
TYPES OF REIKI

Mikao Usui's system is the foundation of Reiki, but since his time, many other styles and branches have developed. Some are close to Usui Reiki, while others blend in new symbols, techniques, or spiritual influences.

As a Reiki practitioner, it's helpful to know what's out there—so you can stay informed and make choices about whether you feel called to explore further.

Why So Many Types?

- Reiki was originally passed on orally and through practice, so it evolved differently in different places.
- Practitioners over the years have received new insights, symbols, or inspirations, leading to new systems.
- Some systems focus on certain aspects (e.g. emotional healing, angelic connection, elemental energy).

Common Types of Reiki

Usui Reiki (Traditional & Western Lineages)

- The original system developed by Mikao Usui in Japan.
- Focuses on self-healing, the precepts, and hands-on practice.
- Western Reiki (from Hawayo Takata's teaching) is more structured in hand positions and symbols.

Seichem Reiki

- Combines Usui Reiki with elemental energies (earth, air, fire, water).
- Said to bring a stronger, more expansive energy flow.
- Often feels more dynamic and connected to transformation.

Karuna Reiki®

- Developed by William Lee Rand (International Center for Reiki Training).
- Includes new symbols for deep emotional healing, compassion, and releasing karmic patterns.
- “Karuna” means compassion.

Angelic Reiki

- Created by Kevin and Christine Core.
- Connects strongly with angelic beings and higher spiritual realms.
- Practitioners see themselves as channels for the angelic presence rather than directing energy.

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Kundalini Reiki

- Focuses on awakening and balancing kundalini energy (the spiritual energy at the base of the spine).
- Often taught in simpler levels with a strong focus on empowerment rather than traditional symbols.

Holy Fire® Reiki

- Developed by William Lee Rand (ICRT) as an evolution of Usui and Karuna Reiki.
- Emphasises a “Holy Fire” energy described as pure, powerful, yet gentle and nurturing.
- Introduced as a higher vibration energy that continuously heals, guides, and refines the practitioner.
- Attunements are called placements and ignitions, with the idea that the energy comes directly from Source rather than through the teacher.
- Practitioners often describe it as deeply peaceful, purifying, and empowering.

Comparison:

Reiki System	Key Features	Energy Feel	Focus Area
Usui Reiki	The original system; precepts, symbols, hand positions	Gentle, steady, balancing	Self-healing & everyday use
Seichem	Elemental energies + Usui	Expansive, dynamic	Transformation & balance of elements
Karuna Reiki®	New symbols, compassion focus	Deep, healing, compassionate	Emotional & karmic healing
Angelic Reiki	Angelic channeling	High, light, ethereal	Spiritual & angelic connection
Kundalini Reiki	Focus on kundalini energy, simple attunements	Strong, rising, activating	Spiritual awakening & empowerment
Holy Fire® Reiki	Evolution of Usui/Karuna, uses placements & ignitions	Pure, peaceful, purifying, nurturing	Deep healing, empowerment, guidance

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Things to Keep in Mind

- Reiki is Reiki—different names and systems, but the universal life force is the same.
- Some systems are trademarked or have strict teaching lineages; others are more open.
- You don't need to learn other systems unless you feel truly drawn.
- Deepening your connection with Usui Reiki often gives you all you need.

Reflection & Notes

- Which of these other systems interests you most, and why?
- Do you feel drawn to explore further, or to focus on deepening your Usui practice first?
- How do you feel about Reiki evolving into many forms?