

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 have compiled an information sheet that I hope will guide you as you prepare to walk the healing path. The information contained here should be viewed as suggested guidelines, and is specific to my Reiki training alone. If you pursue Reiki training with another Reiki Master, you may receive different guidelines, since there are no absolute agreed-upon guidelines to follow for all Reiki training programs.

Most people pursue Reiki training because they have been called to pursue a path of healing. Ideally, you have been receiving Reiki healing sessions over a period of time and have received such healing benefits that you would like to learn to give Reiki, for your own personal healing, or for the people you care about. If you have not been receiving Reiki healing sessions, and are interested in becoming a Reiki practitioner, the first thing I suggest is scheduling a Reiki session for yourself. In fact, prior to taking Level I Reiki certification training with me, I require that all students have a minimum of one full (hour-long) Reiki session with a Reiki Master. The reason for this requirement is because, as a Reiki practitioner, you will be channeling Reiki energy through your own body in order to facilitate healing for yourself and others. In order to do that, your energy field must be as clear as possible.

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Reiki sessions can help to clear your energy field and prepare you to receive the attunement that is part of the Reiki training. If you have not properly cleared your energy field, when you begin practicing Reiki, the majority of the energy being channeled will go toward healing and clearing your own energy field and less will be available for healing the person you are facilitating a healing for. I require your session(s) to be with a Reiki Master because a Reiki Master has had significant experience with the Reiki energy, which has no doubt sufficiently cleared his or her energy field. By having sessions with a Reiki Master, you will be receiving the energy of the highest vibrational level, which will most effectively clear your own energy field.

Your Reiki training can only be provided by a Reiki Master. When choosing a Reiki Master to train with, I believe it is important to have received at least one Reiki session with that person prior to deciding whether to train with them. After all, you will be learning from this person and receiving mentoring from them. In Japan, the Reiki lineage is very important, and students choose their Masters only after great deliberation. I think we do not consider this aspect seriously enough in the West. It is advisable to find out about your Reiki Master and their teaching practices. For example, ask what levels of certification your teacher offers. Many teachers only teach Level I, or Levels I and II, and not Master Level. If you have taken the time and effort to carefully choose a Reiki Master Teacher, you may want to make sure that they will be able to train you to the highest level available if and when you are ready. You will also want to find out how they structure their classes and whether there will be opportunities for practice and questions during the class, as well as afterward. Some teachers provide mentoring after the training, and some provide opportunities for additional practice through Reiki Shares, brush up classes, re-attunements, and the like. Others do not offer ongoing support at all.

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Once you have received your Reiki healing session(s), chosen your Reiki Master Teacher, and signed up for Level I Reiki training, what do you need to do in order to prepare for the class? A week or so prior to the class, I suggest that you take a few minutes each day to sit in stillness and make an intention to open yourself up to the Reiki energy that you will be receiving during the attunement. If you practice meditation, you can do this during your daily practice. You do not need to learn to meditate, however, and just focusing on creating an opening for the Reiki energy before you go to bed or as you wake up each morning during the week is enough. Make sure not to overdo it in terms 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.

You may have heard or read that you should fast and eliminate certain activities before your training; however, this is not necessary in my opinion. These ideas come from traditional Japanese spiritual practices and it does not make sense for Westerners in our culture to begin fasting right before a training if we have never done so before. Fasting and other restrictions were part of the religious practices of the Japanese monks during Dr. Usui's time and that was part of their lifestyle. As Reiki training has evolved into its present form, we have realized that we do not need to follow the Japanese customs of the past in order to reap its benefits.

Remember that Reiki energy is available to everyone and we don't have to do anything differently in order to receive the Reiki energy. That said, I have found it helpful to avoid consuming "excess" caffeine or other substances that may interfere with your state of mind or energy level on the day of class. In addition, do not stop any substances such as sugar or caffeine abruptly, as this can cause negative effects as well. Take any regularly scheduled medications as you normally would. During the class, make sure you remember to breathe and stay hydrated. When we are processing high levels of energy it is

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sometimes difficult to remember to take care of our bodies. If you fail to do so, you may get a headache or feel unrounded during and/or after the class.

My classes are generally on the weekend, and I suggest that students clear their schedules for the rest of the day of the training, and even the following day if possible in order to have the opportunity to fully process the energy they have received during the training. I do this as well, because as a Reiki Master Teacher, I am channeling high levels of energy during the attunements and throughout the class. Finally, I ask that students avoid wearing any scented products on the day of 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.

If you are a Level I Reiki Practitioner who would like to advance your practice, learn distance healing techniques, and/or become a professional practitioner, you will want to take Level II Reiki training. When preparing for Level II Reiki training, it is important that you have a good amount of practice using the Level I skills you have been taught. Some Masters teach Level I and II in a weekend, and that may work for some people, but over the years I have found that students do best when they have had the opportunity to work with the Reiki energy for a while before moving to Level II. By doing so, they become familiarized with the qualities of the Reiki energy and how it behaves, so to speak. In my classes, I require Level II students to have successfully completed the Level I class and to have practiced with the Level I skills for at least one month before moving on to Level II.

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Once you have decided to take the Level II training and have signed up for the class, I suggest the following preparations in addition to the ones that I outlined for Level I training. In the week prior to your Level II training, take a few minutes each day to state the Reiki ideals and to give yourself a Reiki treatment. It can also help to receive a Reiki healing session with your Reiki Master prior to taking the class. These preparations will help you to be as open as possible to receiving the Level II attunement, which is higher than the Level I attunement, and will increase your vibrational level for more effective healing.

If you are a Level II Reiki Practitioner who is interested in advancing your practice to the highest level, or who has received the call to become a teacher, you will want to take Reiki Master training. Some teachers divide this training into two sections; Advanced Reiki Training (ART) and Reiki Master Training. The ART class usually consists of advanced practice, and the Master training consists of learning to pass attunements and teach classes. Other teachers combine both into their Reiki Master training. I personally teach Master Level classes in two sections, but I do it a bit differently. I certify practitioners as Reiki Masters upon completion of the advanced practices portion of the training, and as Reiki Master Teachers upon completion of the teaching portion of the training. I take on Reiki Master students by application only. I tend to accept only students that have trained with me for the first two levels, as I can verify that they received good foundational skills. I have spoken to too many Reiki Masters who completed their training but have no confidence in their skills, and are not currently practicing.

How to Prepare for Reiki Training:

Once you have decided to take the Reiki Master training and have signed up for the class, I suggest the following preparations in addition to the ones that I outlined for Levels I and II training. In the 1-2 weeks prior to your Reiki Master training, take a few minutes each day to state the Reiki ideals, give yourself a Reiki treatment, and meditate on the Level II Reiki symbols. It can also help to receive a Reiki healing session with your Reiki Master prior to taking the class. These preparations will help you to be as open as possible to receiving the Master Level attunement, which is higher than the Level II attunement, and will help you to align with your chosen path of becoming a Reiki Master.

I wish you many blessings on your path as a healer and I am 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.

Blessings,
Mary

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