

Reiki Glossary

A

Attunements – Attunements empower people to use Reiki on themselves and others to facilitate a connection to the Reiki source. Attunements are preformed by a Reiki Master/Teacher during the initiation ceremony of a Reiki student.

B

Beaming – Beaming is a technique of distant healing. You can send Reiki thru the air by filling and surrounding your hands with Reiki, and then direct it (through your will, vision and thoughts) to the desired target.

Byosen – A process where the hands of the Reiki Master move over the body of the recipient to determine if there are weaknesses, changes or areas in need of treatment.

C

Chakras – are energy vortices on the energy body that comprise part of the energy system. They are Indo-Tibetan in origin and were added to Reiki in the Raku Kai system of Reiki. They are currently commonly taught in many forms of Reiki.

Cleansing – (21 day cleanse) – is a process of the body removing toxins and realigning the energy fields following a Reiki treatment or Attunement.

D

Distant Attunements – Attunements that uses the Reiki distant symbol to perform the attunement on someone not physically present.

Distant Healing – This is sending Reiki energy for the purpose of healing someone not physically present. This uses the Distant Symbol and a variety of techniques such as the photo technique, Reiki stacks, healing lists or teddy bear technique for a point of focus.

E

Empowerments – Any process to help another to develop the ability to use an energy or technique.

Energy Exchanges - Dr. Usui discovered the concept of energy exchange after experiencing what he perceived as energy leeches, those who did not desire healing, only wanting the benefit of the session when it was free. In order to keep the universe in balance, Dr. Usui said there must be a charge for reiki services and teachings. The term “Energy Exchange” means just that, in our society energy is expressed most frequently as money.

G

Global Reiki Masters Association – (GRMA) is an international association of Reiki Masters. The members are a diverse group who respect all Reiki practices. The GRMA tries to provide truthful information, training and empowerment about Reiki. The GRMA is dedicated to spreading the gift of Reiki

throughout the world to all that need and wish to have Reiki in their lives. The GMRA was founded by Joseph "Running Wolf" Sparti so that all that wishes to learn Reiki are able to do so free of the control of others.

H

Hand Positions – refer to the specific hand positions used when performing a Reiki treatment. The Reiki practitioner places their hands on specific positions and lets the Reiki flow into the recipient's body at these points to facilitate healing.

Healing Attunements – A non-initiatory Attunement thought to "increase healing" developed by William Rand. The procedure does not initiate the recipient into Reiki as a practitioner.

I

Independent Reiki Masters – A term used to describe people who are Reiki Masters that are not aligned with a particular school. They might use various different approaches with techniques from many schools. The vast majority of Reiki Masters in the west are Independent Reiki Masters.

Initiation – The ceremony performed by a Reiki Master/Teacher to open a student's energy center empowering them with the ability to channel Reiki.

Intent – Reiki is an intent driven system. Intent is the key to using the Reiki energy in healing Attunements.

International Association of Reiki Professionals – (IARP) A group of Reiki professionals who agree to abide by a set of ethics which protect both the healer and the client.

K

Karuna® - Karuna means "Compassionate Action". Enlightened beings are working to end suffering on Earth and have this quality within them. They incessantly send an unlimited amount of healing energy and guidance to us. As you develop the inspiring quality of compassionate action within yourself, not only are you helping others, but you also are becoming more receptive to the Karuna that is being sent to you by all these enlightened beings, thus your own healing is accelerated.

M

Master Symbol – The Dai Ko Mio is the master symbol used in all Reiki Systems. It is the symbol for the Ultimate Source of Love, Light, Harmony and Healing. It is sometimes translated to mean the "Great Shining Light".

Master Teacher – A person who has received the initiations for each of the degrees of Reiki and is able to perform the initiation ceremony.

Meditation – Different methods of focusing, breathing designed to bring about a heightened state of consciousness and/or enlightenment.

P

Power Symbol – The First Reiki Symbol. Cho Ku Rei is commonly called the "power" symbol in the Western Styles of Reiki (Usui Shiki Ryoho) But is called "Focus" in Traditional Japanese Reiki and in Japan.

R

Raku – A lightning-like symbol that is used at the end of Attunements to separate the energies of the Master and the student.

Reiji – is the ability to find or spot imbalances in the body.

Reiki – (pronounced *Ray-Key*) is a system of Enlightenment and Hands on Healing art developed in the early 1900's by Mikao Usui in Japan. It is an art that is passed Master to student. The word Reiki comes from two Japanese words – Rei & Ki meaning Universal Life force Energy. The term "Reiki" is used to describe both the energy and Usui system of using it.

Reiki Crystal Grids – A technique that charges crystals with Reiki and then places them in a geometric pattern. The purpose is to create a protective grid or to use it to send continuous healing.

Reiki Guides – Specific "guides" or spirits that work with Reiki and individual practitioners.

S

Scanning – A process where the hands of the Reiki Master move over the body of the Recipient to determine if there are weaknesses, changes or areas in need of treatment.

Seichim Reiki – was discovered by Patrick Ziegler in 1980 after a spiritual experience in the great Pyramid in Egypt and after receiving Sufi Empowerments from a Sufi Master.

T

Tibetan Reiki – A school of Reiki that believes to have found the original practices from Tibet.

V

Vajra Reiki – A system of Reiki that uses some of the Tibetan material as well as the White Light Symbol.