, you feel the lovely warmth of the sunlight. Then, as you turn a bend, you can see a bridge of light in front of you. The bridge of light travels from the First to the Third Heaven.
  - You decide to cross over the bridge, and as you cross, you walk through the colors of the chakras: red, orange, yellow, green, blue, indigo, and violet.
  - The River of Peace flows under the bridge, and the light from the highest heavens shines on the water, creating sparkling light that fills your breath and body.
  - As you cross, enlightened spiritual beings guide

you. Some you may know, and others may be new. The angels sing as you walk across the bridge, and their song washes away the ways and worries of the world, revealing your bright light within.

- You arrive at the other side of the bridge and find yourself in the most extraordinary place. It is the Third Heaven, the place where love is all there is. Take a moment to experience the love here. All there is love.
  - You decide to follow a path that leads along the riverbanks of the River of Peace. Notice the illuminated spiritual beings here, the divine animal kingdom, and the beauty of the trees, plants, and waters. The light from the highest heavens shines on the living waters, reflecting prisms of color and light.
  - You walk to the river's edge, cup your hands into the clear, pure, living waters and take a long drink. The water flows through your body, empowers you, and strengthens your light.
  - Soon you see a beautiful tree, and you sit under its great canopy and listen and observe.
5. Intend that your consciousness is lifting into each heaven, one by one, all the way to the Twelfth Heaven. Then descend back to the level of heaven you want to explore. (You can do this slowly or quickly.)
  6. Place your pen to paper and “free write” the answers to your questions as you explore this heaven. You can establish questions you have before the Holy Fire® Reiki journey. Here are some to start you:
    - a. What do I need to let go of today?
    - b. What needs to heal?
    - c. What are my solutions?
    - d. What are my resources?
    - e. What are my possibilities?
    - f. What are my choices?
  7. Bring your awareness back to your place by the tree and the Third Heaven.
  8. Walk back along the riverbank to the Bridge of Light and cross back over.
  9. Return to yourself; listen for more information.
  10. When ready, take a few deep breaths and return to the present.

## Conclusion

After spending time in the Twelve Heavens, you may have more spontaneous spiritual insights. The Holy Fire® Reiki energy in the Twelve Heavens entrains you to new levels of consciousness. This technique is a fun and practical Holy Fire® Reiki technique that is interesting and positive. Solutions, ideas, possibilities, gifts, and talents are just a few benefits. ■

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## Endnotes

- <sup>1</sup> William Lee Rand, *Usui/Holy Fire® III Reiki Master Manual, Online and In-Person* (Southfield, MI: Vision Publications, June 2020 Revision), 54.
- <sup>2</sup> *Ibid.*, 54-58.
- <sup>3</sup> Colleen Benelli, Robyn Benelli, “Reiki Journey Techniques,” *Reiki News Magazine*, Winter 2018, <https://reikilifestyle.com/reiki-journey-techniques>.
- <sup>4</sup> Colleen Benelli, Robyn Benelli, “Reiki Lifestyle Channel,” *YouTube.com*, <https://www.youtube.com/@Reikilifestyle> or “Reiki Lifestyle: Reiki Podcasts with Colleen Benelli,” *Reiki Lifestyle*, <https://reikilifestyle.com/podcast>.
- <sup>5</sup> Rand, *Reiki Master Manual*, 53.
- <sup>6</sup> “Entrain,” Definition in the *Cambridge English Dictionary*, <https://dictionary.cambridge.org/us/dictionary/english/entrain>.
- <sup>7</sup> Colleen Benelli, “Earth, the First Heaven: Part One,” *Reiki News Magazine*, Fall 2021, <https://reikilifestyle.com/wp-content/uploads/2021/09/EarthTheFirstHeavenPartOne.pdf>.
- <sup>8</sup> Colleen Benelli and Robyn Benelli, “Reiki-on-the-Fly as a Life Management Tool,” *Reiki News Magazine*, Spring 2019, <https://reikilifestyle.com/wp-content/uploads/2019/03/ReikiOnTheFly.pdf>.
- <sup>9</sup> Peder B. Helland, “Dance of Life,” *YouTube.com*, <https://www.youtube.com/watch?v=1ldwBNjly2M>.