



KNOWLEDGE CHECK

A Simple Review of the Foundations

This Knowledge Check is an opportunity to reflect on what you have learned throughout your Reiki journey.

There is no need to rush. Simply choose the answer that best reflects the teachings in this course.

1. The word Reiki is commonly described as:

- ☐ A. Physical healing through touch
- ☐ B. Universal life-force energy
- ☐ C. Meditation through breathing
- ☐ D. Chakra balancing

2. What is the primary focus of this Reiki Level 1 course?

- ☐ A. Becoming a professional Reiki practitioner
- ☐ B. Learning to teach Reiki
- ☐ C. Self-Reiki, awareness, and your own healing journey
- ☐ D. Learning distance Reiki

3. Which three words have guided us throughout this course?

- ☐ A. Heal. Change. Transform.
- ☐ B. Notice. Allow. Return.
- ☐ C. Think. Understand. Explain.
- ☐ D. Focus. Control. Direct.

4. True or False: You must feel warmth, tingling, or another physical sensation for Reiki to be working.

☐ TRUE

☐ FALSE



**5. The self-Reiki hand positions are best understood as:**

- ☐ A. Rules that must always be followed exactly
- ☐ B. A map that gives you a place to begin
- ☐ C. Positions that activate specific healing outcomes
- ☐ D. Something you must memorize before using Reiki

6. What is the difference between intention and expectation?

- ☐ A. There is no difference
- ☐ B. Intention opens you to an experience; expectation tries to determine what should happen
- ☐ C. Expectation is required for Reiki to work
- ☐ D. Intention guarantees a particular result

7. Which statement best reflects the approach taught in this course?

- ☐ A. Every sensation has a spiritual meaning
- ☐ B. You should immediately interpret anything unusual
- ☐ C. Notice what you experience and remain curious
- ☐ D. You need to understand energy before experiencing it

8. True or False: Chakras were originally part of Mikao Usui's Japanese Reiki system.

- ☐ TRUE ☐ FALSE

9. Why are chakras introduced in this course?

- ☐ A. Because you must diagnose chakra blockages
- ☐ B. As another way to explore awareness, reflection, and balance
- ☐ C. Because Reiki cannot be experienced without them
- ☐ D. So you can memorize the seven chakra colors



**10. Which statement best describes an intentional breath?**

- ☐ A. A complicated breathing technique
- ☐ B. A breath that must be held for a specific number of seconds
- ☐ C. A simple way to slow down, become present, and return to yourself
- ☐ D. A requirement for activating Reiki

11. What is the purpose of grounding?

- ☐ A. To create a particular sensation
- ☐ B. To help bring awareness into your body and the present moment
- ☐ C. To guarantee that you feel energy
- ☐ D. To clear every unwanted emotion

12. True or False: Reiki is presented in this course as a complementary wellness approach rather than a replacement for medical or mental-health care.☐ TRUE☐ FALSE**13. Which statement best reflects intuition and discernment?**

- ☐ A. Every thought that enters your mind is intuition
- ☐ B. Intuition should never be questioned
- ☐ C. You can notice an impression without immediately deciding what it means
- ☐ D. Intuition always arrives as a strong or dramatic experience



**14. When you finish self-Reiki, what is at the heart of the 4Gratitude closing rhythm?**

- ☐ A. Analyze everything you experienced
- ☐ B. Determine whether the session worked
- ☐ C. Notice, return, and name your Four Gratitudes
- ☐ D. Repeat the entire Reiki sequence

15. Which statement most closely reflects the heart of 4Gratitude Reiki?

- ☐ A. Master the technique before trusting yourself
- ☐ B. The stronger the sensation, the stronger the Reiki
- ☐ C. Learn the foundation, experience it for yourself, and allow your awareness to grow
- ☐ D. Your goal should be to become a Reiki teacher

BEFORE YOU FINISH

Take one intentional breath.

This Knowledge Check isn't about proving how much you know. It is simply an opportunity to recognize what you have learned.

YOU NOW HAVE A FOUNDATION.

CONTINUE TO EXPERIENCE.

CONTINUE TO NOTICE.

CONTINUE TO LISTEN.

CONTINUE TO REMAIN CURIOUS.

RETURN TO GRATITUDE.





ANSWER KEY

Review after you have completed the Knowledge Check

1. B - Universal life-force energy
2. C - Self-Reiki, awareness, and your own healing journey
3. B - Notice. Allow. Return.
4. FALSE
5. B - A map that gives you a place to begin
6. B - Intention opens you to an experience; expectation tries to determine what should happen
7. C - Notice what you experience and remain curious
8. FALSE
9. B - As another way to explore awareness, reflection, and balance
10. C - A simple way to slow down, become present, and return to yourself
11. B - To help bring awareness into your body and the present moment
12. TRUE
13. C - You can notice an impression without immediately deciding what it means
14. C - Notice, return, and name your Four Gratitudes
15. C - Learn the foundation, experience it for yourself, and allow your awareness to grow

LEARN THE RHYTHM. EXPERIENCE THE ENERGY. RETURN TO GRATITUDE.

