

Intuitive Reiki

An Integrative Approach

Answer Key

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ANSWER KEY

CHAPTER ONE Put Your Knowledge to the Test

1. What is Reiki?
Spiritual life force energy from a higher source.
2. Name five benefits of Reiki.
Answers may vary.

Emotional trauma
Chronic and acute pain relief
Reduction of stress and anxiety
Past and present conflicts
Fears, phobias, and addictions
Improved sleep
Improved quality of life for cancer patients
3. What are the Reiki ideals?
Just for today, do not anger.
Do not worry and be filled with gratitude.
Devote yourself to your work. Be kind to people.
4. Who is Usui Mikao?
The founder of the Usui Reiki tradition and technique.
5. What is chi (or in Japanese, ki)?
Energy.

CHAPTER TWO Put Your Knowledge to the Test

1. What are the three pillars of Reiki?
Gassho
Reiki-Ho
Chiryō (treatment)

2. What is Gassho?
Two hands coming together, where the palms meet in prayer position.
3. What is Reiji-Ho?
The method for inviting Reiki power.
4. What is Joshin Kokyu-Ho?
The breathing method for cleansing (or purifying) the spirit.
5. Why do we go to our healing temple?
Give thanks.
Ask to be guided to become a pure channel for loving Reiki energy to enter.
Ask for protection from any energy or belief system that might taint the pure and loving act of giving Reiki.
State your client's name.
Ask for protection.
State that the session is for the greatest good of all.
6. Where is the Tanden?
In the belly, approximately two finger lengths below the belly button.
7. What did you learn from giving yourself a self-care Reiki session?
Answers may vary.
8. Write any illuminations or discoveries you had while doing the homework and in practice.
Answers may vary.

CHAPTER THREE

Put Your Knowledge to the Test

1. What is Aura Scanning?
Using auric sight to sense or see the aura around a person to determine what is out of balance in the body.
2. What is Aura Cleansing?
The act of cleansing or smoothing the aura of a client to remove any psychic debris or energetic holding patterns.

3. What is Aura Beaming?

A technique that sends positive energy to a client's auric field. Aura beaming can be done to specific areas or to the entire aura. During aura beaming, the practitioner envisions the aura expanding and brightening.

4. How do you conduct a body scan?

In person, hover palms just above the client's body and scan from head to toe. Scanning may also be done at a distance, in the mind's eye of the practitioner.

5. How do you dry bathe?

Answers may vary.

There are various ways to dry bathe, including, but not limited to, the Usui method, two adaptations for the inside or outside of the arms, and Chantel's personal method.

Usui Method for Dry Bathing

- Place right hand to left collarbone and stroke down torso to right hip
- Place left hand to right collarbone and stroke down torso to left hip
- Place right hand to left collarbone and stroke down torso to right hip
- Gently brush right hand over left palm and beyond fingertips
- Gently brush left hand over right palm and beyond fingertips

Adaptation for Torso and Outside of the Arm

- Place right hand to left collarbone and stroke down torso to right hip
- Place left hand to right collarbone and stroke down torso to left hip
- Place right hand to left collarbone and stroke down torso to right hip
- Gently smooth the right hand from left collarbone down outside of left arm
- Gently smooth the left hand from right collarbone down outside of right arm

Adaptation for Torso and Inside of the Arm

- Place right hand to left collarbone and stroke down torso to right hip
- Place left hand to right collarbone and stroke down torso to left hip
- Place right hand to left collarbone and stroke down torso to right hip
- Gently smooth the right hand from left collarbone down inside of left arm

- Gently smooth the left hand from right collarbone down inside of right arm

Chantel's Method for Dry Bathing

- Place right hand to left collarbone and stroke down torso to right hip
- Place left hand to right collarbone and stroke down torso to left hip
- Place right hand to left collarbone and stroke down torso to right hip
- Gently smooth the right hand from left collarbone down inside of left arm
- Gently smooth the left hand from right collarbone down inside of right arm
- Gently smooth the right hand from left collarbone down inside of left arm
- Place right hand to left hip bone and smooth down front of left leg to foot, past toes
- Place left hand on right hip bone and smooth down front of right leg to foot, past toes
- Place right hand on left hip bone and smooth down front of left leg to foot, past toes
- Perform three quick sweeps over top of feet with hands
- Perform three quick sweeps on palms of hands
- Flick any leftover energy directly into the earth, arms at your sides or hands in front of you. Envision the energy going beyond floorboards, concrete, dirt, to the core. The earth is very powerful and can absorb this energy.

6. Why is dry bathing important?

To cleanse or clear any energy from the client that is not yours.

7. What is the Reiki Mawashi Group Exercise?

A group exercise where participants feel the current running through everyone in the circle.

8. What are Mikao Usui's Seven Healing Techniques?

1. Hands-On. Touching areas of the body with the palms.
2. Smoothing. A massage-like gesture that moves gently over areas of the body.
3. Tapping. Patting areas of the body to awaken or loosen congestion. Tapping is good along the spine, ribcage, arms, and legs. Patting can be done using your palms, fingertips, or the back/side of the hands.
4. Stroking. I refer to this as brushing or sweeping. Here you are using both hands with fingers together.

5. Blowing. Using your breath, blow on areas of the body in need of attention. Follow your intuition. The blowing can be soft or firm. Note: it is best to be gentle at the level of the solar plexus, firm on bones, quick and firm on joints—but again, follow your intuition. This breath technique is not to be used on or around the face.
 6. Looking. With a soft focus, fix your gaze on the area you are working on.
 7. Specific direction of energy. Using your hand or fingertips in two places, direct the energy between points. You can also use one hand to hover above the area (or make contact) and the other lifted upwards to receive energy from Spirit.
9. Who is Dr. Emoto?
- A Japanese author and researcher who illustrated through photographs how the molecular structure of water changes based on the words, sounds, and feelings it is exposed to.
10. What did you learn and/or feel from giving Reiki to yourself every day? Has your experience or state of being shifted at all since doing daily self-care?
- Answers may vary.

CHAPTER FOUR

Put Your Knowledge to the Test

1. Which side of the body is yin and which is yang? Why is this important?
Yin is the left side of the body. Yang is the right side of the body. It is important because if there is too much of either there will be an imbalance within the body. It will also be illuminating to note if someone has all their injuries or pain on one side of the body. We give Reiki to unite and bring harmony to yin and yang.
2. What emotions are assigned to which organs in the Five Element Theory?
Fire: heart and small intestine
Earth: spleen and stomach
Metal: lung and large intestine
Water: kidney and bladder
Wood: liver and gall bladder

3. Name the chakras from root to crown, indicating their colors and qualities.
 1. Root Chakra. Red. Base of Spine. Survival. Base Needs (money, food, shelter).
 2. Sacral Chakra. Orange. Tanden. Pleasure. Sexuality. Abundance.
 3. Solar Plexus Chakra. Yellow. Personal Power. Self-Worth. Self-Esteem.
 4. Heart Chakra. Green (or pink). Heart. Love. Joy. Happiness. Inner Peace.
 5. Throat Chakra. Blue. Throat. Communication. Self-Expression. Truth.
 6. Third Eye Chakra. Indigo. Forehead between eyebrows. Intuition. Wisdom.
 7. Crown Chakra. White or Violet. Top of head. Connection to Spirit.

CHAPTER FIVE

Put Your Knowledge to the Test

1. What are the three Reiki symbols?
The power symbol (strength). CkR → Cho Ku Rei
The emotion symbol (harmony). ShK → Sei Hei Ki
The distance symbol (connection). HsZsN → Hon Sha Ze Sho Nen
2. What is running energy?
Hands on, hovering above, or at a distance, imagine energy being run between two areas of the body.
3. Who was the Meiji Emperor?
The Meiji Emperor was the 122nd emperor of Japan (1868-1912). He wrote sacred poems in waka form to inspire the people of Japan towards greater ethical and spiritual values. It is from his poetry that Usui Mikao's Original Reiki Ideals derive.
4. When would a chair session be optimal?
If the client is unable to lie down comfortably or there is limited time.
5. What are the six distance healing methods?
 1. A teddy bear or small doll
 2. A piece of paper
 3. Hands on thighs, above the knee
 4. Draw the representation of the person on your finger or knee
 5. A photograph
 6. One's own body
 7. Imagine one's physical form

8. Note any illuminations from the course work so far here.
Answers may vary.

CHAPTER SIX

Put Your Knowledge to the Test

1. Name the nine organs/glands central to the body.
 1. Brain structures: pituitary, pineal, hypothalamus, thalamus, hippocampus
 2. Thyroid
 3. Parathyroid glands
 4. Thymus
 5. Esophagus
 6. Solar plexus
 7. Transverse colon
 8. Small intestines
 9. Uterus/prostate

2. Name the eight organ/glands on the right side of the body.
 1. Right lung
 2. Small portion of the heart
 3. Liver
 4. Gall bladder
 5. Right kidney
 6. Right adrenal gland
 7. Ascending colon
 8. Right ovary/teste

3. Name the nine organs/glands on the left side of the body.
 1. Left lung
 2. Heart
 3. Stomach
 4. Pancreas
 5. Spleen
 6. Left kidney
 7. Left adrenal gland
 8. Descending colon
 9. Left ovary/teste

4. Identify three areas of the subluxation chart. For instance, C1 corresponds to the brain area, T9 innervates the adrenal gland, L1 relates back to the

large intestines. We learn these areas to bring greater clarity and a different perspective when giving a Reiki session.

Answers may vary.

CHAPTER SEVEN

Put Your Knowledge to the Test

1. Why is giving Reiki to food impactful?
Enhances the quality and nutrients in food. Answers may vary.
2. If you were able to give Reiki to an animal or child, what did you learn?
Answers may vary.
3. How was your experience of giving Reiki to a space charged with positive or negative energy?
Answers may vary.
4. Describe Hesso Chiryō, its benefits, and how it is done.
Hesso Chiryō is the Reiki treatment for the navel. Benefits: Improves digestion, mitigates the pain associated with childhood trauma, frees up original yang energy, supports reproductive health, nourishes CV8, and strengthens immune system. How to: Place your palm or fingertips on or above the navel (belly button).
5. Describe Tanden Chiryō, its benefits, and how it is done.
Tanden Chiryō is the Reiki Treatment for the Tanden. Benefits: Balances the second chakra. How to: Place your palm or fingertips on the Tanden (approximately two finger lengths below the belly button).
6. Describe the Reiki Treatment for Detoxification, its benefits, and how it is done.
A Reiki method for detoxification. Benefits: grounds, strengthens courage and will-power, helps with nervousness, fear, and anxiousness, invigorates when depleted energetically, and aids in detoxification. How to: Same as Tanden Chiryō—only the intention is different. The intention is to help toxins leave the body.
7. Describe the Reiki Treatment for the Origin of Disease, its benefits, and how it is done.
A treatment that focuses on the cause rather than the effect of symptoms. Benefits: treats chronic conditions and systemic disorders, supports immune system and hormonal imbalances, helps depression,

OCD, mental health, cancer, asthma, and past trauma. How to: Palms to top of the head, forehead, temples, back of head, neck and throat, neck and shoulders, and stomach.

8. Describe the Reiki Treatment for Habits and Addictions, its benefits, and how it is done.

Treatment for habitual inclinations and addictive behaviors. Benefits: detoxifies, lowers drug and alcohol cravings, calms shakes and tremors, lessens anxiety, and reduces depression. How to: affirmation with non-dominant hand on forehead and dominant hand on back of the head. Silently state affirmation in "I" form, repeating affirmation in your head for a few minutes, remove non-dominant hand, and send Reiki.

9. Describe the Reiki Treatment for the Blood Exchange Technique, its benefits, and how it is done.

Blood cleansing and purification. Benefits: grounding. How to:

- Establish a connection with the client, placing your left hand on their left shoulder
- With your right hand, wipe from C7 to the base of their spine (one time)
- With your right hand, wipe down from their right shoulder to their left hip (three to ten times)
- Move to the other side of the client, placing your right hand on their right shoulder
- With your left hand, wipe down from their left shoulder to their right hip (three to ten times)
- Again, wipe down spine from C7 to base (this time ten times)
- Using both hands, place fingers on either side of client's spine: Wipe down from C7 to the base of their spine. Swipe three times, then press with medium pressure at the level of L5. One, two, three and press and hold. Repeat two more times.
- Sweep the back of your nails out from their mid body. Flick your fingers out away from spine, then up neck, then tap the top of their head.
- Aura Cleanse
- Aura Beam

CHAPTER EIGHT

Put Your Knowledge to the Test

1. List what you perceive to be your strengths and weakness when you think of your intuitive self.
Answers may vary.
2. What did you discover about yourself and what you perceived while doing the intuition exercises?
Answers may vary.

CHAPTER NINE

Put Your Knowledge to the Test

1. Meditate on your current status, whether you are employed, retired, or unemployed. Create an affirmation that states a positive message for yourself in how you see your current status evolve. The sentence should be short, easy to remember, and written in the present tense. *Answers may vary.*
2. What are the Four Noble Truths?
The Four Noble Truths are:
 1. *The Truth of Suffering*
 2. *The Truth of the Cause of Suffering*
 3. *The Truth of the End of Suffering*
 4. *The Truth of the Path that leads to the End of Suffering*
3. What is Ho'oponopono? Write the four statements here.
The Hawaiian Forgiveness Prayer.
"I'm sorry."
"Please forgive me."
"Thank you."
"I love you."
4. What is a Bija Mantra? List the sounds and meanings here.
A one-syllable sound associated with one of the seven chakras.
 1. *LAM – Root Chakra*
 2. *VAM – Sacral/Navel Chakra*
 3. *RAM – Solar Plexus Chakra*
 4. *YAM – Heart Chakra*

5. HAM – Throat Chakra
6. OM – Third Eye/Brow Chakra
7. OM – Crown Chakra
8. Why would you chant So Hum?
To unite the feminine and masculine energies.
9. What are you calling in if you place Om Hum before So Hum?
You are summoning an altered state of consciousness.
10. How has your connection to Spirit evolved since doing daily prayers/invocations?
Answers may vary.
11. In what way can Reiki support your life or existing practice? If you are not in a healing field, or are retired, how do you see Reiki influencing your daily life?
Answers may vary.

CHAPTER TEN

Put Your Knowledge to the Test

1. Are there any lingering doubts or obstacles to creating a Reiki practice for self-care or care for others? If so, list them here and create an affirmation to help you move into a power-filled state with your relationship to yourself and Reiki.
Answers may vary.
2. How will Reiki play a part in your life and/or work?
Answers may vary.
3. Synthesize everything learned in the class. Write about what you will remember, use, and integrate into your life and work.
Answers may vary.