

# Reiki Basics

# Home Study Course

5 CE Credit Hours  
Text, Examination and Online Course Guide

Presented by the:  
*Center for Massage Therapy Continuing Education*  
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Published 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 principles presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions.

## **Instructions for the Reiki Basics home study course**

Thank you for investing in the Reiki Basics home study course, a 5 CE credit hour course designed to further your knowledge on the subject of Reiki and how it relates to the practice of massage therapy.

This guide will contain all of the instructions you will need to complete this course. This is a 5 CE hour course, so that means it should take you approximately 5 hours to read the text and complete the examination and course evaluation.

PLEASE READ THE FOLLOWING DIRECTIONS FOR COMPLETION OF THIS COURSE.

### **The following are steps to follow in completing this course:**

- 1. Read the instructions and review the text and exam.**
- 2. Access the online examination in your account at [www.massagetherapyceu.com](http://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 an 80% or better to pass this home study course. You are allowed to access and take the exam up to 3 times if needed. There is no time limit when taking the exam. Feel free to review the text while taking the exam. There are no trick questions on the exam. All of the answers are clearly found in the text. The exam is also included at the end of the text for review before taking the exam.

**It is advised to answer the exam questions in the study guide before testing online. That way, when you are testing you do not have go back and forth through the online exam and risk losing your answered questions!**

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](mailto: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 Basics home study course.

## Reiki Basics Text

### OVERVIEW

Reiki, pronounced 'ray-key', is a spiritual healing practice which was originated in Japan by a man named Mikao Usui. It's a lying on of hands healing technique. Those who practice Reiki are called Reiki practitioners. They place their hands lightly on the client receiving treatment. The goal of Reiki is to facilitate the body's own healing response. In the U.S., Reiki is considered a part of complementary and alternative medicine (CAM).

### DERIVATION OF THE WORD REIKI

Reiki is a Japanese word which can be divided into two parts. The first part, *rei*, can be translated to mean ghost, supernatural, spirit, soul, supernatural knowledge, ethereal body, divine, miraculous, of spirits, spiritual consciousness, God consciousness, or spiritual wisdom.

The second part of the word, *ki*, is translated to mean spiritual energy, force, vital energy, life force, vital life force, energy of life, or universal life force. The Japanese concept of *ki* is similar to the Chinese concept of *Qi*, or the Sanskrit concept of *prana*.

Some Western authors translate the word Reiki to mean universal life energy. While *ki* does mean life energy, this is a mistranslation since *rei* does not directly mean universal. A more proper translation would be spiritually guided life force energy.

Simply stated, the word Reiki is derived from two Japanese words: *rei*, or spiritual, and *ki*, or life force energy. Illustration 1 shows the Japanese characters for the word Reiki, *rei* and *ki*.

Illustration 1 – The Reiki Symbol



### HISTORY

Current Reiki practice can be traced to the spiritual teachings of Mikao Usui in Japan during the early 20th century. The Reiki myths state that after weeks of fasting and meditation, Usui received this healing universal life energy or Reiki.

Usui's teachings included meditative techniques and healing practices. One of Usui's students, Chujiro Hayashi, further developed the healing practices, placing less emphasis on the meditative techniques. One of these healing practices was tenohira or palm healing. Tenohira is a technique where practitioners are moving healing energy, a form of *ki*, through the palms.

An American named Hawayo Takata learned Reiki from Hayashi in Japan. Takata introduced Reiki to Western cultures in the late 1930s. The type of Reiki practiced and taught by Hayashi and Takata is often considered traditional Reiki. Numerous variations or schools of Reiki have since been developed and are currently practiced.

Since many variations of Reiki have developed, controversy exists between the different groups, teachers, and practitioners. Controversies exist on topics like the nature of the Reiki energy itself, training methods, symbols and their uses and their secrecy, fees charged for courses and treatments, and attunement methods.

Another major controversy was over the title of “Grandmaster of Reiki”. There were many claims to the title following the death of Hawayo Takata.

This course just gives a general overview of the basics of Reiki. It will avoid discussing any of these controversies listed above. This home study course does not take a position on which schools of thought or philosophies are right or wrong.

## **REIKI PRINCIPLES**

As part of Usui’s original teachings, he developed the five principles of Reiki. They are as follows:

- Just for today, I will count my many blessings.
- Just for today, I will not worry.
- Just for today, I will not be angry.
- Just for today, I will do my work honestly.
- Just for today, I will be kind to every living creature.

These five principles are simple and straightforward. They are the teachings of gratitude, trust, peace, integrity, and kindness. Whether a student of Reiki or not, these are solid principles for anyone to live by.

The first lesson of counting blessings encourages Reiki practitioners to be grateful for what is already present in their lives. Friends, family, health, and possessions are just a few of the things to start with.

The second lesson of not worrying encourages Reiki practitioners to have faith and trust in the universe. Worry and fear are emotions that drain a person and releasing them brings peace to life.

The third lesson of not being angry invites the Reiki practitioner to embrace love, compassion, and peace. In a healing profession, these qualities are invaluable when treating clients.

The fourth lesson of doing work honestly invites the Reiki practitioner to cultivate integrity in their life. Clients respect health care professionals, doctors, nurses, and massage therapists who work with honesty.

The fifth lesson of being kind to everyone asks Reiki practitioners to extend kindness and love to every living creature. Being kind goes a long way in any profession, especially the healing profession.

## **GENERAL REIKI TEACHINGS**

Reiki teachings advocate the idea that there is a never ending universal life force or spiritual energy. This spiritual energy has a healing effect on the body. Anyone can gain access to this energy and access is gained by receiving an attunement from a Reiki Master. There are three levels of Reiki attunements which are discussed later in the text.

Reiki has healing effects on the physical, mental, emotional, and spiritual levels. The healing energy flows through the Reiki practitioner’s hands into the body part.

Some variations or schools of Reiki believe that the practitioner’s intention or presence is important in the process. Other variations or schools believe that the energy is drawn by the client to activate their body’s natural healing mechanism, so less importance is placed on intention. Most schools of Reiki believe the energy is intelligent, going where needed, and making diagnosis unnecessary.

Reiki can be sent to specific points in time, either past or future. Reiki treatments also can be performed at a distance regardless of location. In long distance Reiki, the use of special symbols forms a temporary connection between the Reiki practitioner and client.

### **KEY POINTS**

- Reiki is used to promote overall health and well-being.
- Reiki is also used by people who are seeking relief from disease related symptoms and the side effects of conventional medical treatments.
- Reiki has historically been practiced as a form of self-care.
- Increasingly, it is also provided by massage therapists and health care professionals in a variety of clinical settings.
- People do not need a special background to learn how to perform Reiki.
- Currently, training and certification for Reiki practitioners are not formally regulated.
- Scientific research is under way to learn more about how Reiki may work, its possible effects on health, and diseases and conditions for which it may be helpful.
- As a massage therapist, ask your clients about any complementary and alternative medicines they use.

### **REIKI IS...**

- Part of complementary and alternative medicine in the U.S.
- A powerful and natural system which uses the body's healing response
- A gentle and powerful healer
- An evolutionary process which increases the flow of events and patterns of manifestation in life
- Always available and unending supply
- Spiritually guided
- Available for a lifetime once attuned
- Safe to use anytime, any place, any situation
- Easy to use
- Transcendental energy
- Beneficial when used with massage therapy
- Beneficial when used in combination with medical or other procedures
- Restoring and balancing the natural energy of the body
- A powerful tool for personal development and spiritual enlightenment
- An individual experience
- Used for preventing disorders, maintaining wellness, and boosting the healing process
- Used for those who desire of a higher quality of life
- A complete self-contained natural healing system
- Synergistic with other types of healing
- Safe for children
- Safe for infants, babies, and toddlers
- Working on physical, mental, emotional, and spiritual levels
- Working whether you believe in it or not

### **REIKI IS NOT...**

- Difficult to use
- A religion
- A cult
- Manipulation or control
- Taught by only one organization
- A form of mind control or hypnosis
- Psychic healing or psychic surgery

- A massage technique
- Just for times of disease and illness
- A dogma or specific doctrine of beliefs
- Limited to a select few people
- Merely "laying-on-of-hands"
- Imagination or wishful thinking
- Channeling
- Taught by just anyone

## **BENEFITS OF REIKI**

- Promotes natural self healing
- Heals the cause of disease
- Balances energies in the body
- Balances the organs and glands
- Eliminates imbalances
- Does not conflict with religious beliefs
- Is an alternative natural healing method
- Strengthens the immune system
- Treats causes of illness
- Treats symptoms of illness
- Can be combined with other healing methods
- Relieves pain
- Minimizes feelings of helplessness when faced with a crisis situation
- Enhances personal awareness
- Reduces stress
- Releases blocked and suppressed feelings
- Clears toxins
- Lasts a lifetime
- Promotes creativity
- Promotes qualities of love, care, growth, compassion, trust, self-actualization, and peace
- Is an intelligent energy which goes to greatest need
- Adapts to the natural needs of the receiver
- Reiki starts to flow when you touch something because it is always on
- Heals holistically
- Helps in meditation and positive thinking
- Reiki does not interfere with medical treatments, enhances medications, quickens healing time, and may reduce the need for anesthetic

## **LEVELS OF REIKI**

As mentioned, anyone can get access to Reiki and this is done by an attunement from a Reiki Master. In the U.S. there are three levels of Reiki attunements. Generally, the teaching of Reiki outside of Japan is usually divided into these three levels or degrees.

### **First Degree Reiki**

First degree Reiki is a beginner's course. It teaches basic theories and procedures for using Reiki. Four attunements are given to the student by the Reiki Master or teacher. Students learn hand placement positions. The positions used are thought to be the most conducive to the healing process in a whole body treatment.

Most agree that first degree of Reiki is primarily a physical and etheric healing modality. Etheric means of or pertaining to ether and composed of ether. It is a very balancing energy.

Once the first degree of Reiki is completed, the student can treat themselves and others with Reiki. Also, the student has Reiki for life. The first degree course is four sessions, usually given in 2 to 4 consecutive days, and can be about 10 hours of training.

### **Second Degree Reiki**

Second degree Reiki is an advanced level course. It teaches advanced level theories and procedures for using Reiki. It also teaches the use of three Reiki symbols which enhance the strength and distance over which Reiki can be used. Students are taught how to use the three symbols: the Power Symbol, the Mental/Emotional Symbol, and the Distance Healing Symbol.

The student receives another attunement. This attunement further increases the capacity for Reiki to flow through the student. It also empowers the student with the use of the symbols.

Most agree that second degree Reiki is primarily a mental and emotional healing modality. It cleanses and heals mental and emotional blocks.

Once the second degree of Reiki is completed, the student can work long distance or without the client being physically present. Plants and animals may also be treated once the second degree of Reiki is completed. The second degree course is also around 10 hours of training.

### **Third Degree Reiki or Reiki Master Training**

Third degree Reiki is a master's level course. It teaches master's level theories and procedures for using Reiki. The student becomes a Reiki Master. One or more attunements may be given. Additional master level symbols are learned.

Third degree Reiki can be further divided into Third Degree Master Practitioner and Third Degree Master Teacher by some schools of thought. Third Degree Master Practitioner focuses on practice with clients while Third Degree Master Teacher focuses on teaching others to become Reiki practitioners.

Most agree that third degree Reiki is spiritual in nature. It can be considered a spiritual healing modality.

Once the third degree of Reiki or Reiki Master training is completed, the new Reiki Master can attune others to Reiki. They can teach all three degrees of Reiki. The master training can last a day to a year depending on the school and philosophy of the Reiki Master giving the training.

### **COST OF REIKI TRAINING**

There is quite a bit of variation in training methods, length/speed of trainings, and costs of the training. The following are some general guidelines for the costs of Reiki training:

- First Degree Reiki - \$75 to \$200
- Second Degree Reiki - \$100 to \$500
- Third Degree Reiki Master Practitioner - \$150 to \$1,000
- Third Degree Reiki Master Teacher - \$300 to \$40,000

Again, remember that these are just general guidelines. Even among these guidelines great variations in price for the trainings will be found everywhere.

### **REIKI SYMBOLS**

There are many Reiki symbols. There are 3 that are most commonly used and accepted and a fourth master symbol used. Originally Reiki symbols were kept secret and not available to the public. There are some schools of thought who still hold the belief that they should be kept secret. This text discusses them for the purpose of learning and education only, not to offend a particular school of thought.



### **The Power Symbol – Cho Ku Rei**

The Power Symbol is the first symbol Reiki practitioners learn. It connects the student with the energy. The Power Symbol is used at the beginning of a Reiki session to facilitate the flow of Reiki. The power of Reiki is increased significantly with its use. It can also be used any time additional power is needed. Cho Ku Rei is helpful for healing in the physical body. Illustration 2 shows the symbol.

**Illustration 2 – The Power Symbol – Cho Ku Rei**



The following list describes some of the typical uses for Cho Ku Rei:

- To connect the student/practitioner with the power
- To significantly increase power
- To start a Reiki session
- To end a Reiki session
- Increase the power of other Reiki symbols
- Any time additional power is needed
- For healing within the physical body
- For protection while driving
- To increase and concentrate Reiki in a specific area
- To cleanse an area or space of negative energy
- For protection from negative energy
- To fill food with Reiki
- To cleanse food of negative energy
- To enhance medication effects
- On shower heads to infuse the water with Reiki
- Applications are endless and intention is important

### **The Mental/Emotional Symbol – Sei He Ki**

The Mental/Emotional Symbol is used for mental and emotional healing. This is a symbol of harmony and balance. Sei He Ki balances the right and left brain. It is also used for protection, purification, and clearing.

Like all Reiki, it works with the cause of disease. The Mental/Emotional Symbol supports behavior changes by working with the cause of the behavior problems. It works to release negative behavior patterns or negative subconscious programming that are not beneficial. Illustration 3 shows the symbol.

### Illustration 3 – The Mental/Emotional Symbol – Sei He Ki



The following list describes some of the typical uses for Sei He Ki:

- For mental and emotional healing
- To balance the chakras
- Used for mental and emotional distress
- To assist in behavior changes
- To decrease nervousness
- To reduce fear or fears
- To decrease anger
- To bring peace
- To lessen depression
- To ease sadness
- To bring harmony
- Heal the misuse of drugs or alcohol
- To release negative subconscious programming
- To release negative behavior patterns
- When followed by the Power Symbol, to clear negative energy in a space or room
- When followed by the Power Symbol, to purify water and/or food
- To heal relationship problems
- To heal issues that stem from relationship problems
- Help find things that have been lost
- To improve memory
- To enhance affirmations
- During Reiki treatment, to draw out and clear emotional releases
- Applications are endless and intention is important

### **The Distance Healing Symbol – Hon Sha Ze Sho Nen**

The Distance Healing Symbol is used for the sending of Reiki across time, distance, and space. It transmits Reiki energy across time and space barriers. Hon Sha Ze Sho Nen also represents “no past, no present, and no

future”. The message in the symbol is “The Buddha (or Awakened Heart) in me greets the Buddha (or Awakened Heart) in you.”

The symbol is used for distance healing. When using this symbol, Reiki can be sent across the room, across town, to other states, and even to other countries anywhere in the world. Distance is no barrier. An example where a practitioner may want to send Reiki across a room would be in cases of burn victims who can't be touched.

Reiki practitioners use this symbol to bridge time. This means Reiki is sent into the future for a time when it will be needed or into the past to heal issues. Hon Sha Ze Sho Nen is also the symbol used for access to the Akashic Records. The Akashic Records are believed to be the life records of each and every soul. Illustration 4 shows the symbol.

#### **Illustration 4 – The Distance Healing Symbol – Hon Sha Ze Sho Nen**



The following list describes some of the typical uses for Hon Sha Ze Sho Nen:

- For distance healing
- To send Reiki across the room
- To send Reiki across town
- To send Reiki to other states
- To send Reiki to any country in the world
- To form a temporary connection between the Reiki practitioner and client
- Entrance to Akashic Records
- For healing karma
- For healing karmic patterns or tendencies
- Used to help release past experiences
- Used to bridge time
- To send Reiki to future
- To send Reiki to past

- For burn victims who can't be touched
- For physical or emotional trauma victims who don't want to be touched

### **The Master Symbol – Dai Ko Myo**

The Master Symbol is used in Third Degree Reiki by Reiki Masters and Teachers. The essence of the symbol is the Light of Buddha or the Awakened Heart. Dai Ko Myo symbolizes wisdom and clairvoyance. It is used for healing the soul. Illustration 5 shows the Traditional Master Symbol and Illustration 6 shows the Contemporary Master Symbol.

**Illustration 5 – The Traditional Master Symbol – Dai Ko Myo**



**Illustration 6 – The Contemporary Master Symbol – Dai Ko Myo**



The following list describes some of the typical uses for Dai Ko Myo:

- Used by Reiki Masters
- Used by Reiki Teachers
- For healing the soul

### **PRACTICE**

Again, Reiki practice is based on the idea that there is a universal (or source) energy that supports the body's innate healing abilities. Reiki practitioners access this energy. They allow it to flow through their hands into the body to facilitate healing.

Although generally practiced as a form of self-care, Reiki can be received from someone else and may be offered in a variety of health care settings, including massage therapists offices, medical offices, hospitals, and clinics. It can be practiced on its own or along with other CAM therapies or conventional medical treatments.

In a Reiki session, the client lies down or sits comfortably, fully clothed. The practitioner's hands are placed lightly on or just above the client's body, palms down, using a series of 12 to 20 different hand positions. Each position is held for about 2 to 5 minutes, or until the practitioner feels that the flow of energy—experienced as sensations such as heat or tingling in the hands—has slowed or stopped.

Photograph 1 shows what a typical Reiki treatment session may look like.

**Photograph 1**



The number of sessions needed depends on the health needs of the client. Typically, the Reiki practitioner delivers at least three or more sessions of 30 to 90 minutes each. The duration of Reiki sessions may be shorter in certain health care settings (for example, during surgery).

Most sessions are given every 1 to 7 days depending on the condition being addressed. Regular ongoing treatments can be used for the goal of maintaining or improving well being. If Reiki is used for this purpose, a session is given once every 1 to 4 weeks. In the case of self-treatment, daily practice is common.

Reiki practitioners with appropriate training may perform Reiki from a distance, that is, on clients who are not physically present in the office or clinic.

## **TYPES OF REIKI TREATMENTS**

There are two major types of Reiki treatments: whole body treatments and localized treatments.

### **Whole Body Treatments**

In whole body Reiki treatments, the client lies down usually on a massage table and relaxes. Comfortable clothing is worn during the treatment. The practitioner prepares for the treatment mentally and initiates the flow of Reiki with the use of the Reiki Symbols.

The practitioner begins by placing their hands on the client in various positions. A few practitioners may use a non-touching technique where the hands are held in the various hand positions a few centimeters above the client's body.

As mentioned, the hand positions are held for 2 to 5 minutes before moving to the next position. The hand positions in a whole body treatment generally cover the head, the chest, the back, the legs or knees, and the feet. About 12 to 20 positions are used and the whole treatment may last anywhere from 30 minutes to 90 minutes.

Some practitioners use a fixed set of hand positions touching the body. Others use intuition to guide them with their hand placement and where treatment should be applied. This intuitive approach often leads to the Reiki practitioner treating an individual hand position for a shorter or longer period of time than mentioned above.

### **Localized Treatments**

In localized Reiki treatments, the practitioner places their hands on or near a specific body part. Sports injuries and other recent traumas can be treated this way. The specific site of injury is targeted during the Reiki treatment. In this type of treatment, great variation exists in treatment duration. Typical length of a localized Reiki session might be 20 minutes.

Localized treatments are good for certain ailments, however, some practitioners prefer a whole body treatment for chronic conditions because it is a more holistic treatment approach. Another method of using Reiki would be to give a whole body treatment first and follow it with a localized treatment.

## **HAND POSITIONS**

As mentioned, there are many hand positions typically used in Reiki treatments. It should be noted that there are hand positions for working with clients and hand positions for self treatment. This course will focus on hand positions for working with clients.

The major hand positions used in Reiki treatments cover the head, the body, the back, and the legs and feet. There are four commonly used hand positions for the head. The following abbreviations will be used when discussing the hand positions:

- Head – H
- Body – B
- Back – BA
- Legs/Feet – L

For the head, there are around four variations of hand positions. In position H1, the hands are placed over the face. In position H2, the hands are placed on the top or crown of the head with the fingers falling to either side of the head. In position H3, the hands are placed on either side of the head over the ear area. In position H4, the hands cradle the occiput or back of the head. See the photographs below:

### Head



**H1**



**H2**



**H3**



**H4**

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For the body, there are around seven variations of hand positions. In position B1, the hands are placed over the neck area. In position B2, the hands are placed on the shoulders. In position B3, the hands are placed on the sternum and the bottom of the rib cage. In position B4, the hands are placed over the breasts. For women clients, position B4 alternate offers hand placement between the breasts. In position B5, the hands are placed over the abdomen. In position B6, the hands are placed over the pelvic area. See the photographs below:

### Body



**B1**



**B2**



**B3**



**B4 alt.**



**B4**



**B5**



**B6**

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For the back, there are around six variations of hand positions. In position BA1, the hands are placed over the trapezius muscle area. In position BA2, the hands are positioned over the scapula and rhomboid muscles. In position BA3, the hands are in the mid to lower thoracic area. In position BA4, the hands cover the lumbar area. In position BA4 alternate also covers the lumbar area with the hands in opposite directions. In position BA5, one hand is placed on the upper thoracic region while the other is placed on the lumbar region. See the photographs below:

## Back



**BA1**



**BA2**



**BA3**



**BA4**



**BA4 alt.**



**BA5**

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For the legs and feet, there are around three variations of hand positions. In position L1, the hands are wrapped around the knee. In position L2, the hands are wrapped around the ankle. In position L3, the hands are wrapped around the feet. See photographs below:

## Legs and Feet



**L1**



**L2**



**L3**

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## USES

According to the 2007 National Health Interview Survey, which included a comprehensive survey of CAM use by Americans, more than 1.2 million adults had used an energy healing therapy, such as Reiki, in the previous year. The survey also found that approximately 161,000 children had used an energy healing therapy in the previous year.

People use Reiki for relaxation, stress reduction, and symptom relief, in efforts to improve overall health and well-being. Reiki has been used by people with anxiety, chronic pain, HIV/AIDS, and other health conditions, as well as by people recovering from surgery or experiencing side effects from cancer treatments. Reiki has also been given to people who are dying (and to their families and caregivers) to help impart a sense of peace.

The following is a list of conditions Reiki practitioners may use Reiki for:

- Allergies
- Anxiety
- Asthma



- Back problems
- Broken bones
- Burn victims
- Common cold or flu
- Depression
- Diabetes
- Dysmenorrhea (painful menstruation)
- Eczema
- Emotional traumas
- Fibromyalgia
- HIV/AIDS
- Increase health and well-being
- Injuries
- Insomnia
- Migraines or headaches
- Nerve pain
- Pain, acute or chronic
- Panic attacks
- PMS
- Post traumatic stress disorder
- Relaxation
- Sciatica
- Stress reduction
- Surgical recovery
- Tiredness (fatigue)
- To help side effects of cancer treatments
- And many, many others

### **USING REIKI**

- Do not use Reiki as a replacement for proven conventional care or to postpone seeing a doctor about a medical problem
- Find out about the Reiki practitioner's background, including training and experience treating clients
- Be aware that Reiki has not been well studied scientifically, but research on whether and how Reiki may work is under way

### **TREATMENT PROTOCOLS**

A chart has been included in this home study course with treatment protocols for multiple illnesses and conditions. These protocols include useful and helpful hand positions on the head, body, back, and legs/feet to include during a treatment when using Reiki on these particular conditions.

These protocols merely help provide ideas and guidelines for hand positions. It is important to remember that there is no right or wrong way to use Reiki. So these following protocols are not the definitive guidelines for using Reiki with these conditions. Diverging from these protocols is common and would be expected in Reiki treatments especially if the Reiki practitioner works in an intuitive manner.

To use this chart, locate the condition the client has and the condition to use Reiki on. Reading from left to right, note the hand positions recommended under the head, body, legs/feet, and back for each condition. These would be the major hand positions to include in the Reiki treatment.

The chart is two pages long. See chart below on pages 17 and 18.

Treatment for	Head				Body						Legs/feet			Back				
	H1	H2	H3	H4	B1	B2	B3	B4	B5	B6	L1	L2	L3	BA1	BA2	BA3	BA4	BA5
Acne			H3		B1	B2	B3	B4	B5	B6						BA3	BA4	
Allergies	H1	H2	H3		B1	B2	B3	B4		B6			L3			BA3		
Anxiety		H2		H4	B1		B3	B4		B6		L2					BA4	
Arthritis	H1	H2	H3							B6			L3			BA3	BA4	
Asthma	H1		H3	H4	B1	B2	B3			B6		L2	L3			BA3		
Back problem		H2	H3	H4							L1	L2	L3	BA1	BA2	BA3	BA4	BA5
Bronchitis	H1		H3	H4		B2	B3	B4				L2	L3		BA2		BA4	
Broken bones	H1		H3										L3				BA4	BA5
Hypertension	H1	H2	H3		B1		B3	B4	B5				L3					
Hypotension	H1	H2	H3										L3		BA2	BA3	BA4	BA5
CP	H1	H2	H3	H4						B6			L3	BA1			BA4	BA5
Circulation	H1	H2	H3				B3	B4					L3		BA2	BA3		
Common cold	H1	H2	H3		B1	B2	B3			B6			L3	BA1			BA4	
Colic	H1	H2	H3	H4				B4	B5	B6			L3			BA3	BA4	
Cysts	H1	H2	H3		B1	B2	B3			B6			L3		BA2	BA3	BA4	
Depression	H1	H2	H3	H4	B1		B3		B5	B6			L3		BA2			
Diabetes		H2	H3		B1		B3	B4	B5				L3			BA3	BA4	
Dizziness	H1	H2	H3	H4								L2	L3					
Dysmenorré		H2	H3		B1			B4	B5	B6		L2	L3			BA3	BA4	
Eczema	H1		H3	H4	B1	B2	B3			B6		L2	L3		BA2	BA3		
Endometriosis	H1	H2	H3		B1		B3	B4	B5	B6		L2	L3			BA3		
Epilepsy	H1	H2	H3	H4				B4	B5				L3				BA4	BA5
Eyes/vision	H1	H2	H3	H4					B5	B6		L2	L3	BA1		BA3	BA4	BA5
Fear		H2		H4	B1		B3	B4		B6		L2					BA4	
Fibromyalgi	H1	H2	H3	H4	B1	B2	B3	B4	B5	B6	L1	L2	L3	BA1	BA1	BA3	BA4	BA5
Gall bladder	H1	H2	H3				B3	B4	B5	B6			L3			BA3	BA4	
Gout	H1	H2			B1				B5	B6		L2				BA3	BA4	
Headache	H1	H2	H3							B6	L1	L2	L3	BA1				
Heart		H2	H3				B3	B4	B5	B6			L3	BA1	BA2		BA4	
Hemorrhoids								B4	B5	B6							BA4	
Hearing	H1	H2	H3	H4	B1							L2	L3					BA5
Hips			H3	H4					B5	B6	L1	L2	L3	BA1			BA4	
Hormones	H1	H2			B1			B4		B6				BA1			BA4	
Immune sys.		H2	H3	H4	B1			B4	B5							BA3		BA5
Incontinence	H1		H3						B5	B6	L1		L3			BA3	BA4	
Insomnia	H1	H2	H3		B1			B4					L3	BA1				
Kidneys	H1	H2	H3							B6	L1		L3			BA3	BA4	
Lungs	H1		H3	H4		B2	B3	B4				L2	L3		BA2		BA4	

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Treatment for	Head				Body						Legs/feet			Back				
	H1	H2	H3	H4	B1	B2	B3	B4	B5	B6	L1	L2	L3	BA1	BA2	BA3	BA4	BA5
Menstrual		H2	H3		B1			B4	B5	B6		L2	L3			BA3	BA4	
Metabolism	H1	H2		H4	B1		B3	B4				L2					BA4	
Migraine	H1	H2	H3	H4				B4	B5	B6	L1	L2	L3				BA4	
MS	H1	H2				B2	B3	B4		B6	L1	L2	L3				BA4	
Nerves	H1	H2	H3	H4	B1			B4		B6	L1		L3	BA1			BA4	BA5
Pancreas		H2	H3		B1		B3	B4	B5				L3			BA3	BA4	
Paralysis		H2	H3	H4				B4					L3				BA4	
PMS		H2	H3	H4	B1					B6		L2	L3				BA4	
Prostate	H1	H2	H3						B5	B6		L2	L3			BA3	BA4	
Psychic		H2		H4	B1		B3	B4		B6		L2					BA4	
Sciatica										B6		L2	L3					BA5
Sinusitis	H1	H2	H3		B1					B6		L2	L3				BA4	
Skin	H1		H3	H4	B1	B2	B3			B6			L3			BA3	BA4	
Stomach	H1	H2	H3				B3	B4	B5	B6			L3			BA3	BA4	
Thyroid	H1	H2	H3		B1		B3	B4		B6								
Tinnitus	H1	H2	H3		B1							L2	L3					BA5
Tiredness	H1	H2	H3		B1			B4	B5			L2	L3				BA4	
Tremor	H1	H2	H3	H4				B4				L2	L3	BA1	BA2			BA5
Vomiting	H1	H2	H3		B1	B2		B4				L2	L3				BA4	BA5

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## **EFFECTS AND SAFETY**

Clients may experience a deep state of relaxation during a Reiki session. They might also feel warm, tingly, sleepy, or refreshed. Clients who receive Reiki often report a feeling of warmth or tingling in the area being treated even when a non-touching approach is used. They also report a feeling of well being. Reiki treatments stimulate the natural healing process, so instantaneous “cures” of health problems are usually not reported.

Reiki is generally safe and no serious side effects have been reported. Clinical trials have not reported any significant adverse reactions to the use of Reiki. Reiki critics do have concerns about safety though. They fear that patients may avoid allopathic (mainstream medical) treatments for serious conditions and opt for an unproven alternative medicine.

To deal with this concern or fear of mainstream medical doctors, Reiki practitioners and massage therapist who are using Reiki should encourage their clients to consult a medical doctor for serious conditions. Also, they should advise their clients to use Reiki as a complement to allopathic medical treatments for serious conditions.

## **TRAINING, LICENSING, AND CERTIFICATION**

There is no accreditation or licensing body for Reiki. The practice of Reiki isn't regulated like the practice of massage therapy. No special background or credentials are needed to receive Reiki training. However, Reiki must be learned from an experienced teacher or a Master. It can't be self-taught.

The specific techniques taught vary greatly. Reiki can even be taken over the internet, although traditional Reiki practitioners question this practice. They maintain that a Reiki Master/Teacher must actually touch the energy field of the person being attuned. Also, they maintain that methods which teach Reiki quickly aren't the best since there is no substitute for experience and practice.

Reiki practitioners' training and expertise vary. Increasingly, many people who seek training are licensed health care professionals such as licensed massage therapists, registered nurses, and physicians. However, no licensing or professional standards exist for the practice of Reiki.

For review, training in traditional Reiki has three degrees or levels. Each focuses on a different aspect of practice. Each degree includes one or more initiations (also called attunements or empowerments). Receiving an initiation is believed to activate the ability to access Reiki energy. Training for first and second degree practice is typically given in 8 to 12 class hours over about 2 days.

To reiterate, in first-degree training, students learn to perform Reiki on themselves and on others. In second-degree training, students learn to perform Reiki on others from a distance. Some students seek master-level (third-degree) training. A Reiki Master can teach and initiate students. Becoming a Reiki Master can take years. These levels are discussed further in detail below.

## **REIKI RESEARCH**

Currently, insufficient randomized clinical research trails exist to prove definitively whether Reiki is an effective or ineffective treatment. Critics claim the value of Reiki remains unproven. They say there is insufficient evidence that it an effective treatment modality for any condition.

Supporters of Reiki report numerous healings and stories of patients recovering from all kinds of illnesses. They claim Reiki is an effective treatment modality for any condition. Overall, more research on the topic of Reiki is needed.

Some recent and current National Center for Complementary and Alternative Medicine (NCCAM) supported studies have been investigating:

- How Reiki might work

- Whether Reiki is effective and safe for treating the symptoms of fibromyalgia
- Reiki's possible impact on the well-being and quality of life in people with advanced AIDS
- The possible effects of Reiki on disease progression and/or anxiety in people with prostate cancer
- Whether Reiki can help reduce nerve pain and cardiovascular risk in people with type 2 diabetes

### **REIKI AND MASSAGE THERAPY**

There is some debate as to whether Reiki should be considered a form of massage therapy. Reiki, as described previously, is a lying on of hands healing technique that uses spiritually guided life force energy to balance and heal the client. Massage therapy, while there are many different forms of it, is basically the manipulation of muscles and other soft tissues.

From these two definitions, it is clear they are each distinctive healing modalities. Reiki doesn't directly manipulate the muscles or soft tissues like massage does. This is the main reason Reiki is not considered a form of massage therapy by this author.

For the purposes of this home study course, Reiki and massage therapy are two distinct and different healing modalities.

### **USING REIKI WHILE GIVING A MASSAGE**

Even though Reiki and massage therapy are very different healing modalities, it is possible to blend the two arts together in a session with a client. For those trained in both Reiki and massage therapy, here are some general ideas for how to work with both healing modalities when working with clients.

#### **Idea #1**

At the beginning of the massage session, ask the client what they would like to focus on. From the chief complaint, pick a few Reiki hand positions to address the complaint. Start the massage session by using the Reiki Symbols to activate the flow of Reiki. Incorporate the hand positions into the massage routine while working on those areas of the body.

#### **Idea #2**

Follow all of the same steps as in Idea #1 except for the last step. Rather than incorporating the hand positions into the massage routine, start the massage therapy session with a few focused minutes of Reiki and all of the selected Reiki hand positions.

#### **Idea #3**

Follow all of the same steps as in Idea #1 except for the last step. Instead, finish or end the massage therapy session with a few minutes of focused Reiki and all of the selected Reiki hand positions.

#### **Idea #4**

The idea here is to allow the flow of Reiki while simultaneously giving the massage. In this variation of blending Reiki and massage therapy, Reiki flows from the practitioner's hands during the entire massage session while the practitioner is massaging the client.

Start the massage session by using the Reiki Symbols to activate the flow of Reiki. Proceed with the massage in the normal manner. Be conscious to allow Reiki to flow through the hands while working on each individual muscle and body part in the session.

### **SPECIAL CONSIDERATIONS AND CONTRAINDICATIONS FOR REIKI/MASSAGE THERAPY**

Generally, both Reiki and massage therapy are considered relatively safe. Negative side effects are usually not seen in Reiki and massage therapy. If pain or other rare negative side effects are seen in massage therapy sessions, it is usually only caused by an extremely vigorous massage. Overall, Reiki and massage are safe for clients.

Reiki has a few special considerations to mention. There is some debate about Reiki use with pacemakers. There is no evidence to support this either way. Reiki is not performed on minors without parental consent. Reiki is usually not performed on people in a coma.

There is debate over contraindications for Reiki as well. Since very little research exists on Reiki, these contraindications lack evidence to support them either way and aren't debated here.

Massage therapy has more special considerations and contraindications to mention. Those with rheumatoid arthritis or skin lesions, such as eczema, should not receive massage therapy during acute flare ups.

Other general contraindications for massage therapy with patients include those who might have cancer. It is not an absolute contraindication; it is just that the patient and/or massage therapist should check with the oncologist before considering massage because a treatment can further damage tissue already subjected to chemotherapy or radiation treatments.

Other times a client might want to avoid massage therapy would be in cases of osteoporosis, high fever, low white blood cells, low blood platelets, mental impairment, or recovering from certain types of surgery.

Another general caution with massage would be on women receiving full body massages during pregnancy. Pregnant women should consult a massage therapist specifically trained to perform massages on pregnant women.

Additionally, as the massage therapist, ask about any medications the client is taking. Massage may influence the absorption or activity of both oral and topical medications. A good history and intake form will assist the massage therapist with this matter.

### **APPROPRIATE CLIENT REFERRALS**

No matter what condition the massage therapist is helping their client with, anytime symptoms persist or become worse, refer the client to their physician immediately. There are many conditions which massage therapy and Reiki alone are not suited to treat. The massage therapist can protect their license by making appropriate referrals when clients take a turn for the worst or are not improving.

### **CASE STUDIES USING MASSAGE THERAPY AND REIKI TOGETHER**

#### **Case Study #1**

A 62 year old female presents to the massage clinic with breast cancer. She was undergoing chemotherapy after a complete mastectomy of her right breast and axillary lymph nodes. She reported symptoms of intense pain, anxiety, fatigue, and depression.

Five one hour massage therapy treatments were given over a six week period. Reiki was incorporated into each massage session. Her symptoms were assessed at the beginning of the six week period and at the end of the six week period using a visual pain analog scale. Overall, the client reported a 50% improvement in pain. Additionally, her anxiety, fatigue, and depression symptoms were all reduced.

#### **Case Study #2**

A 59 year old male presented to the massage office with low back pain. He has a history of degenerative disc disease. He also reported occasional calf pain.

Five one hour massage therapy/Reiki treatments were given over a six week period. Reiki was incorporated into each massage session. The client's outcomes were measured by range of motion of hip flexion, the length of the gastrocnemius and soleus muscles, and a visual pain analog scale. Overall, straight leg hip flexion increased an average of 45 degrees. The client reported a 39% decrease in low back pain and 66% decrease in calf pain.

### **Case Study #3**

A 26 year old female came to the massage clinic with temporomandibular joint syndrome (TMJ) pain. She reported a 2 year history of teeth grinding, headaches, pain on mastication (chewing), and jaw clicking. This 23 year old also had shoulder and neck pain symptoms.

Six 30 minute treatments were given over a 3 week period (2 treatments per week). Treatments consisted of massage, Reiki, and strain-counter strain techniques focused on the upper torso, cervical region, and oral cavity. Her symptoms were assessed using a visual pain analog scale and a journal where the client recorded and logged her symptoms. Overall, she experienced a 35% reduction in headache, neck, shoulder, and mastication pain, 75% reduction in jaw clicking, and no change in teeth grinding.

### **Case Study #4**

A 36 year old male presented to the massage clinic with shoulder pain over the last 6 months. He had a history of thoracic outlet syndrome, back pain, and scoliosis. He also reported trouble sleeping and some fatigue.

Eight one hour massage therapy/Reiki treatments were given over a four week period. Reiki was incorporated into each massage session. The client's outcomes were measured by a pain analog scale and a journal where the client logged his symptoms. Overall, the he experienced a 50% reduction in shoulder pain. Sleep patterns improved and he had less fatigue.

### **REIKI RESOURCE**

For more information about Reiki, contact the following organization:

The International Center for Reiki Training  
21421 Hilltop Street, Unit #28  
Southfield, Michigan 48033  
Telephone: 800-332-8112  
Fax: 248-948-9534  
<http://www.reiki.org/>

### **REFERENCES**

National Center for Complementary and Alternative Medicine, National Institutes of Health,  
<http://nccam.nih.gov/health/reiki/>

Martin, Jeffery A. (1994). The Complete Guide to Reiki: Student Reference Edition. The Institute for Reiki Studies: Integration Press.

Reiki.nu, <http://www.reiki.nu/index.html>

Wikipedia, <http://en.wikipedia.org/wiki/Reiki>

## Reiki Basics Exam

1. Reiki originated in:
  - A. Russia
  - B. The United States
  - C. Japan
  - D. China
  
2. The most accurate translation of the word Reiki is:
  - A. Spiritually guided
  - B. Spiritually guided life force energy
  - C. Life force energy
  - D. Universal life energy
  
3. Reiki practice is traced from the spiritual teachings of whom?
  - A. Mikao Usui
  - B. Chujiro Hayashi
  - C. Hawayo Takata
  - D. None of the above
  
4. How many principles of Reiki are there?
  - A. Two
  - B. Three
  - C. Four
  - D. Five
  
5. Which of the following is not a principle of Reiki?
  - A. Kindness
  - B. Honesty
  - C. Gratitude
  - D. Anxiety
  
6. How does one gain access to Reiki?
  - A. A phone call from a Reiki Master
  - B. An attunement from a Reiki Master
  - C. An email from a Reiki Master
  - D. A letter from a Reiki Master
  
7. Which of the following statements is false about Reiki?
  - A. Reiki doesn't promote overall health and well-being
  - B. Reiki can be a form of self-care
  - C. Reiki training and certification is not formally regulated
  - D. Reiki research is under way
  
8. Which of the following statements is true about Reiki?
  - A. Reiki is a natural system which uses the body's healing response
  - B. Reiki is not spiritually guided
  - C. Reiki is difficult to use
  - D. Reiki is unsafe for children



9. Reiki is not:
- A. Safe to use
  - B. Easy to use
  - C. A religion or a cult
  - D. Healing or balancing
10. Benefits of Reiki include all of the following except:
- A. Reduced stress
  - B. Promotes creativity
  - C. Decreases relaxation
  - D. Heals holistically
11. For Reiki taught in the United States, how many levels are there?
- A. Two
  - B. Three
  - C. Four
  - D. Five
12. First degree Reiki is a(an):
- A. Master's level course
  - B. Advanced level course
  - C. Beginner's level course
  - D. None of the above
13. Which of the following is true regarding first degree Reiki?
- A. It is a physical healing modality
  - B. It is an etheric healing modality
  - C. It is a balancing healing modality
  - D. All of the above
14. In second degree Reiki, which of the following symbols are NOT given?
- A. Distance Healing Symbol
  - B. Master Symbol
  - C. Mental/Emotional Symbol
  - D. Power Symbol
15. Once a person has completed third degree Reiki training, they can do which of the following?
- A. Prescribe medications
  - B. Attune others to Reiki
  - C. Diagnose diseases
  - D. Take Reiki away from someone
16. The Power Symbol is also known as:
- A. Cho Ku Rei
  - B. Sei He Ki
  - C. Hon Sha
  - D. Ze Sho Nen

17. Cho Ku Rei is used for:
- A. Decreasing power
  - B. Neutralizing power
  - C. Increasing power
  - D. None of the above
18. Sei He Ki is also known as:
- A. The Power Symbol
  - B. The Master Symbol
  - C. The Distance Healing Symbol
  - D. The Mental/Emotional Symbol
19. The Mental/Emotional Symbol is used for:
- A. Improving memory
  - B. Easing sadness
  - C. Decreasing anger
  - D. All of the above
20. The Distance Healing Symbol is also known as:
- A. Cho Ku Rei
  - B. Sei He Ki
  - C. Dai Ko Myo
  - D. Hon Sha Ze Sho Nen
21. Hon Sha Ze Sho Nen is used for all of the following except:
- A. Distance healing
  - B. Decreasing power
  - C. To send Reiki to the past
  - D. To send Reiki to the future
22. Dai Ko Myo is also known as:
- A. The Master Symbol
  - B. The Power Symbol
  - C. The Mental/Emotional Symbol
  - D. The Distance Healing Symbol
23. The Master Symbol is used:
- A. By Reiki Teachers
  - B. By anyone who reads about Reiki
  - C. By Reiki Beginners
  - D. By Reiki Intermediates
24. In a whole body Reiki treatment, according to the text, the practitioner may hold their hands over a position for an average of how long?
- A. 2-5 minutes
  - B. 5-10 minutes
  - C. 12-15 minutes
  - D. 12-16 minutes

25. An example of when a Reiki may be shorter than 30 minutes would be:
- A. During a CT scan
  - B. During a storm
  - C. During surgery
  - D. During an MRI
26. How often are Reiki sessions given?
- A. Session intervals depend on the client and condition treated
  - B. Every 1 to 7 days depending on condition
  - C. Every 1 to 4 weeks for maintenance
  - D. All of the above
27. What types of Reiki treatments exist?
- A. Whole body
  - B. Localized
  - C. Whole body and Localized
  - D. None of the above
28. In a localized Reiki treatment, according to the text, the practitioner most likely focuses on a specific body area for how long?
- A. 2 minutes
  - B. 5 minutes
  - C. 20 minutes
  - D. 45 minutes
29. The most commonly used Reiki hand positions cover which areas of the body?
- A. Head, wrists, fingers
  - B. Head, back, legs
  - C. Head, ankles, toes
  - D. None of the above
30. According to the text, common hand positions on the head include all of the following except:
- A. Over the face
  - B. Over the chin
  - C. Over the ear area on each side of the head
  - D. Cradling the occiput or back of the head
31. According to the text, common hand positions on the body/torso include all of the following except:
- A. Shoulders
  - B. Chest
  - C. Abdomen
  - D. Armpits
32. According to the text, common hand positions on the back include all of the following except:
- A. Sacrum
  - B. Lumbar
  - C. Thoracic
  - D. Cervical

33. When treating an ankle with Reiki, the practitioner should do what?
- A. Wrap their fingertips around the ankle
  - B. Place their hands perpendicular to the ankle
  - C. Wrap their hands around the ankle
  - D. Place their hands horizontal to the ankle
34. Which of the following conditions is Reiki used for?
- A. Allergies
  - B. Back problems
  - C. Headaches
  - D. All of the above
35. When using Reiki, do all of the following except:
- A. Don't use Reiki to replace conventional care
  - B. Find out about Reiki practitioner's experience treating clients
  - C. Be aware that there is little research on Reiki
  - D. Disregard the Reiki practitioner's training
36. According to the text treatment protocols, when treating anxiety, which hand positions should be used?
- A. H2, H4, L2
  - B. H1, H2, H3
  - C. L1, L2, L3
  - D. H1, H3, L1
37. According to the treatment protocol chart, back problems are best treated with what Reiki hand positions?
- A. H1, H2, H3, H4
  - B. BA1, BA2, BA3, BA4, BA5
  - C. B1, B2, B3, B4, B5, B6
  - D. H1, B1, BA1
38. From the treatment protocol chart, the common cold is treated with what hand positions?
- A. H2, B2, BA2
  - B. H1, L1, L2
  - C. H1, B1, BA1
  - D. L1, L2, B5
39. According to the treatment protocol chart, which condition is best treated by all the hand positions?
- A. Fibromyalgia
  - B. Headaches
  - C. Gout
  - D. Asthma
40. According to the treatment protocol chart, which of the following conditions is best treated by H1-H4 and L1-L3?
- A. Menstrual problems
  - B. Migraines
  - C. Sciatica
  - D. MS

41. A treatment protocol for tremors may include which hand positions?
- A. B1-B6, L1-L3
  - B. H1, L1-L3, BA3, BA4
  - C. H1-H3, B3, L1, BA3
  - D. H1-H4, B4, L2, L3
42. The following treatment protocol, H1-H3, B1, B4, B5, L2, L3, BA4, would treat which condition?
- A. Thyroid problems
  - B. Tinnitus
  - C. Fatigue/Tiredness
  - D. None of the above
43. During a Reiki treatment, a client may feel:
- A. Warm and tingly
  - B. Sleepy
  - C. Refreshed
  - D. All of the above
44. The accrediting and licensing body for Reiki is called:
- A. The International Center for Reiki Training
  - B. There is no accrediting and licensing body for Reiki
  - C. The National Reiki Association
  - D. Each individual state accredits and licenses Reiki practitioners
45. Current National Center for Complementary and Alternative Medicine (NCCAM) research includes:
- A. Reiki and fibromyalgia
  - B. Reiki and TMJ
  - C. Reiki effects on Sciatica
  - D. Reiki and Migraines
46. Side effects of Reiki include:
- A. High fever
  - B. Sore muscles
  - C. Mental impairment
  - D. None of the above
47. Contraindications for Reiki include:
- A. There are no contraindications and research supports this
  - B. Diabetes, broken bones, and pacemakers
  - C. Debate exists over contraindications, no research supports claimed contraindications
  - D. Pacemakers, coma, HIV
48. Generally, when is it appropriate for massage therapists to refer their clients?
- A. If symptoms decrease or improve
  - B. If symptoms resolve or improve
  - C. If symptoms persist or worsen
  - D. If symptoms stop altogether

This completes the Reiki Basics exam.