

This is a collection of Reiki Terms I have captured over the years.

- **Reiju** - Blessing. Reiju is a 'blessing' and is offered by the Reiki teacher to their students. Often used at Reiki shares. Reiju can also be used as an empowerment. See empowerments.
- **Reiji-ho** - Reiji (indication of the Reiki energy), Ho (methods). This is a technique for connecting to the energy to become one with the energy before Reiki treatments (Chiryō).
- **Reiki** – Spiritual energy. Reiki, pronounced 'ray-key', is often described as “life force energy” or “spiritual energy”. It is a natural, gentle yet powerful form of healing therapy that aims to increase energy levels, promote relaxation and wellbeing and enhance the body’s natural healing ability.
- **The system of Reiki** – A system developed by the founder, Mikao Usui, in Japan in the early 1900s that utilizes Reiki to heal the self and become whole.  
Attunement - Reiki attunements are adjustments made by the Reiki Master to the student's energy body to allow Reiki energy to flow through them from the Universe, so that they can heal using Reiki energy and progress on their higher path.
- **Attunements** provide an instantaneous and direct connection to the Universe.
- **Aura** - The bio-magnetic energy field around the body.
- **Beaming** - Beaming is when you use Reiki to heal someone that you can see but are unable to do hands on Reiki for, for instance if someone was in an accident and you could see but not reach them you could beam Reiki at them.
- **Byosen** - The feeling or energy from the source of an illness or injury.
- **Byosen Reikan Ho scanning** - Using the hands to 'scan' a person's physical body and aura. Allows the Reiki practitioner to locate where, on the client's body or in the aura, healing is needed.
- **Chiryō (treatment)**. This is a specific form of treatment as described by Usui-Sensei which follows on from Reiji-ho. It is based on detaching from the healing process and allowing the Reiki energy to guide the practitioner.
- **Client** – A Reiki practitioner performs a Reiki treatment on a client. The term patient is not used as it implies that the Reiki practitioner is the holder of quasi-medical knowledge.
- **Crystal Grid** - A method of creating a sacred space or healing using a formation of charged quartz crystals.
- **Denju** - The Japanese term for initiation and in the context of Reiki refers to the attunement process used to initiate students in the art of Reiki.
- **Distant attunements** - When a Reiki Master carries out the attunement process on a Reiki student across space and time.
- **Distant healing** - Used to give Reiki healing across time and space. Can be used in the past, present or future.
- **Doi, Hiroshi** - Hiroshi Doi is a member of the Usui Reiki Ryoho Gakkai founded by Mikao Usui. He founded the Usui Reiki Ryoho system of healing based on the teachings of Mikao Usui and the Usui Reiki Ryoho Gakkai. Hiroshi Doi also teaches Gendai Reiki Ho combining aspects of Western and Japanese Reiki and has studied various energy healing systems.

- **Enkaku Chiryô Hô** – A traditional Japanese practice to connect with others to support their healing process.
- **Empowerment** - same as Reiju, used by the Reiki Master to put higher frequency Reiki energy into the student to raise their vibrational frequency. Empowerments are different to attunements because they raise the frequency of the student a little at a time where as attunements offer a direct connection to the energy source. Usui-Sensei used empowerments for students he would see very frequently, but for those whom he would not see on a regular basis he would use attunements.
- **Five Elements of the System of Reiki** – There are five elements to the system of Reiki that Mikao Usui, the founder, brought together to create a complete system. They are precepts, hands-on healing, techniques, symbols and mantras, and the receiving of reiju
- **Five Precepts** – One of the five elements of the system of Reiki. The precepts are the cornerstone of the teachings and are: For today only do not anger, do not worry, be humble, be honest in your work, be compassionate to yourself and others.
- **Gasshō** – The placing of two palms together in front of the chest. In Japan this act represents unity, gratitude and respect. Putting your hands in prayer position and holding them in front of your chest by your heart.
- **Gedoku Ho** - A technique to detoxify and purify and to connect to your higher self.
- **Gokai Sansho (affirmations)** - A technique that is used as part of Hatsu Rei Ho.
- **Gyoshi ho** - Healing through the eyes
- **Hands-on Healing** – One of the five elements of the system of Reiki.
- **Hara** – Belly or abdomen. Energetic center that is placed approximately 3 inches (8 cms) below the navel.
- **Hatsurei Hô** – A traditional Japanese Reiki technique that generates and strengthens spiritual energy. Method of vibrational breathing used to induce relaxation thereby improving immune system function.
- **Hado Meiso Ho** - A Hiroshi Doi method of inducing a deep state of vibrational meditation.
- **Hatsu rei ho** - This is a Japanese Reiki technique combining meditation, minor empowerment and self healing intended to enhance the flow of Reiki energy.
- **Hayashi, Chijuro** - One of the 16 Masters Mikao Usui initiated and taught. He expanded Reiki in a more clinical way. Hayashi taught Reiki to Hawayo Takata.
- **Healing crisis** - When you have been attuned to Reiki or sometimes when you have received Reiki, the negative energy gets pushed out of your body and replaced with higher frequency healing energy. This process can cause physical and emotional reactions that while they can seem distressing initially are a product of the healing process and as long as continual healing is given will subside.
- **Heso Chiryô Ho** - Method for healing at the navel. This technique is particularly useful for healing the kidneys.

- **Hibiki (Sound, echo, vibration)** - The sensation felt in the hand when the body is being scanned or healed. Experienced during Byosen Reikan Ho scanning.
- **Hui Yin Point** - Located at the sacral base chakra, contracted in Tibetan Reiki attunements to prevent energy escaping.
- **Jôshin Kokyu Hô** – A part of hatsurei hô, this traditional Japanese Reiki technique strengthens the energy in the hara and is grounding. A technique used to cleanse and purify, often used to treat a byosen that will not easily heal.
- **Jiko Joka Ho** - A Hiroshi Doi method for self-purification.
- **Joshin Kokyu Ho** (The Cleansing Breath) - A breathing technique that is used as part of
- **Hatsu Rei Ho Jumon** - Literally translated this means "sound to invoke a specific universal vibration" .i.e. a specific frequency of energy. Each Reiki symbol has a Jumon, which is its name or mantra.
- **Ken'yoku Hô** – A traditional Japanese Reiki technique also known as dry brushing often performed before and after a treatment.
- **Ki** – Energy. Ki is a much lower energy frequency than Rei.
- **Kanji** - An ideographic or pictographic character used in a Japanese system of writing based on borrowed or modified Chinese characters.
- **Kanji hand positions** - These are traditional hand positions that appear in many different cultures. Used for Reiki they allow us to focus our thoughts and ask for the help we need with the tasks we are completing.
- **Ken'yoku ho** (Dry bathing) - A technique to cleanse the etheric and physical body that is used as part of Hatsu Rei Ho. Ki - Life force energy (also known as Chi in China, Prana in India, Ti in Hawaii), is inside and surrounding all living things.
- **Kihon Shisei** (Standard Posture) - A technique that is used as part of Hatsu Rei Ho
- **Ki Ko** - A Japanese form of Qi- Gong, a healing discipline that teaches the practitioner to build up their own life force energy (Ki) to use for healing purposes.
- **Koki ho** - Healing through the breath
- **Kotadama** - A form of affirmation or mantra used to connect to the source of the Reiki energy.
- **Kurama** - The mountain in Japan where Mikao Usui is said to have been given the Reiki energy through his crown chakra.
- **Lineage** - The line of Reiki Masters starting with Mikao Usui that leads to the student. You can see our Reiki lineage [here](#).
- **Mantras** – Along with their accompanying symbols, mantras are one of the five elements of the system of Reiki. Traditionally there are four mantras in the system of Reiki. They are tools that support Reiki practitioners in tapping into specific energies.

- **Mikao Usui** – (1865-1926) Founder of the system of Reiki. Shibumi members do not use the terminology “Dr Usui” as Mikao Usui was not a doctor and to use this term is not in line with the philosophy of Shibumi. By stating that which is untruthful other elements of the system of Reiki may be brought into disrepute. The term “Dr” is falsely indicating that the system of Reiki originated from a medical background which is not the case. Members wishing to use a term of respect are suggested to use the Japanese word “Sensei”.
- **Mantra** - A commonly repeated word or phrase which is used in Reiki to connect to the energy (Kotodama) or increase the flow of Reiki energy into the practitioner to raise their frequency.
- **Meiji Renno Gyosei** - The poems of the Meiji Emperor. These are short poems known as Waka.
- **Mokunen** (Focusing) - A technique that is used as part of Hatsu Rei Ho.
- **Netatsu Ho** - This is a Japanese Reiki technique used to alter negative thought patterns or behaviour.
- **Psychic Surgery** - A method used by Reiki practitioners for removing negative energy and traumas from their clients.
- **Reiji Hô** – A traditional Japanese Reiki technique that supports the practitioner in being guided by spirit.
- **Reiju** – Spiritual blessing (known as attunement in modern Reiki systems). One of the five elements of the system of Reiki. It is a ritual that the teacher performs to energetically support the student.
- **Reiki** - This is a Japanese word made up of two words 'Rei' and 'Ki' and is used here in the West to denote the Usui System of Natural Healing, but has also come to encompass a whole range of energy healing systems which are not necessarily connected with Mikao Usui.
- **Reiki, the Energy** – Spiritual Energy. Reiki is the name of the energy utilized in the system of Reiki.
- **Reiki, the System of** – Created by Mikao Usui in Japan in the early 1900s as a self-development practice which in modern times has also evolved into a hands-on healing therapy. The complete system includes five elements which are precepts, hands-on healing, techniques, symbols and mantras, and the receiving of reiju.
- **Reiki Practitioner** – Anyone who has studied a Reiki course.
- **Reiki Teacher** – Anyone who has completed Shinpiden (Level III). The term Reiki Master is not utilized by Shibumi members due to the understanding that one does not master Reiki (spiritual energy).
- **Rainbow Reiki** - A technique used to vary the frequency of the energy used to heal to match the frequency of specific physical or emotional conditions, using the Reiki symbols and colour.
- **Rei** - Has various interpretations: universal energy outside all living things, the highest spiritual consciousness, God's energy. Rei energy has a frequency of 7, 200 cps (cycles per second) or above.
- **Reiki Guides** - Ascended Reiki Masters, spirit guides or other higher beings that are often said to help practitioners with their healing.
- **Reiki Healing Crisis** - see Healing Crisis

- **The secret of inviting happiness**
  - The miraculous medicine of all diseases
  - Just for today, do not anger
  - Do not worry and be filled with gratitude
  - Devote yourself to your work and be kind to people
  - Every morning and evening join your hands in prayer,
  - Pray these words to your heart and
  - Chant these words with your mouth
  - Usui Reiki Treatment for the improvement of body and mind
  - The founder Usui Mikao
  
- **Reiki Ideals** (or Gokai) - The five precepts developed by Mikao Usui to live your life by, which should be recited morning and night by a student of Reiki or a Reiki practitioner or teacher. As presented by Mikao Usui (Japanese translation) these are:
  
- **As presented by Hawayo Takata these are:**

Just for today, I will let go of anger  
Just for today, I will let go of worry  
Just for today, I will give thanks for my many blessings  
Just for today, I will do my work honestly  
Just for today, I will be kind to my neighbor and every living thing
  
- **Reiki Levels** - Reiki courses are divided into levels. In the West these are generally as follows:
  - Reiki Level 1 (Rei or spiritual healing)
  - Reiki Level 2 (Reiki practitioner)
  - Reiki Level 3 (Healing Mastership)
  - Reiki Level 4 (Teaching Mastership/Healing Mastership)
  
- In Japan, there are seven levels as follows:
  - Shoden (Rei or spiritual healing)
  - Okuden (Reiki practitioner)
  - Shinpiden (Healing Mastership)
  - Shihan- Kaku (Beginner Teacher)
  - Shihan Sensei (Expert Reiki Teacher) and levels 6 and 7 are by invitation only
  
- **Reiki Mawashi** - Method of passing on Reiki (energy) to help Reiki students become more sensitive to the energy.
- **Reiki Ryoho Hikkei** - A Reiki manual used by the Usui Reiki Ryoho Gakkei. It has sections attributed to Mikao Usui but is largely thought to have been created by Dr Chijuro Hayashi.
- **Rei shower** - (also known as aura cleansing) - A technique used to cleanse the aura.
- **Reiki Symbols** - 4 symbols used in Reiki to connect to different frequencies of energy for healing or self development.
- **Reiki Undo** - Movement of spiritual energy. This is a Qi Gong technique introduced to Japanese Reiki for movement of energy through the body.
- **Seishin Toitsu** – A part of hatsurei hô, this traditional Japanese Reiki technique that supports the movement of energy through the arms from the hara.
- **Seiza** – Correct sitting. A traditional Japanese style of sitting back on the ankles with the legs folded underneath and the back erect.
- **Shibumi** - A Japanese word meaning Simple, Subtle, Understated, Unobtrusive beauty ,Effortless perfection, The refinement of one’s soul

- **Symbols** – Along with their accompanying mantras, symbols are one of the five elements of the system of Reiki. Traditionally there are four symbols in the system of Reiki. They are tools that support Reiki practitioners in tapping into specific energies.
- **Saibo Kassei Kokyu Ho** - This is a Hiroshi Doi method for vitalising the body cells through breath.
- **Samurai** - A professional warrior belonging to the Japanese feudal military aristocracy. Mikao Usui's family was a high level within the ranks of Samurai.
- **Self healing** - The process of healing yourself using the Reiki energy with certain hand positions.
- **Seishin Toitsu** (Contemplation) - A technique that is used as part of Hatsu Rei Ho
- **Shihan-Kaku** - The fourth level on the Reiki path. Beginner teacher in Japanese levels.
- **Shihan Sensei** - The fifth level on the Reiki path. Expert Reiki teacher in Japanese levels.
- **Shinpiden** - The third level on the Reiki path. Healing Mastership/ Psychic Mastership or Spiritual Mastership in Japanese Reiki Levels.
- **Shirushi** - Shirushi is the Japanese word used to describe the Reiki symbols.
- **Shoden** - The first level on the Reiki path in Japanese levels. Rei or spiritual healing - beginner level.
- **Shuyo Ho** - Practising Hatsu Rei Ho as a group activity.
- **Tanden Chiryo Hô** – A traditional Japanese Reiki technique practiced to detoxify and purify.
- **Techniques** – Techniques are one of the five elements of the system of Reiki and are practiced by Reiki practitioners to move deeper into their relationship with the system.
- **Takata, Hawayo** - Mrs Takata became the 13th and last Master to be initiated in Reiki by Dr Chijuro Hayashi. She brought Reiki to the West and adapted the original teachings of Usui to suit the anti Japanese sentiment in America at the time. Hawayo Takata introduced a \$10,000 fee for Reiki Masters. She initiated 22 Masters before her death.
- **Tibetan fire serpent** - A symbol for cleansing developed by Reiki teacher William Lee Rand and a team of Reiki Masters for a system called Tibetan Reiki.
- **Twenty one day cleansing process** - Reactions which occur to a Reiki student as a result of the Reiki attunements. The high frequency of energy they receive causes a detoxification process of all bodies (physical, mental, emotional, spiritual). This can be shorter or longer than twenty one days depending on where the student is on their higher path.
- **Three Diamonds** – The foundation understanding of energy that is utilized in Japanese arts and Ways, including the system of Reiki.
- **Usui-do** - The Way of Usui. These were Mikao Usui's teachings.
- **Usui Master Symbol** - Used to create a stronger channel between the physical and Higher self and between the Reiki teacher and the Universal energy source.
- **Usui, Mikao** - The founder of 'The Usui System of Natural Healing' - or 'Usui-do' which has today in the West come to be known as Reiki. Usui called Reiki the 'Secret method of gaining happiness'. He taught over 2000 students and 16 Masters.
- **Usui Reiki Ryoho** - Usui Spiritual Energy Healing Method. Used by teachers who focus on teaching a traditional Japanese style of Reiki. Takata claimed to have learned this method from Chijuro Hayashi.
- **Usui Reiki Ryoho Gakkai** - Society of the Usui Spiritual Energy Healing Method. A society existing in Japan which claims to have been developed by the founder of Reiki Mikao Usui.
- **Usui Shiki Ryoho** - The Usui Way of healing, a style of Reiki used by some Reiki teachers. Hawayo Takata used this on the certificates she provided for students.
- **Usui teate** - Hands on healing given by Mikao Usui.
- **Violet Breath** - A breathing technique used in Tibetan Reiki attunements to place the Tibetan Master Symbol.
- **Vortex** - A method used by the Reiki practitioner to remove negative energy from the client.
- **Waka** - Waka is a form of traditional Japanese poetry containing 31 syllables. 'Wa' means Japanese and 'ka' means poem. Waka were first created prior to the advent of writing in Japan for celebratory or religious purposes. Mikao Usui incorporated Waka into his teaching