

Reiki Therapy Home Study Course

16 CE Hours
Online Study Guide

Presented by the:
Center for Massage Therapy Continuing Education

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It is the responsibility of the practitioner to determine the appropriateness of the techniques presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions. Written medical opinions are always the best way to resolve any questions regarding contra-indications to Reiki.

Instructions for the Reiki Therapy home study course

Thank you for investing in the Reiki Therapy home study course, a 16 CE hour course designed to introduce you to the therapeutic modality, Reiki, and its related theories. This is an introductory course in Reiki and is not meant to attune you as a Reiki practitioner. You can, however, use the techniques presented in your normal massage routine to influence the body's energy. Please see Chapter 9 of the textbook for resources on becoming an attuned Reiki practitioner.

This guide will contain all of the instructions you will need to complete this course. This is a 16 CE hour course, so that means it should take you approximately 16 hours to read through the textbook and complete the exam.

This course will present you with information on:

- ◆ History and origins of Reiki
- ◆ The theory behind the practice of Reiki
- ◆ Reiki hand positions
- ◆ How to treat common ailments using Reiki techniques

The following are steps to follow in completing this course:

- 1. Read the instructions and review the textbook and exam. Your textbook will be mailed to you.**
- 2. Access the online examination in your account at www.massagetherapyceu.com.**
- 3. Complete your examination and print your certificate. The exam is open book and there is no time limit for completion.**

You must pass the exam with a 70% or better to pass this home study course. You are allowed to access and take the online exam up to 3 times if needed. There is no time limit when taking the exam. Feel free to review the textbook while taking the exam. It is advised to write down your answers as you test online.

The textbook used for this course is written by Tanmaya Honervogt, Titled: *The Complete Reiki Tutor*, copyright © Octopus Publishing Group, text copyright © Tanmaya Honervogt, 2018. There are no trick questions on the exam. All of the answers are clearly found in the text.

Good luck as you complete this course. If you have any questions please feel free to contact us at 866-784-5940, 712-490-8245 or info@massagetherapyceu.com. Most state boards require that you keep your "proof of completion" certificates for at least four years in case of audit. Thank you for taking our Reiki Therapy home study course.

Reiki Therapy Exam

Introduction

1. The practice of Reiki uses the transfer of _____ for healing.
 - A. Direct pressure
 - B. Universal Life Energy
 - C. Electrical stimulation
 - D. Gentle gliding strokes

Chapter 1: The Origins of Reiki

2. Reiki was discovered at the end of the 19th century by whom?
 - A. Dr. Chujiro Hayashi
 - B. Mikao Usui
 - C. Tanmaya Honervogt
 - D. Hawayo Takata
3. What was the purpose of the Reiki Alliance founded in 1983?
 - A. To track all forms and variations of Reiki being practiced
 - B. To support the flourishing of different variations of Reiki in the United States
 - C. To keep the essence of Reiki intact and to support all teachers of the Usui system of Reiki
 - D. To prevent the spread of education in the practice of Reiki
4. Why does the author stress that the lineage of the Master you train with be traced to the source of Reiki (Usui, Hayashi or Takata)?
 - A. In order to keep the pure energy of Reiki intact
 - B. So that there is a connection between all the Reiki Masters
 - C. So that the receiver is receiving pure energy which is not diluted by Masters from other healing systems
 - D. All of the above
5. Today, the Reiki Alliance has about how many Master Teachers?
 - A. Almost 100
 - B. Almost 1,000
 - C. Almost 5,000
 - D. Almost 10,000
6. What are the Reiki precepts and principles?
 - A. Guidelines stated by the Reiki Alliance in 1983 to help teach new students the spiritual discipline or Reiki
 - B. Guidelines for life as passed down by Usui from the Meiji emperor of Japan, they are part of the spiritual discipline of Reiki
 - C. Spiritual guidelines set forth by each state and country that regulates the practice of Reiki
 - D. All of the above
7. What does the concept of “just for today” mean?
 - A. It is an instruction to live in the past and not worry about the future
 - B. It is an instruction to live in the present moment thinking of what may happen in the future
 - C. It is an instruction to live in the present moment - the only time there is
 - D. It is an instruction to live in the present moment feeling guilt for wrong things you have done in the past

8. Which of the following is the correct list of the Reiki principles?
- A. Just for today do not anger, just for tomorrow do not anger, honor your teachers, do not worry about money, and give thanks to every living thing
 - B. Just for today worry, just for today anger, honor your parents, teachers and elders, and earn your living honestly
 - C. Just for today do not anger, just for today do not worry, honor your parents, teachers and elders, earn your living honestly, and give thanks to every living thing
 - D. Just for the past do not worry, just for the future worry, honor your family, and give thanks to every living thing

Chapter 2: The Theory of Reiki

9. Which of the following define Reiki and the concept of Reiki therapy?
- A. It is a simple and natural healing method
 - B. An ancient hands-on technique with no formal connection with any religion, cult, dogma or human belief system
 - C. Universal life energy
 - D. All of the above
10. Which of the following best describes the attunement process?
- A. A process where a Reiki practitioner applies for a license to practice Reiki healing in their area
 - B. A method of transferring the Reiki energy from the practitioner to the receiver/client in order to heal the client's physical, mental, and spiritual disturbances
 - C. A simple ceremony in which the Reiki Master uses the confidential Reiki symbols and mantras to transmit energy to the student
 - D. All of the above
11. How does Reiki heal the receiver's drained or blocked energy?
- A. Through the transfer of Reiki energy through the practitioner's hands, who is a channel for this energy, to the receiver
 - B. Through the use of direct sustained pressure techniques, such as effleurage and petrissage
 - C. Through the use of a mechanical device, such as a healing stone, Reiki energy flows through the practitioner to the receiver
 - D. Through performing various exercises, the receiver allows healing energy to flow to organs of the body
12. What are the four levels of Reiki?
- A. Physical, emotional, cellular, and spiritual
 - B. Physical, emotional, mental, and spiritual
 - C. Material, emotional, mental, and soul
 - D. Physiological, spiritual, metaphysical, and emotional
13. What is a "channel" in the theory of Reiki?
- A. A metaphysical conduit through which energy can pass; in Reiki, a person is the channel
 - B. A point on the receiver's body, where a chakra lies, through which energy can pass
 - C. Something that people are born with in which they need a massage license to use
 - D. A point on the feet that corresponds to an organ or system in the body
14. Because Reiki works on _____, the cause is treated as well as the illness.
- A. Physical, emotional and mental levels
 - B. Mental, physical and spiritual levels
 - C. Emotional, mental and spiritual levels
 - D. Mental, physical and emotional levels

15. What is the aura?
- A. An electromagnetic field, pulsating with energy and light, and is made up of different layers, called “energy bodies”, which interpenetrate and surround each other
 - B. An electromagnetic field, pulsating with trigger points, and is made up of different layers, called “energy bodies”, which interpenetrate and surround each other
 - C. An electromagnetic field, pulsating with energy and light, and is made up of one layer, called “Ki”, which interpenetrate and surround the human body
 - D. An electromagnetic field only present in children, pulsating with color and pain, and is made up of different layers, called “energy bodies”, which interpenetrate and surround each other
16. How does Reiki affect the energy bodies?
- A. It helps to shift restricted energy in the body and dissolve blockages
 - B. It clears and balances the chakras
 - C. It energizes the meridians and stimulates the organs of the endocrine system
 - D. All of the above
17. What are the chakras?
- A. Energy channels flowing through the whole body and carrying life force
 - B. Organs in the body, pulsating with energy and light that interpenetrate the spiritual body
 - C. Vital energy centers, relating to the energy bodies of the human aura
 - D. Mechanical devices that Reiki healers use to manipulate the energy flow in the body
18. Reiki healing operates through interaction between:
- A. The chakras and the endocrine glands
 - B. The aura and the endocrine glands
 - C. The chakras and the lymphatic glands
 - D. The aura and the lymphatic glands
19. All of the following statements are true about chakras EXCEPT:
- A. Each chakra is linked with a specific organ and area of the body, and has an influence on its function
 - B. The chakras open only to the front of the body
 - C. All chakras are openings enabling energy to flow in and out of the aura, as well as into and out of the physical body
 - D. Each chakra absorbs Universal Energy, breaks it up into component parts and then sends it along energy lines to the nervous system, the endocrine glands and the blood
20. The first chakra (root), called Muladhara, is associated with all of the following body parts/organs EXCEPT:
- A. Adrenal glands
 - B. Heart
 - C. Bladder
 - D. Genitals
21. The third chakra, called Manipura, is associated with which of the following elements?
- A. Earth
 - B. Metal
 - C. Fire
 - D. Water

22. Which of the following is the correct location of the fifth chakra?
- The middle of the chest
 - The throat area
 - The forehead
 - The top of the head
23. What can happen if someone pays too much attention to one chakra?
- The muscles and tissues in that area will grow
 - This can lead to physical disorders and illnesses
 - This can lead to excess perspiration
 - The body will remain balanced and healthy
24. What is the purpose of self-balancing the chakras?
- It helps you to revitalize and balance your chakras
 - It helps to enable your energy to flow freely
 - It helps to keep you healthy
 - All of the above
25. What happens to the student with each increasing degree of Reiki training?
- You are able to better diagnose and treat clients with the healing energy of Reiki
 - You are able to heal an increasing number of conditions
 - You become a wider channel through which Reiki healing energy can flow
 - You can treat more clients
26. What are the effects of an attunement?
- It clears and cleanses the whole energy body, as each attunement raises the vibratory level at which we normally function
 - It clogs and cleanses the whole energy body, as each attunement lowers the vibratory level at which we normally function
 - It clears and cleanses the whole energy body, as each attunement lowers the vibratory level at which we normally function
 - It clogs and cleanses the whole physical body, as each attunement raises the vibratory level at which we normally function

Chapter 3: The First Degree

27. What does the student learn in the First Degree Reiki training?
- Fundamentals of the Reiki system of healing, its history, effects and benefits
 - Basic hand positions in order to treat yourself and others
 - How to treat animals and how to use Reiki in first aid
 - All of the above
28. All of the following are Reiki treatment guidelines EXCEPT:
- Keep legs uncrossed (both giver and receiver)
 - Treat the receiver in a noisy environment
 - Stay in each position for three to five minutes
 - Treat for a minimum of three to four consecutive daily treatments
29. All of the following are possible reactions to Reiki treatment EXCEPT:
- Chronic ailments becoming worse
 - An urgency to go to the bathroom
 - A feeling of pressure in the head, or a headache
 - Detoxification

30. How many attunements are given in the first degree Reiki ceremony?
- A. 1
 - B. 3
 - C. 4
 - D. 5
31. After taking the First Degree, cleansing and clearing usually take about _____.
- A. 1 week
 - B. 2 weeks
 - C. 3 weeks
 - D. 4 weeks
32. Reiki can be used to treat which of the following?
- A. People
 - B. Animals
 - C. Plants
 - D. All of the above

Chapter 4: The Second Degree

33. The Second Degree Reiki attunement empowers you to work with:
- A. The three sacred Reiki symbols
 - B. The one sacred Reiki symbol
 - C. Plants and animals
 - D. Inanimate objects
34. What is the purpose/function of the Reiki symbols given in the Second Degree attunement?
- A. The use of the symbols in Reiki healing adds power and makes its energy much stronger
 - B. The Reiki symbols are like keys that open doors to higher levels of consciousness
 - C. They increase the student's awareness and develop their intuition, sensitivity and ability
 - D. All of the above
35. Which of the following statements best describes the function of the Power Symbol?
- A. The main function of the Power Symbol is to transmit balance and peace to the receiver
 - B. The main function of the Power Symbol is to send healing energy to someone far away
 - C. The main function of the Power Symbol is to increase available energy
 - D. The main function of the Power Symbol is to heal mental and emotional problems going back to childhood
36. The Harmony Symbol is used in which of the following Reiki techniques?
- A. The Distant Healing technique
 - B. The Mental Healing technique
 - C. The Tappotment technique
 - D. The Emotional Healing technique
37. What is the essence of the Distance Symbol?
- A. To send loving, healing energy on a mental level to a person, animal or plant in your office, enabling you to connect with them on a sub-conscious level
 - B. To send loving, healing energy on a mental level to a person, animal or plant, enabling you to connect with anything, anywhere, at any time
 - C. To increase available energy
 - D. To perform self-treatment on a daily basis

38. Which of the following symbols is used during Distant Healing treatment in order to add more power?
- A. The Distance Symbol
 - B. The Harmony Symbol
 - C. The Power Symbol
 - D. The Emotion symbol
39. Reiki healers of the Second Degree can use distant group healing to aid in all of the following EXCEPT:
- A. To send Distant Healing for ongoing issues
 - B. To send Distant Healing to address health problems directly
 - C. To send increased healing power to the receiver in your office
 - D. To send healing energy to a future situation you are facing

Chapter 5: The Third Degree

40. What is learned in the Third Degree of Reiki?
- A. The student learns the Distant Healing technique
 - B. The student becomes a Reiki Master-Teacher
 - C. The student learns a basic Reiki routine
 - D. The student becomes able to diagnose disease in the body
41. All of the following are part of the preparation to become a Third Degree Reiki Master EXCEPT:
- A. Daily Reiki self-treatments
 - B. Daily meditation
 - C. Writing up healing case studies on your friend or family 'clients'
 - D. Daily distant group healing sessions
42. How many attunements are given during the Third Degree Reiki training?
- A. 1
 - B. 2
 - C. 3
 - D. 4
43. What is the purpose of the Master Symbol?
- A. To allow you to perform Mental Healing during Distant Healing
 - B. To give you the confidence to practice Reiki on others
 - C. To raise your level of consciousness and to open yourself as a pure channel
 - D. To allow you to use the Reiki symbols learned in your journey to the Third Degree training
44. All of the following are uses of the Master Symbol EXCEPT:
- A. To diagnose disease in others by using its higher energy
 - B. To channel higher energies during attunement
 - C. To surround yourself with its higher and 'finer' vibrations, to create harmony and balance
 - D. To connect you at a deep level with your Higher Consciousness and bring you into higher dimensions; to the Source of All
45. What is advanced chakra balancing?
- A. Using the attunement process and Power Symbol to balance an excess or shortage of energy in the chakras
 - B. Using the basic Reiki positions in order to harmonize/balance an excess or shortage of energy in the chakras
 - C. Using the Distant Healing method in order to harmonize/balance an excess or shortage of energy in the chakras
 - D. Using group Distant Healing to send healing energy to a recipient that is far from you

46. As a Reiki healer, where should you place your hands if you want to ground all of the chakras?
- A. Rest the base of your palms of your hands on the knees and point your fingertips towards the head
 - B. Rest the base of your palms of your hands on the head and point your fingertips towards the feet
 - C. Rest the base of your palms of your hands on the lower back and point your fingertips towards the toes
 - D. Rest the base of your palms of your hands on the toes and point your fingertips towards the heels

Chapter 6: The Reiki Hand Positions

47. How long should each of the presented hand positions be held for?
- A. 1-2 minutes
 - B. 5-10 minutes
 - C. 2-4 minutes
 - D. 3-5 minutes
48. Which of the following is a function/benefit of Head Position Five?
- A. Harmonizes blood pressure and metabolism
 - B. Eases symptoms of colds and flu
 - C. Regulates digestion
 - D. Helps headaches
49. Emotionally, the Knee Hand Position is connected with issues of:
- A. Difficulties with responsibility
 - B. Fear and stepping forward in life
 - C. Self-esteem and confidence
 - D. Depression
50. All of the following are practical tips to remember when performing Reiki on others EXCEPT:
- A. Ensure that both the giver and the receiver are comfortable
 - B. Lay your hands gently and adjust them to the receiver's body shape and contours
 - C. Keep your fingers relaxed and together, your thumbs tucked into your hands
 - D. Apply each hand position with deep sustained pressure for the entire 3-5 minutes
51. How many main hand positions are there in a full Reiki treatment for others?
- A. 12
 - B. 15
 - C. 17
 - D. 19
52. When treating others with AIDS and cancer, Front Position Three will help to do which of the following?
- A. Restore energy and vitality
 - B. Help stabilize the immune system
 - C. Help balance emotions such as anger and depression
 - D. Help promote confidence
53. Which chakra is Back Position Five (A) – T position related to?
- A. First
 - B. Second
 - C. Third
 - D. Fourth

54. Which of the following is an example of when you might use the 16 additional hand positions?
- A. A client comes to you with mild back soreness and states that they have no significant physical or emotional problems
 - B. A client comes to you with significant sciatic pain and states that they have had a lot of tension and stress lately at work
 - C. A client comes to you and states that they have no pain or soreness; they have come for a general Reiki session
 - D. All of the above
55. Which of the following positions is the short Reiki treatment given?
- A. Lying supine on a table or blanket on the floor
 - B. Side lying on a table
 - C. Sitting in a chair
 - D. Lying prone on a table or blanket on the floor
56. About how long does a group Reiki session last?
- A. About 20 minutes
 - B. About 40 minutes
 - C. About 60 minutes
 - D. About 90 minutes

Chapter 7: Reiki for Common Ailments

57. What is the main condition/stipulation for healing with Reiki?
- A. The practitioner's willingness to use Reiki to heal others
 - B. Having a close relationship between the giver and the receiver
 - C. The receiver's willingness to be open to change, shifts of attitudes, behavior and outlook
 - D. The practitioner's ability to diagnose the receiver's condition
58. An acute ailment is recent and responds:
- A. Rapidly and directly to Reiki energy
 - B. Slowly and indirectly to Reiki energy
 - C. An acute ailment does not respond to Reiki energy
 - D. Slowly and only about 50% of the time to Reiki energy
59. Which of the following are possible emotional causes of neck, shoulder and upper back pain?
- A. Stress
 - B. Holding back emotions or feeling overloaded with responsibility
 - C. Lack of adequate support in life
 - D. Anxiety and depression
60. Which of the following is a benefit of using Head Position One in order to treat colds and flu?
- A. It helps to release pressure in the inner ear
 - B. It treats lymph nodes
 - C. It helps the sinuses to clear out any blockage
 - D. It supports detoxification
61. Along with Reiki treatment, which of the following is a recommendation to help treat coughs?
- A. Cut out dairy products, which cause an accumulation of mucus in the system
 - B. Use antibiotics until the cough has been suppressed
 - C. Cut out wheat and sugar from your diet
 - D. Avoid coffee, tea, and alcohol

62. Reiki treatment for asthma includes treating what area of the body?
- A. The middle back and legs
 - B. The chest and middle to lower back
 - C. The chest and the head
 - D. The upper back and head
63. Reiki treatment for allergies is used to treat which type of allergies?
- A. Hay fever
 - B. Skin allergies
 - C. Food allergies
 - D. All of the above
64. The treatment sequence for cystitis can also be used to treat which of the following?
- A. Bedwetting and incontinence
 - B. Diarrhea and intestinal trouble
 - C. Reproductive problems
 - D. Sciatica and leg cramps
65. All of the following symptoms often accompany constipation EXCEPT:
- A. Coated tongue
 - B. Sense of energy
 - C. Bad breath
 - D. Depression
66. Treating the fifth and seventh chakra's of a receiver suffering from menopausal symptoms:
- A. Treats the pubic area and balances the hormones
 - B. Treats the thyroid, pineal, pituitary and hypothalamus glands, balancing the metabolism
 - C. Treats the solar plexus and the thyroid glands, balancing hormones as well as the chakras
 - D. Treats the stomach, colon and reproductive organs, providing relief from symptoms
67. Treating the inner and outer ear as well as the organs of balance with Reiki will help which of the following ailments?
- A. Throat and nasal infections
 - B. Headaches and neck pain
 - C. Earache and ear infection
 - D. Sinus infections
68. All eye disorders are connected to an imbalance in the_____.
- A. Stomach
 - B. Liver
 - C. Pituitary gland
 - D. Thyroid

Chapter 8: Reiki for the Healing Spirit

69. What is meditation?
- A. A technique for treating others with Reiki therapy
 - B. An attunement given in the Second Degree Reiki training
 - C. A chakra within the body that allows us to draw in Reiki energy
 - D. A state of being where we feel at one with each and every thing

70. Performing the grounding exercise presented in the text will do all of the following EXCEPT:
- A. Strengthen your presence and rootedness
 - B. Cleanse all of your chakras
 - C. Attune you as a Reiki practitioner
 - D. Energize all of your chakras
71. Atisha's (an ancient Tibetan mystic) heart-of-joy meditation is based on which of the following?
- A. The understanding that the deeper we melt into the heart (or the heart chakra), the more we can disappear as a separate "I"
 - B. The principle that as we meditate and cleanse the heart (or the heart chakra), the more Reiki energy we absorb through our human bodies
 - C. The understanding that the less we concentrate on our heart, the more healing energy we can give to others
 - D. The principle that in order to send healing energy to the world, we must absorb the world's negative energies and problems
72. The talking and listening to your heart exercise presented in the text helps you to do which of the following?
- A. To open up your heart
 - B. To reconnect with your innermost feelings
 - C. To release the worries and tensions of the day
 - D. All of the above
73. When performing Reiki for mood swings, what is the benefit of using Head Position Four?
- A. Calms powerful emotions, strengthens intuition and brings clarity
 - B. Reduces fears and promotes relaxation
 - C. Allows the receiver to let go of stress, fear and pain
 - D. Reinforces confidence and self esteem
74. What do the hand positions presented for emotional healing and balancing do for the body?
- A. Increase stress and excessive mental activity
 - B. Balance powerful emotions, such as fear, confusion, shock and worry
 - C. Promote the increased production of endorphins in the body
 - D. Reduce energy and promote uneasiness in the heart
75. Reiki for emotional upsets is particularly helpful during _____, as the hand positions also affect the release of hormones in the body.
- A. Pregnancy
 - B. Menopause
 - C. Excessive stress
 - D. Menstruation
76. Reiki for dealing with anger, frustration and depression can help people:
- A. To keep feelings of anger and sadness inside the body, suppress them and eventually they will disappear
 - B. To recognize the underlying emotions, and then to balance and transform these negative feelings into positive ones
 - C. To allow the receiver to contact the spirit in the past who has made them angry and resolve the conflict in their life
 - D. All of the above

77. When performing Reiki to help a mid-life crisis, all of the following are benefits of performing Head Position One EXCEPT:
- A. Reduces stress
 - B. Increases clarity
 - C. Heightens intuition
 - D. Decreases confidence
78. All of the following Reiki positions are used for stress prevention EXCEPT:
- A. Head Position Two
 - B. Head Position Four
 - C. Head Position Six
 - D. Back Position Three
79. Which of the following Reiki positions are used to boost self-confidence?
- A. Head Position One, Front Position One, Two and Three
 - B. Front Position One and Two and Back Position Two and Three
 - C. Front Position One, Two, Three and Back Position Three
 - D. Front Position Three and Back Position One, Two and Three
80. As you progress with Reiki, why do you become more sensitive to other people's energies and more vulnerable and receptive to energetic and psychic draining?
- A. Because, as the vibrational frequencies of your energy body are raised, they become more attractive to some of the lower energies
 - B. Because, as the vibrational frequencies of your energy body are lowered, they become more attractive to some of the higher energies
 - C. Because, as you treat clients, you take on their energy, both positive and negative
 - D. Because, as the vibrational frequencies of your energy body are raised, they become more attractive to some of the higher energies

Chapter 9: Becoming a Reiki Practitioner

If you are interested in becoming a Reiki practitioner, please proceed to chapter 9. Thank you for taking our course!

This completes the Reiki Therapy home study course.