

Reiki Healing Practice Test Questions and Answers

1. What does the word "Reiki" literally mean?

- A) Energy healing
- B) Universal life force energy
- C) Spiritual power
- D) Divine intervention

2. Who is considered the founder of modern Reiki practice?

- A) Hawayo Takata
- B) Mikao Usui
- C) Chujiro Hayashi
- D) William Rand

3. How many traditional Reiki hand positions are there for treating the body?

- A) 8 positions
- B) 10 positions
- C) 12 positions
- D) 15 positions

4. What are the five Reiki principles primarily focused on?

- A) Physical healing techniques
- B) Meditation and spiritual growth
- C) Business ethics for practitioners
- D) Scientific validation methods

Answers: 1-B 2-B 3-C 4-B

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