



# Hana, Haiku, and Holy Fire®

## *Retreat at the Maui Reiki Center*

BY KAREN CAIG

PHOTOS BY KAREN HARRISON, KATHY MILANOWSKI, PAM LeBLANC, JOAN MAUTE, KAREN CAIG

**A**BOUT EVERY OTHER YEAR, there is a retreat at the International Center for Reiki Training's Maui Reiki Center, located on the amazingly beautiful and pristine Hana coast of Maui. Any of the ICRT's Licensed Reiki Master Teachers (LRMTs) and any student teachers in the LRMT program, are invited to get together to have fun, bond with each other, share Reiki and spend time with William Lee Rand, enjoying a paradise vacation.

This year I was fortunate to attend this retreat. We shared Reiki, William led several Holy Fire® III Reiki Ignitions for us, and we all went deeper with our Holy Fire® energy. Here is my account of this memorable experience!

### **The Hana Highway**

The road to Hana slithers around the mountains and waterfalls, close enough to the Pacific to throw it a kiss. I feel my

tension unwinding around each hairpin curve. I must slow down here. I have no choice.

Life just unfolds here.

I suspect that we, too, will do some unfurling. We will also, like a snake, shed our skins and emerge into the light of Holy Fire® III energy as new beings.

"Well, how do you like it?" asks Karen Harrison, a co-director of the Licensed Reiki Master Teacher (LRMT) Program. She is beaming at me from the passenger seat. I just smile at her. I have no words for this feeling. We begin to refer to her as Den Mother—The DM—because she is the only participant who is not a student teacher at this retreat and has been here before. This retreat wasn't planned for only student teachers, but Reiki seems to take care of the details, and we have learned to "go with the flow." We know we are here for a reason.



*Joan takes a picture  
Of our first family meal.  
Gratitude abounds.*

Jill Thiel, Kathy Milanowski and Pam Allen LeBlanc are following in a second rented SUV. We all met the night before and stayed in a hotel near the airport. Joan Maute, who also lives on the Big Island, is meeting us at William Rand's house. She is flying over to Hana Airport and bringing fresh fish for our supper. Our car is loaded down with a week's worth of food from Whole Foods Market in Kahului. Hana has no actual grocery store. Hana has nothing but magic.

We drive past roadside places selling coconuts, authentic banana bread and pineapple smoothies. We stop at a few waterfalls for pictures and take a short hike at one. From Kahului, the drive takes us almost four hours. Along the road, at a turn-off (I couldn't believe roads could get any smaller), we pass a sign for a town called Haiku.

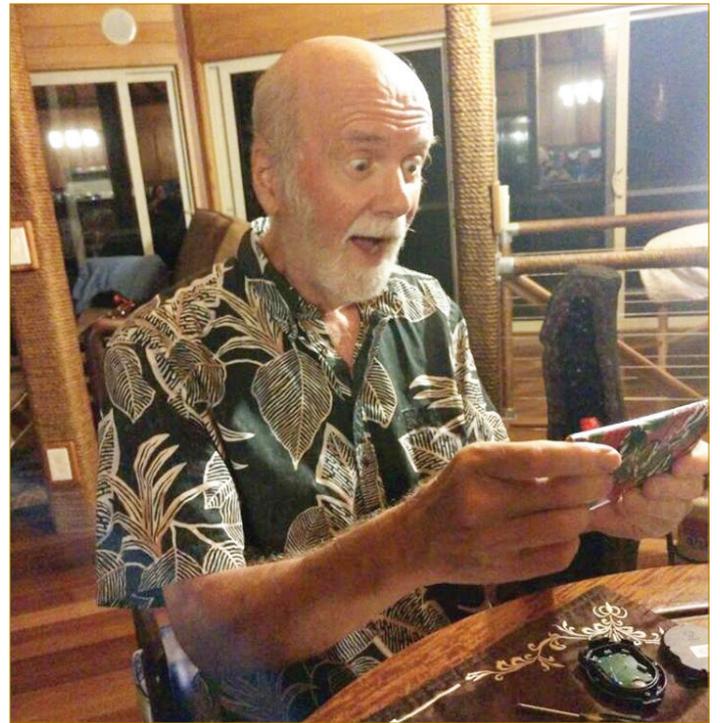


*Balanced upon rock,  
Teachers feel the Reiki flow  
With the waves behind.*

As a former English professor, I couldn't help but draw parallels between this Japanese form of poetry and our experiences. Haiku are short poems that do not usually rhyme. They express emotion through three lines of 5 syllables, 7 syllables, 5 syllables. They capture the quintessence of something in nature—its simplicity, its beauty. Reiki, like Haiku, also carries the same intention. It brings us into the present moment and heals us. For the first of many times on this retreat, I feel a deep resonance of truth as I contemplate the nature of Reiki.

### **The Reiki in Nature**

Rain in Hana is like Earth breathing. I watch the clouds gathering in Holy Inhalation, Holy Inspiration. Just when I



*Papa opens gift  
Not knowing what to expect.  
It's a luggage tag!*

know that the fullness of life cannot come to a standstill for long, but that it must move forward steadily, Earth exhales.

A torrent of life-giving water washes over me. I giggle as the rivulets run down my face, gluing my hair to my forehead. My skin soaks it up like pools at the feet of waterfalls.

The Rainbow comes. The spectrum of light resonates with each chakra in my body. And the Earth begins her next breath. We get to experience these baptisms daily in Hana.

In Hawaiian, "Hana" means "work... service." In Japanese, "Hana" means "flower," and interestingly, "In Maori, 'Hana' means to shine, glow, give out love or radiance."<sup>1</sup> It seems Reiki chose the perfect place for this home outside of Japan.



*Four smiling teachers  
Dwarfed by Hana's vibrant life  
Send their Reiki love.*

William Rand's off-the-grid round house welcomes the view of the ocean as well as the lush life of the mountains. We toured the orchard on the first day and picked oranges, limes, pineapple, avocados, breadfruit and tangelos. Joan made us freshly squeezed juice several times during our stay. Ingesting this fresh fruit infused our physical bodies with the unique energy of the place.



*Let's seek adventure  
In hidden Hawaiian haunts.  
Reiki will guide us.*

Surrounded by nature, we felt the energy of the soil beneath our feet, the sand between our toes and the salty spray of the crashing waves in our nostrils. Pam LeBlanc said, "I absolutely loved the time in the bamboo forest and by the ocean. However, the most healing part of the trip for me was the Reiki we shared with each other." As the omnipresent breeze blew through the open windows, we could sense the pending shifts coming to each one of us.

### **The Nature of Holy Fire® III**

William led three separate Ignitions for us during the retreat. We all had received the Holy Fire® III upgrade before departing, and we agreed it was much stronger than Holy Fire®



*Sun rises today,  
A passing moment of fire,  
Illuminating.*

II. However, each of us experienced more profound healings and gained valuable insights about the Authentic Self during these Ignitions. William recently described the Authentic Self: "Within each person resides a compelling and extraordinary aspect of our inner nature that is composed of the pure, unaltered self. This part is connected directly to God consciousness and possesses the awareness and power of the Universe. It is unlimited in its ability to know and to do, and it is who we really are."<sup>2</sup>

I experienced subtle healing of my ego throughout the retreat. I found myself connecting deeply with each participant even though we had only met. I seemed to connect with all the beings there. I gave Reiki to a particular avocado tree daily to heal her wound where she had grown around some fence wire. I played with the birds. I even shared a banana with a beetle. By healing the ego, Holy Fire® III energy connects us to the environment and others. We joined together to send Reiki



*The light is swimming  
In droplets of the cascade  
Between the lush plants.*

to the World Peace Grids one evening. I continue to feel an ever-growing sense of unity with the world.

Without my awareness, my Authentic Self was emerging more every day. For instance, I have always been self-conscious about my singing, but I belted out “La Bamba” while driving back from Hana on the last day, and I even let Karen Harrison record me. Apparently, my Authentic Self thinks she sings just fine.



*Among the pebbles,  
The master smiles as he sits  
On a secret beach.*

As I queried others on what was unique to them about our retreat, similar themes emerged. Karen Harrison said, “Spending time with William and the other teachers was priceless. We bonded through Ignitions, Reiki shares, adventures, laughter, hugs, sharing presents, cooking meals and a couple of healing challenges that inevitably arose.”

When I asked Jill Thiel what made this a trip of a lifetime for her, she replied, “A powerful past life healing. Before going on this trip, I didn’t know what was still inside me. While I was [in Hana], I had a powerful experience along with everyone else. We were all touched and healed in some way through it.” Jill’s past-life experience pulled up childhood



*The light is swimming  
In droplets of the cascade  
Between the lush plants.*



*New friendships can form  
In the tribulations met  
Along the journey.*

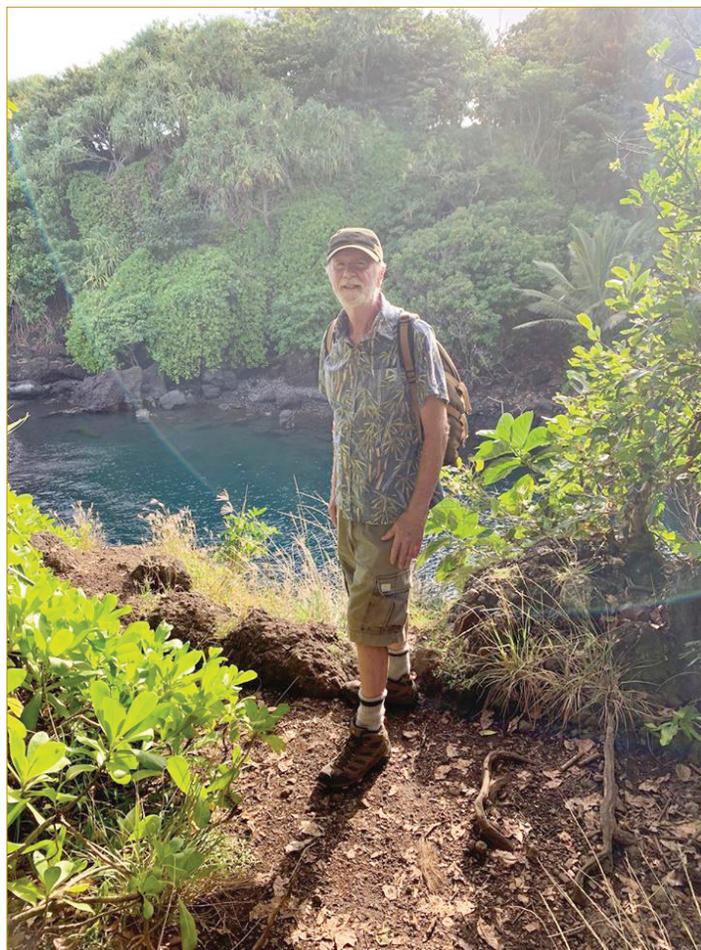


*Water crashes down,  
Releasing its energy  
To hikers below.*

trauma for me, and I received deep healing from the Holy Fire® III energy. I think we were all impressed by how quickly this new energy works revealing the Authentic Self, going deeply to heal the wounded, unhealed dormant parts of our self, and as Williams says, “As this occurs, an increasing level of serenity, vitality and joy expresses itself, accompanied by an awareness that this is who you *really* are.”<sup>3</sup>

Pam LeBlanc said, “After the first Ignition, I couldn’t speak or move; I just had to stumble to my bed and allow the energy to integrate. The next two Ignitions were easier to integrate and filled with excellent information and wonderful new energies. I was stretching and growing as a person, and I knew that would happen.”

Kathy Milanowski added, “It was amazing to be around a group that inspires, loves, educates, shares, gives, and receives. I felt a deep development in the connection to who we all are: individuals and unseparated all at once. We are love.” It appears the Holy Fire® III energy burned even brighter in this land of Pele, the goddess of fire and volcanoes.



*William pauses once  
To check on those who follow  
Reiki’s chosen path.*

### **Ohana Means Family**

Whether it was sharing the bathrooms, cooking and cleaning up together, or hiking to hidden places, we became more than retreat participants, more than student LRMTs. We became a family. The Holy Fire® III energy truly unifies in a way I have never experienced.

Each of us blended into a contributing member of our *ohana*, family. Karen Harrison shared, “Besides William, I was the Senior Licensed Teacher with a bunch of student teachers and the only one who had been there before. I knew they looked up to me, and I wanted to guide them in a loving and fun way, while making sure they were safe and made good choices for themselves, given the physical challenges of some of the adventures. They called me Den Mother, and I realized I had become a senior, a crone, the wise woman, perhaps.”

Joan Maute seemed like the experienced big sister. She said, “Although I’m from the Big Island, I spent a fair amount of time in Hana when I lived in Haiku, Maui, for

a couple of years as a young adult back in the early 70s. I've also been to William's several times, so my perspective was a bit different than everyone else's, which made it really fun to view Hana through the fresh eyes of the rest of our group."

When I asked Pam what the highlights of the retreat were for her, she said that besides the adventurous hikes, "I equally enjoyed doing Reiki for each other. We were such a group of talented healers, everyone with their own strengths, and spending time doing Reiki for each other most of the days was a beautiful experience. I don't usually get an opportunity to be on the receiving end of that many Reiki treatments, so it was amazing!"

As we grew closer during the retreat, William let us see his comedic side. In fact, he has an "alter-ego" we call "Billy Bob" who entertained us immensely with a true southern country accent while suggesting Reiki "is like balls of fire in your hands!" Jill said, "There were many laughs on this trip. Seeing the lighthearted side of William as Billy Bob was the funniest thing for me." Pam agreed the funniest part of the retreat was "watching Billy Bob teach us about Reiki. I was laughing so hard; it was everything I could do not to snort." William was definitely the father of the family, teaching and advising us, but he also shared the playful joy of Reiki with us as well.

Pam summed up our experience best: "It was also beautiful to see William as a person. I put him on a pedestal, and it was interesting to get to know him even better than I have in the past in our classes together. And to realize he has a human experience, with all its bumps and bruises, just like the rest of us. Although that was challenging at first, I feel that it gave me an entirely new perspective and boosted my confidence as a Reiki teacher and healer. Not only did I come away from the trip with lots of innovative ideas and information, but I also came away with tremendous confidence in my abilities and a huge excitement about where this energy is taking us!"

### Taking the Healing Home

As I prepared to pack, I checked my bag to make sure a gecko hadn't crawled inside to return to the mainland with me. Luckily, no friendly Hana critters came back with me, but I left the retreat filled with new energy, surrounded by the love of my new Reiki family.

When I asked what everyone enjoyed most, Jill said, "I loved spending time with my Reiki sisters, feeling like I could be who I am and be totally accepted and loved by everyone at the same time." After we got home, Pam told me in an email, "I think that spending time with William

as this new, wonderful energy is still coming in and we are still learning more about it—and being at the forefront of that—made this trip really important for me. And I'm also impressed that he shared so openly and freely with all of us. I learned so much from every one of you! Everyone had different talents and perspectives. So not only did I learn a tremendous amount from William but also each of you!"

Big Sister Joan said, "What I enjoyed most about our time together was being immersed in the beautiful, loving energy of the group; getting to know everyone and becoming friends, rather than just associates we see periodically on webinars, and being with a group of peers who really understand Reiki in the same way. The Reiki shares, singing in the hot tub overlooking the ocean, delicious meals we prepared together, fruit harvesting and excursions were all incredibly special too. And getting to hang out with William and hear more details about Holy Fire® III was really a highlight."

Kathy Milanowski added, "I would totally recommend this retreat. It is a life-changing experience, and it continues to develop. I love the deeper sense of connecting to a wonderful source of community."

As I contemplated the pictures we shared and wrote some haiku to try to capture the spirit of the retreat, I kept thinking about what Pam wrote to me—"I'm also a bit awed that William took time out of his schedule and made this incredible opportunity available for us. Not only that, he opened his home to us. I will be forever grateful."

Yes. Just for today, I am filled with gratitude. 🌿

Holy Fire® is the registered service mark of William Lee Rand.



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### Endnotes

- <sup>1</sup> "Hana (name)." Wikipedia. [https://en.wikipedia.org/wiki/Hana\\_\(name\)](https://en.wikipedia.org/wiki/Hana_(name)).
- <sup>2</sup> William Lee Rand, "Introduction to Holy Fire® III Reiki," *Reiki News Magazine*, Winter 2018, 12.
- <sup>3</sup> *Ibid.*, 14.