



The Evolution of Teaching Reiki Online

BY COLLEEN BENELLI

WHEN WILLIAM RAND CALLED on March 19, 2020, saying, “I just received the guidance that we are to teach Reiki online,” I immediately heard a definite “yes” from Reiki. The COVID-19 virus was beginning to pose serious problems worldwide. The situation was preventing us from gathering in groups, which prevented us from teaching Reiki classes. Teaching Reiki online was a solution!

In my work with William before this, Reiki kept saying, “Be prepared.” Our level of listening to Spirit heightened; we watched what was happening in other countries and listened to the scientists to assess the situation. We were doing the things we knew to do to be prepared. But everything was so unexpected, and like everyone, we could only do what was next. Each day was different; things were very uncertain. In retrospect, I could see that Reiki had prepared us to be of service at this time of great need.

William was told that the Reiki energy would upgrade and empower us to teach Reiki at a distance. He was in awe and said that Reiki would give us a special Ignition that would enable us to teach Reiki online and teach others how to teach Reiki online. It would show us how to teach those with Holy Fire® Reiki and those with Usui/Tibetan Reiki. He was so excited about how Reiki could at once help people. He thought about Reiki practitioners and teachers worldwide and how they could continue to teach Reiki classes and help the people in their communities.

It was as if years of spiritual guidance suddenly made sense. We were working with illumined beings, the Brothers and Sisters of the Light. They described themselves as the Ascended Masters, the founders of all the world’s religions and spiritual paths, and they had been guiding us with Reiki. Just as their guidance had brought us Holy Fire® Reiki with its three levels, the energy and authority to teach Online Reiki came through them.

William, Robyn Benelli, and I met the next morning and invited Reiki to ignite us with the new Reiki energy. Reiki said its qualities of unified consciousness, empowerment, and unlimited potential were merging with the latest developments in internet technology. At first, the new Reiki energy was very physical and somewhat uncomfortable. It almost had an electrical feel to it, like nervousness, but different. It was very compelling, almost demanding. But as the energy developed, the uncomfortableness smoothed out, yet remained powerful.

After the Ignition, the Reiki energy upgraded one of the Holy Fire® III Experiences. The Healing in the River of Life Experience changed to the Empowered by the River of Life Experience. Although it seems a subtle difference, the energy of the Empowered in the River of Life Experience brings you into communion with a new sense of belonging in the circle of life. The Online Ignition integrates your divine spirit with your human spirit. And when taught in the Reiki Master classes, gives the students the ability to give Placements for Reiki I, II and the Usui Master symbol. Although we did not know what it all meant then, we trusted and followed the Reiki guidance.

Every morning around 3:30 A.M., Reiki energy would surge through me and tell me to get up, start typing, and start writing! The Reiki energy and spiritual guidance were so compelling that I had very little time to question what was coming through. I just opened my heart and received it all from the illumined beings directing the project. I look back on it now, and it was astonishing!

Reiki was insistent that we get the online course done quickly. Eight people worked on it for hours every day, each with our unique skills, and all of us being directed by Reiki and the enlightened beings. We had no idea when we began that we were being given a complete course with the Reiki energy and class materials. Our work produced the “Learn How to Teach Reiki Classes Online” course and an Online Reiki manual that includes Online Reiki Tech-

niques, Online Reiki Standards of Practice and Code of Ethics, what students need to prepare for taking an online Reiki course, and information on the technology you need to know to teach an online Reiki course.

Within two weeks, we produced the Holy Fire® III Online Reiki Master class and a very high-quality Online Reiki Upgrade webinar to teach Reiki teachers how to teach Reiki I&II, Reiki Master, and Karuna Master Reiki® classes online. Student are also able to teach others the Online Upgrade class taught in the webinar, so the ability to teach and practice Reiki online could spread worldwide.

So much of my spiritual guidance makes sense to me now. I can look back and see the results of following divine guidance, even when I didn't know the reason for receiving it. When William said he had received spiritual guidance from Jesus that the Reiki energy could evolve our ability to teach online, I knew Reiki had also uniquely prepared Robyn and me. We could immediately respond, providing the online technology expertise needed for the project, as we'd gained it from previously teaching online classes. Reiki increasingly amazes me when I follow the guidance, even when I don't know what it is about.

Through the pandemic situation, we discovered that distance teaching is as powerful as in-person instruction. Our students have had the same results with their Reiki training and personal development as if they'd taken an in-person class. And in fact, many report that the energy is even stronger and more present than their previous in-person training.

In the past, most Reiki lineages considered online Reiki training to be insufficient training to prepare a student to be an effective Reiki practitioner or teacher. This thinking was also the policy of the International Center for Reiki Training, partly because the previous online Reiki training was often done through recorded attunements and classes, and the training was mostly incomplete. Also, the origin of the information and the energy were uncertain. However, because of recent advancements in technology, we can effectively teach live classes online where students and the teacher are engaged just like in-person classes. We talk, share, teach, learn, grow, practice, laugh, cry, and love just the same as if together in person. The class is in real-time, we can see each other, and we even feel like we touch each other with air hugs!

Leaders of some Reiki lineages have decided to wait to teach and practice Reiki until it is safe to teach in person again. This is in alignment with their Reiki beliefs, practic-

es and techniques. The systems and long-held traditions of their Reiki practices have great value and benefit to them. Because of this, we are made aware that teaching Reiki classes online is not for everyone and that Reiki will guide students to the Reiki methods with which their hearts resonate.

The decision to teach online resonates with my heart. And we have learned from William that Japanese Reiki Master Hiroshi Doi Sensei discovered notes taken by one of Usui Sensei's students, which indicates that, according to Usui Sensei, the most important thing for a Reiki practitioner to do is to seek to continually develop the quantity and quality of Reiki energy one can channel. Reiki energy has shown us the method to teach Reiki at a distance and we have found that the methods have a great value and are a beneficial service I can offer during this time of great stress and human crises.

The results from our online classes are extraordinary, not only for the students but also for me. My own personal growth and understanding of Reiki are life-changing. I have all new perceptions of the Usui Distant symbol and its meaning, "The origin of all is pure consciousness," and the reality it teaches is that there is no time and space in Reiki. Distance Reiki works, and it is instructing us to expand our awareness of its possibilities for today's world.

Reiki is also teaching me about the macro-vision behind its guidance to spread it in the world online, for I have certainly questioned Reiki, my spiritual guidance, my inner guidance, and my inner truth. It said, "The world has a great need right now; this is what you can do to be of service and contribute to the wellness of the planet. The new Reiki energy is here. Open your heart and receive it. Reiki is responding to the needs of the people; please respond to Reiki. We empower you, and you empower others, and they empower their communities—like a web of light spreading over the planet. You have the skill, and you are in a unique position to help manifest this way of empowering Reiki so it can help."

Global communication was one of the first potentials Online Reiki revealed. I believe we have entered a new age of global communication. Using Zoom technology, we can connect, see, talk, and interact online with people all over the world. Reiki showed me it is contributing to the positive development of global communication through technology. Humanity is at the beginning of new possibilities in communication, and Reiki is taking part in its development. It is creating an important opportunity for greater inclusiveness around the world!

Today's technology uses electromagnetic fields (EMF), and humanity is just discovering ways to harness it. Some people have a hypersensitivity to the increasing frequencies of EMF's in our environment and our homes as we use cell phones, wi-fi, and so forth. William recognized that the new Reiki energy helps us harmonize with the EMF frequencies in technology. And on an even deeper level, Reiki energy is now able to imbue itself into the electromagnetic fields that power technology.

One day, beautiful angels I had met with my teacher Laurelle Gaia, showed up in the Reiki work William and I were doing. They said that most of us are out of alignment with the increase in the Earth's electromagnetic fields' frequencies. So, the angels are singing the sounds of the Earth's higher EMF frequencies to help us entrain our EMF frequencies to the Earth. I didn't understand what they meant at the time when William, Robyn, and I experienced the adjustments in our ears and our physical bodies. I have since become more aware of the adjustments occurring within my body and how Reiki helps my ability to be online, making connections with people this way.

On May 25th, a Black man named George Floyd was unjustly killed, and the world saw unprecedented protests and demonstrations for racial justice and equity. I found myself in a deep place of listening and learning about my own racial bias and privilege. I talked to one of my Reiki colleagues, Graciela Teofield, grandmother-to-grandmother. We discussed how we could support and empower the younger generations to create the world they want. We had both used Reiki to ask the advice of the ancestors on what to do now. The ancestors had told us both to look to the descendants and ask them what we could do today that would lay the foundations for

them to create the world in their vision. Again, I was working with William and Robyn and received an unexpected answer.

The descendants said that by teaching and practicing online Reiki, we were co-creating the electromagnetic fields by inviting Reiki and the unlimited potential of love, empowerment, and unified consciousness into technology. They said these energies should be a part of future lives. Graciela and I agreed this is the service we can provide today that makes a difference for tomorrow's children. Reiki energy is the power of love at the source of creation; it is life force energy guided by higher consciousness. We need it now more than ever. Humanity must decide on equality for all. We need spiritual resources to change and grow.

I am learning so much and am excited by the possibilities of outreach with Reiki. Already Reiki has shown us ways we can help people all over the world help each other. Like everyone else, I look forward to the day when we can plan to have in-person Reiki classes. But, today, I am teaching Reiki online because it is a service I can provide. It is what I can do to contribute to the wellness of life on Earth right now. ✨

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Colleen Benelli is a Licensed Senior Reiki Master Teacher, Holy Fire® III; Co-Director of Licensed Reiki Master Teachers; ICRT Mentor Teacher; the founder of Reiki Lifestyle and the Reiki Lifestyle Podcast, and an Associate Teacher for the LightSong School of Shamanic Studies. Colleen lives and teaches online in Portland, Oregon. Contact Colleen by email at colleen@reikilifestyle.com, on her website at www.reikilifestyle.com, or by phone at (503) 912-0664.