

## **CHAPTER 19 REIKI**

### **Knowledge review answers**

1. Reiki is a system of natural healing involving the laying on of hands.
2. Universal life force energy
3. These words also mean universal life force energy
4. The two Reiki precepts are: 1) the person must ask for healing and 2) there must be an exchange of energy for the healing (money, flowers, a small gift, an exchange of treatment).
5. There are five Reiki principles: 1) Just for today, do not worry; 2) Just for today do not anger; 3) Honour your parents, teachers and elders; 4) Earn your living honestly; 5) show gratitude for every living thing.
6. The attunement process is whereby the Reiki frequency is passed from master to student, a process which opens the crown, heart and palm Chakras. This process also creates a special link between the master and the student.
7. There are three degrees of the Reiki system, Reiki I, Reiki II and Reiki III.
8. The six specific contra-indications to a Reiki treatment are: pacemakers; epilepsy; fractures and sprains; severed limbs and digits; recent operations; and identified acute or chronic medical disorders.
9. The six specific contra actions to a Reiki treatment are: a healing crisis; somnolence; weepiness; laxative and diuretic effects; emotional release and increased energy flow.
10. Ideally, the Reiki 'self-treatment' should be performed daily.
11. The Reiki 'self-treatment' can be used when you feel stressed or anxious, or run down or exhausted.
12. No, Reiki treatments are always performed with the clothes on.
13. There are seven main Chakras
14. There are three Reiki symbols in Reiki II.
15. The meaning of the Mental/Emotional symbol is 'Dragon Power'.
16. Someone who suffers with upper back problems may 'give too much and receive too little' – making a 'rod for one's back'.