

## Lesson 1- What is Darkness & Negativity?

Welcome to our first lesson in **Reiki to Combat Darkness**. I'd like to start with a simple ten question pre-test that may surprise you and hopefully will make you stop and think for a minute. You are not being graded. Please answer honestly and allow yourself to be able to start a new journey of shining through the darkness.



### Darkness Pre-Test

#### 1. What is Darkness?

- A) Love
- B) Only Evil Fairy Tales
- C) Anything that does not give off a good feeling
- D) The fatty donuts my husband likes to buy when I'm on a diet



2. Negative Energy only attaches to people who dress in Gothic style clothing, like witchery, and enjoy watching horror movies.

- A) True
- B) False

3. Negative Energy can be found by watching a depressing movie.

- A) True
- B) False

**4. Wearing black nail polish attracts dark things.**

A) True

B) False

**5. Darkness is attracted to light.**

A) True

B) False

**6. Everything you say it has either positive or negative energy attached.**

A) True

B) False



**7. Which of the following attracts darkness?**

A) A messy house

B) Arguments

C) Depressing or sad movies and TV shows

D) Ignoring problems

E) All of the above



**8. Kids can be taught how to protect themselves from darkness on their own.**

A) True

B) False

9. Saying NO is negative.

- A) True
- B) False

10. Reiki can't help with spirits and haunted houses.

- A) True
- B) False



\*\*\*STOP\*\*\*

Please only continue after you have completed the short test.

If you have finished the test congratulations! We are ready to dive into what darkness is.

Take a look at the Answer Key and note areas where the answers might surprise you.

Answer Key:

- 1. C,
- 2. B) False,
- 3. A) True,
- 4. B) False,
- 5. A) True,
- 6. A) True,
- 7. E,
- 8. A) True,
- 9. B) False,
- 10. B) False

Darkness is anything (person, place, thing or energy) that gives off a bad feeling. It truly is as simple as that! Sometimes it will be obvious from the start like when you think of a scary movie or are shown the image of a Universal Dark symbol such as a devil. Other times it sneaks by you and compiles until you have a big problem. A good example of this would be a relationship where little things are ignored until it is so

damaged that it is no longer fixable. Another common example would be a house where objects slowly accumulate. Things get messy over time. The underlying problem is ignored until the house becomes full of negativity and is a full-blown hoarding nightmare.



Now that you have a basic guide as to what darkness is let us together move on to Lesson 2 where we will explore ways it can creep in.