



# SUMMARY:

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## Reiki Types



## *Common Types of Reiki*

There many different Reiki styles that extend beyond the traditional Usui Reiki. Each style of Reiki has it's own philosophies, symbols, and process of attunement. All Reiki styles follow the fundamental belief in a universal energy that helps emotional, mental, spiritual, and physical healing.

Some suggest there are over 1000 styles of Reiki, with many sub-styles stemming from primary methods of Reiki. Some styles of Reiki have also developed based on geography and the relevant cultural beliefs of each region including Tibet, India, and Egypt.

Below are some more popular styles of Reiki that have developed over time. Usui Reiki is listed first as the primary method of Reiki and the remaining styles are listed alphabetically with no preference given to reported efficacy.

- Usui Reiki <http://bit.ly/2sC0Szu>
- Blue Star Reiki <http://bit.ly/2sDWBLY>
- Five Element Seichem <http://bit.ly/2AXByIX>
- Gendai Reiki <http://bit.ly/2AOW4LR>
- Golden Age Reiki <http://bit.ly/2sA7RsX>
- Imara Reiki <http://bit.ly/2sBSNec>
- Jinlap Reiki <http://bit.ly/2sDsyUF>
- Karuna Reiki <http://bit.ly/2ASQsXi>
- Kundalini Reiki <http://bit.ly/2sFMhmB>
- Lightarian Reiki <http://bit.ly/2sDszyJ>
- MariEL <http://bit.ly/2W3oZVm>
- Men Chho Reiki <http://bit.ly/2AVAOUJ>
- Prema Reiki
- Rainbow Reiki <http://bit.ly/2sFvIXW>
- Raku Kei <http://bit.ly/2AY9eGI>
- Reiki Jin-Kei Do <http://bit.ly/2sCcGSv>
- Saku Reiki <http://bit.ly/2FE6qCf>
- Satya Japanese Reiki <http://bit.ly/2szhEPS>
- Seichim Reiki <http://bit.ly/2sDrxw0>
- Shamballa Reiki <http://bit.ly/2szhGY0>
- The Radiance Technique <http://bit.ly/2sLfYDb>
- Tibetan Reiki <http://bit.ly/2AWRdbl>
- Vajra Reiki <http://bit.ly/2sCcFOR>

