

How to Prepare for Reiki Training

A Practical Guide for Spiritual Seekers

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Congratulations on making the decision to become a Reiki practitioner! Over the years, many of my students have asked me how to prepare for Reiki training, so I've compiled this information to guide you as you prepare to walk the healing path. The information contained here should be viewed as guidelines specific to my Reiki classes alone. If you train with another Reiki Master Teacher, they may have different guidelines.

Most people pursue Reiki training because they have been called to pursue a path of healing. Ideally, you've been receiving Reiki sessions over a period of time and have received such healing benefits that you'd like to learn to practice Reiki for your own personal healing, or to help the people you care about. If you haven't been receiving Reiki sessions, and are interested in becoming a Reiki practitioner, the first thing to do is schedule a Reiki session for yourself. In fact, prior to taking Level I Reiki certification training with me, I require all students to have a minimum of one full (hour-long) Reiki session with a Reiki Master. Over time, I've found that the students who do the best in my trainings have sufficiently prepared for it beforehand by receiving regular Reiki sessions.

Regular Reiki sessions can help clear and balance your energy field and prepare you to receive the initiation that's part of your Reiki training. If you haven't properly cleared and balanced your energy field prior to your training, when you begin practicing Reiki, the majority of the energy will go to your

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own energy field, and less will go to the person you're working with. I require your session(s) to be with a Reiki Master because a Reiki Master will likely hold a higher vibration than someone who has a lower level of training.

Your Reiki training can only be provided by a Reiki Master Teacher. When choosing a Reiki Master Teacher to train with, it's pretty important to have received at least one Reiki session with them prior to training with them. In Japan, the Reiki lineage is very important, and students choose their Master Teacher (or 'Sensei') only after great deliberation. I think we don't consider this aspect seriously enough in the West. Find out about your Reiki Master Teacher and their style of teaching by researching or interviewing them. Ask what certification levels your teacher offers. Many teachers only teach Level I, or Levels I and II, but not Master Level. If you've taken the time and effort to carefully choose a Reiki Master Teacher, you'll want to be sure they'll be able to train you to the highest level available if and when you're ready. You'll also want to find out how they structure their classes and whether they will be available for support afterward. Some teachers provide ongoing support, while others do not.

Once you've received your Reiki session(s), chosen your Reiki Master Teacher, and signed up for Level I Reiki training, how should you prepare for the class? A week prior to the class, take a few minutes each day to sit in stillness. If you practice meditation, make sure to practice regularly in the days and weeks leading up to your class. You do not need to learn to meditate, however, prior to your class. Also, be sure not to expose yourself to unnecessary amounts of stress or strenuous physical activity the day or two preceding the class, and be sure to get a good night's sleep the night before class.

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You may have heard or read that you should fast prior to your training. This is not necessary in my opinion. These ideas come from traditional Japanese spiritual practices and it does not make sense for Westerners to begin fasting right before undertaking training, especially if you've never done so before. Fasting and other restrictions were part of the religious practices of the Japanese monks during Usui Sensei's time and that was part of their lifestyle.

As Reiki training evolved into its present form, we realize that we don't need to follow all of the Japanese customs of the past in order to reap its benefits. I have found it helpful to avoid consuming "excess" caffeine or other substances that may interfere with your state of mind or energy level during the training. Don't stop any substances such as sugar or caffeine abruptly, as this can cause negative effects, and take any regularly scheduled medications as you normally would. During the class, make sure you remember to breathe and stay hydrated. When we're processing high levels of energy, it's sometimes difficult to remember to take care of our bodies, which could result in a headache or feelings of "ungroundedness" during and/or after the class.

My classes are generally scheduled on the weekend, and I suggest that my students clear their schedules for the weekend of the training, and even the following day if possible in order to have the opportunity to fully process the energy they've received during the training. I do this as well, because as a Reiki Master Teacher, I'm processing high levels of energy during the class. I also ask my students to avoid wearing any scented products during the class, as many people are allergic and during a Reiki class, people may be even more sensitive than usual to environmental substances. Problematic scents can be found in shampoo, soaps, lotions, makeup, and even laundry detergent.

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If you are a Level I Reiki Practitioner who would like to advance your practice, you'll want to take Level II Reiki training. When preparing for Level II Reiki training, it's important that you consistently practice using the Level I skills you've been taught. Some Masters teach Level I and II in a weekend, and some teach the classes separately. Choose the approach that feels right to you and the way you learn best.

If you are taking Level II separately and have signed up for the class, I suggest the following preparations in addition to the ones outlined for Level I training. In the week prior to your Level II training, take a few minutes each day to state the Reiki principles and give yourself a Reiki session. You may also want to receive a Reiki session with your Reiki Master prior to taking the class. These preparations will help prepare you to receive the Level II initiation.

If you are a Level II Reiki Practitioner who is ready to advance your practice to the Master level, you will want to take Reiki Master training. Some teachers divide this training into two sections; Advanced Reiki Training (ART) and Reiki Master Teacher Training. The ART class consists of advanced practices, and the Master Teacher training teaches you to empower and teach others to practice Reiki healing. Other teachers combine both into their Reiki Master training. Usui Holy Fire Reiki Master Teacher Training is taught in a combined fashion.

Once you've made the decision to take Reiki Master training and have signed up for the class, I suggest the following preparations in addition to the ones outlined for Levels I and II. I recommend taking a minimum of 6 months to practice with the Level II skills before undertaking Reiki Master training. Within that time, you should take the opportunity to give as many sessions as you can, to as many people as you can. I require documentation of giving at least 15 full (hour-long) Reiki sessions on a Reiki table in order to prepare for your training. That will give you experience working with a variety of

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people, which will give you a strong foundation in your skills. In the 1-2 weeks prior to your Reiki Master Training, take a few minutes each day to state the Reiki principles, give yourself a Reiki session, and meditate on the Level II Reiki symbols. It can also help to receive a Reiki session with your Reiki Master Teacher prior to taking the class. These preparations will help you prepare to receive the Master Level initiation, which represents a higher vibrational level than you received for Level II, and will help you align with your chosen path of becoming a Reiki Master.

I wish you many blessings on your path as a Reiki practitioner and I'm honored that our paths have crossed. If you have any questions, or would like to pursue Reiki training with me, please feel free to contact me.

Gassho,

Mary

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