

Basic Definitions of Terms for Psychics, Mediums, & Healers



Anne Reith, Ph.D.

Director of the Institute for Mediumship, Psychic, Astrological, & Reiki Training (IMPART)

Reiki Master/Teacher

Karuna Reiki® Master

Sai Maa Diksha Practitioner/Teacher

DivinePeaceHealer®

IMPART Press

Anne Reith, Ph.D. © 2002-2025

All Rights Reserved

DEDICATION

**This book is dedicated to all of my students
who have asked me the questions that led to the definitions
that are included in this manual.**

Copyright © Anne Reith, Ph.D. 2002-2025

All rights are reserved. No part of this document may be reproduced by any mechanical, photographic, or electronic process, or in the form of a phonographic recording; nor may it be stored in a retrieval system, transmitted, or otherwise be copied for public or private use – other than for “fair use” as brief quotations embodied in articles and reviews – without prior written permission of the author.

The author of this document does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of a physician, either directly or indirectly. The intent of the author is only to offer information of a general nature to help you in your quest for physical, emotional, and spiritual well-being. In the event that you use any of the information in this document for yourself or others, which is your constitutional right, the author and publisher assume no responsibility for your actions.

The ideas presented in this document are those of this author alone and do not necessarily represent the ideas of others either inside or outside the metaphysical and healing arts community. You are strongly encouraged to search until you find answers that “feel right” to you.



Institute for Mediumship, Psychic, Astrological, & Reiki Training

im part (v.): to bestow sacred knowledge upon

Published by IMPART Press

A Division of Anne Reith, Ph.D.

Tustin, California, USA

(714) 599-0017

Email: Anne@AnneReith.com

Website: <https://annereith.com>

Introduction to IMPART Educational Material

im part (v.): *to bestow sacred knowledge upon*

Welcome to the IMPART family! Whether you are just starting out on your metaphysical journey or you would like to explore a specific topic or skill in more depth, the staff at IMPART is here to provide you with information, training, and support as you develop your abilities to connect with Spirit.

It is very likely you have questions, and we hope to provide you with the answers! Just a few of the questions you might be asking yourself include:

- How do I know if I'm psychic, a medium, and/or a healer?
- How do I learn how to connect with God/Source/Spirit, my guides, angels, archangels, ascended masters (e.g., Jesus, Mother Mary, Buddha), and/or deceased loved ones?
- How do I use a specific divination tool (e.g., cards, runes)?
- How do I learn how to be a healer?
- How can I use my abilities to help others?

To address your questions, we have created a series of educational products (e.g., eBooks, audio recordings) that are designed to meet the following standards:

- **Organized:** We always endeavor to provide a detailed Index and/or Table of Contents that will help you find the information that you need.
- **Clearly Communicated:** We always strive to make complex information as understandable as possible. Additionally, we do our best to stay away from obscure words or convoluted wording. We do not believe that a dictionary should be required when reading IMPART material.
- **Concise:** We, here at IMPART, understand that most of you are trying to fit your metaphysical studies around jobs, relationships, families, and various other responsibilities. Therefore, we do our best to provide you with information that is accurate, thorough, and concise.
- **Helpful to Beginners (as well as those who are more advanced):** We all were new to specific topics at one time, and we always strive to create educational materials that would have been helpful to us when we first started out. We want to provide you with a good foundation for each of the topics in our educational series.

IMPART's overall goal is to provide you with high quality training programs and educational material that will help you whether you are brand new to the field of metaphysics or you are more experienced but want to learn more about a specific topic. Through the use of these products and on-going support, our goal for you is to . . .

- Develop a wonderful new sense of confidence in your ability to connect with Spirit/Source/God through the development of a set of tools and skills that will allow you to have access to spiritual guidance and support on a daily basis.
- Connect with like-minded others that provide a support system through IMPART classes and workshops. You never need to feel alone on your spiritual journey. We are here for you!
- Feel exhilarated by your deepening connection with God/Source/Spirit.
- Feel significantly better about all areas of your life, including your health, relationships, work satisfaction, and emotional well-being.
- Experience a new sense of peace and well-being about your day-to-day life.

To learn more about IMPART training programs or educational material, be sure to join our on-line community at <https://annereith.com>.

Again, welcome to the IMPART family, and many blessings on your journey toward enlightenment!

Dr. Anne & IMPART Staff Members

TABLE OF CONTENTS

	Page Number
<i>Introduction to IMPART Educational Products.....</i>	<i>iii</i>
<i>Table of Contents.....</i>	<i>v</i>
<i>Forward: Important Note About the Definitions in This Publication.....</i>	<i>ix</i>

Definition of Terms

A

Akashic Records.....	1
Angel Cards.....	1
Angel Lights.....	1
Angels.....	1
Animal Guides.....	1
Animal Totems.....	1
Apparition.....	1
Archangels.....	2
Ascended Masters.....	2
Ascension Process.....	2
Astral Travel.....	2
Astrology.....	2
Atlantis.....	2
Aura.....	3
Automatic Writing.....	3
Avatars.....	3

B

Billets.....	4
Brownies.....	4

C

Chakras.....	5
Channeling.....	5
Clairaudience.....	5
Claircognizance.....	5
Clairgustation.....	5
Clairofaction.....	5
Clairsentience.....	6
Clairvoyance.....	6
Chi.....	6
ColoRunes®.....	6

D

Déjà vu.....	7
Development Circles.....	7
Divas.....	7
Divination.....	7
Dowsing.....	7
Dowsing Rods.....	7

E

Earth Angels.....	8
Earth Spirits.....	8
Ectoplasm.....	8
Emotional Freedom Techniques (EFT).....	8
Empath.....	8
Empathy.....	8
Energy Healing.....	8
Entity.....	9
Elves.....	9

F

Fairies.....	10
Fate.....	10

G

Ghost.....	11
Gnomes.....	11
God.....	11
Guardian Angels.....	11
Guide.....	11
Guided Imagery.....	11
Guided Meditation.....	11
Guided Visualization.....	11

H-I

Hall of Records.....	12
Higher Self.....	12
Intuition.....	12
Intuitive Development.....	12

K

Karma.....	13
Karuna Reiki®.....	13
Kinesiology.....	13

	Page Number
Kirlian Photography.....	13
Kundalini Energy.....	13
L	
Lemuria.....	14
Leprechauns.....	14
Life Contract.....	14
Life Force Energy.....	14
Life Scripts.....	14
Lives Between Lives.....	14
M	
Meditation.....	15
Mediumship.....	15
Mental Mediumship.....	15
Meridians.....	15
Metaphysics.....	15
Muscle Testing.....	15
N	
Nature Spirits.....	16
Near Death Experiences (NDE).....	16
Numerology.....	16
NumeRunes®.....	16
O	
Occult.....	17
Oracle.....	17
Orbs.....	17
P	
Pendulums.....	18
Physical Mediumship.....	18
Prayer.....	18
Precognition.....	18
Primary Guide.....	18
Prophecy.....	18
Psychic (adj.).....	18
Psychic (n.).....	19
Psychic Development.....	19
Psychic Medium.....	19
Psychokinesis (PK).....	19
Psychometry.....	19

R

Reiki..... 20
 Reincarnation..... 20
 Rhabdomancy..... 20
 Remote Sensing..... 20
 Remote Viewing..... 20
 Runes..... 20

S

Silver Cord..... 21
 Soul..... 21
 Soul Groups..... 21
 Soul Mate..... 21
 Soul Twin..... 21
 Source..... 22
 Source Energy..... 22
 Spirit (with lower case S) 22
 Spirit (with upper case S) 22
 Spirit Circles..... 22
 Spirit Guide..... 22
 Spiritual Coaching..... 22

T

Tarot Cards..... 23
 Telekinesis..... 23
 Telepathy..... 23
 Trance Channeling..... 23
 Trumpet..... 23

U-V

Universal Life Force Energy..... 24
 Vibrational System..... 24

W

Water Witching..... 25
 Wiccan..... 25
 Witchcraft..... 25

IMPART Products..... 26

About the Author..... 27

Forward

Important Note About the Definitions in this Publication

This manual was developed in response to the questions that are commonly asked by my students. The definitions included in this publication are based on (a) my experience both on the Earth plane (i.e., reading, learning) and (b) my communication with those on the other side.

However, from the outset, I wish to acknowledge that definitions other than those included in this document do exist. As my students hear me say all the time, if something that you read here doesn't feel right, please feel free to search for a definition that feels right to you!

Definitions of Terms (Alphabetical Order)

A

Akashic Records

The location/building within the spiritual world that is believed to contain all of the information about each soul's life purpose, both for this lifetime and past lifetimes. (AKA: Hall of Records)

Angel Cards

There are several versions of angel cards available (e.g., Doreen Virtue offers several sets). All of them depict pictures of angels and/or archangels and provide a corresponding message. They can be used for readings and guidance in much the same way that tarot cards or runes can be used.

Angel Lights

Small flashes of bright light. They represent the presence of a spiritual entity (e.g., angels, deceased loved ones). The entity can have a message or may simply be making its presence known for purposes of reassurance and support.

Angels

Angels are God's messengers and helpers. They bring thoughts of love from God and are sent to help us feel peace and joy. There are believed to be billions of angels who are simply waiting for us to ask for their assistance. Due to "The Law of Free Will," they cannot help us unless we ask (or if it's a life-threatening situation and it's not our time).

Animal Guides

See Animal Totems.

Animal Totems

Animal guides or spirits who serve many of the same purposes commonly associated with Spirit Guides (see later definition). The typical characteristics of the animal (e.g., owls are wise, wolves are protective) are often associated with the personality characteristics of the person with that animal guide. (AKA: Animal Guide)

Apparition

See Ghost.

Archangels

Archangels oversee the work of all angels and are considered to be closest to God. There are hundreds of archangels, and each one is believed to be assigned a specific responsibility. The most commonly recognized archangels are Michael, Uriel, Raphael, and Gabriel, who are believed to oversee the work of the other archangels. It is also believed that each archangel has the ability to be in different places at the same time.

Ascended Masters

Ascended masters are great teachers and healers who are now in the spiritual realm but who once walked the Earth. They are able to help those on the Earth plane, and they are devoted to helping us transcend our lower self and attain the peace that they modeled for us while they lived on Earth. Some of the most famous ascended masters include Jesus, Buddha, Moses, Krishna, Mohammed, Mother Mary, Confucius, and Quan Yin.

Ascension Process

Ascension is the process of increasing your cells' vibrational levels. If looked at under an electron microscope, you can see that the cells of all living things vibrate. It is believed that spiritual energy also vibrates, but it does so at a much faster speed than those of us on the Earth plane. Through the process of developing spiritual skills, the vibrational level of our cells increases, and we consequently ascend to a higher level of spiritual understanding and connectedness. Through the ascension process, we are able to access new dimensions.

Astral Travel

The act of allowing your spirit (AKA: soul) to leave your physical body and travel to another physical location. It is also believed that you can astral travel to spiritual locations (e.g., the Akashic Records). Sometimes astral travel will occur while sleeping and is later remembered as if it was a dream.

Astrology

Astrology has been around for 1100's of years. It involves the study of (a) the positions of the planets in relation to the Earth and (b) how these positions correlate with personality characteristic or events. There are many ways to use astrology, including looking at the position of the planets at the time when you were born (natal chart), at different times in your life (transits, progressions), or how the planets in your chart compare to someone else's chart (chart comparison). Many versions of astrology are used today. The most common are Western astrology and Vedic (AKA: Eastern) astrology.

Atlantis

Atlantis is known as "the lost Atlantic continent." It is believed to have been a very advanced society that practiced many metaphysical beliefs but became corrupt by greed, lust, and an insatiable hunger for power. (Also see Lemuria.)

Aura

The energy that is projected outward from the body from the chi or life force energy contained within the body. There are believed to be 8 auric layers, each representing a different aspect of our life. Auras, which can be seen by those who are clairvoyant, are also believed to be around animals, plants, and even objects.

Automatic Writing

A form of channeling in which the person's hand writes or draws under the control of a spiritual force. This can also occur when typing. (Also see channeling.)

Avatars

Avatars are masters or teachers who are currently living on the Earth plane. Many elect to come to the Earth plane for the express purpose of helping humanity evolve and have forsworn all physical comfort while devoting their time to humanity. The most famous avatar that recently lived on the Earth plane was believed to be Sai Baba.

B

Billets

Billets are small pieces of paper. They are typically held by someone for a period of time and then a psychic uses that piece of paper to pick up the energy of the person and received psychic impressions/messages when doing psychometry. (Also see psychometry.)

Brownies

These are a form of Nature Spirit often associated with the earth element. They are good-natured and love children and animals. They often adopt a home, and they love offering help and support.

C

Chakras

Chakras are energy centers that are located along energy pathways or meridians/channels within the body. The 8 primary chakras are located along the spine from the base to the crown. There are also many secondary chakras that are located along energy pathways that run parallel to the spine, down each arm and each leg, and in the palms of each hand and the soles of each foot, just to name a few. All chakras serve as receivers, storehouses, and transmitters of energy. Chakras are the conduits through which life energy (AKA: universal life force, chi, Kundalini) circulates.

Channeling

Channeling is the act of allowing an entity (e.g., angel, archangel, spirit guide, deceased loved one) to use your vocal cords and body to communicate directly with those on the Earth plane.

- Subtype #1: Trance Channeling occurs when the act of channeling is done in a trance state; i.e., the person who is channeling does not remember what s/he says.
- Subtype #2: Physical Mediumship occurs when the entity being channeled is a deceased loved one.

Clairaudience

Clairaudience, or "clear hearing," involves hearing spiritual messages from either inside or outside your head. It may or may not sound like your own voice. Often messages come as single words or short phrases, but it can also be sent to us as sounds (e.g., music, drums, rain).

Claircognizance

Claircognizance, or "clear knowing," means suddenly knowing something for a fact, without knowing how you know. (AKA: Intuition.)

Clairgustation

Clairgustation, or "clear tasting," means receiving spiritual information through taste (e.g., the taste of your mother's cookies). (A subtype of clairsentience)

Clairoolfaction

Clairoolfaction, or "clear smelling," means receiving spiritual information through smells (e.g., smelling someone's favorite perfume or your father's special pipe tobacco). (A subtype of clairsentience)

Clairsentience

Clairsentience, or "clear feeling," involves receiving messages as an emotion or as a physical sensation, such as a smell (AKA clairolfaction), a taste (AKA: clairgustation), emotions (AKA: empathy), or body sensations (e.g., touch, pain). (Also see Empathy.)

Clairvoyance

Clairvoyance, or "clear seeing," involves seeing pictures either outside yourself (e.g., auras around a person) or in your mind (i.e., pictures in your "mind's eye"). When receiving clairvoyant messages, the challenge is understanding how to interpret the visual image that you receive (e.g., a tree may mean one thing to you and another thing to someone else).

Chi

The energy that animates the physical body. It is believed to travel through the body through meridians systems, which extend through all parts of the body. (Also see Meridians.)

ColoRunes®

A form of divination brought to the Earth plane by Anne Reith in 2008. ColoRunes® are small pieces of glass or crystal with colors painted on them. They are often used in divination, much like tarot cards, to predict the future and to provide information from Spirit. The definitions of each color are based on the basic metaphysical meaning of colors and information received from Anne from Spirit. (Also see Runes, NumeRunes®.)

D

Déjà vu

Those times when someone feels that they have experienced something before. From a metaphysical perspective, there are many possible explanations provided for déjà vu feelings, including (a) living out a part of your life script that you planned before coming to the Earth plane or (b) remembering a dream in which you experienced the specific event/place/situation.

Development Circles

This term is often used to describe a Spirit Circle when the members of a Circle are newer at Spirit Circles and are, therefore, in the process of developing their abilities. (Also see Spirit Circle.)

Divas

These are a form of Nature Spirit often associated with the earth element. They are little spirits that are the life (i.e., soul or spirit) of each plant and flower. Some people believe that divas are also assigned to oversee any living thing (e.g., animal, bacteria, virus, fungus).

Divination

Divination is the act of foretelling the future. (AKA: Prophecy)

Dowsing

Dowsing is a very ancient practice that involves the use of an object (e.g., dowsing rods, pendulums) to magnify the electrical information or energy that is being received by the dowser. (AKA: Rhabdomancy, Water Witching)

Dowsing Rods

Dowsing rods are sticks or rods used to magnify the electrical information or energy that is either being received (e.g., level of energy in a particular location) or sought (e.g., locating a lost object) by the dowser. There are two types of dowsing rods commonly used: (a) spring or hazel dowsing rods that are Y-shaped pieces of wood that are held loosely by the two short ends, and (b) angle dowsing rods that consists of two L-shaped rods that can be made of any type of metal.

E

Earth Angels

See Nature Spirits.

Earth Spirits

See Nature Spirits.

Ectoplasm

Materialized spirit or part of a spirit which can sometimes be seen as extruding from a medium's body. Sometimes the ectoplasm is seen as a body, as part of a body (e.g., arm), or as nothing more than a white mist.

Emotional Freedom Techniques (EFT)

A form of healing that gently taps on the meridians within the body. The belief is that memories are stored within the body as electrical or neurological patterns. By tapping on the electrical systems within the body, old energy pathways can be disrupted and new energy pathways can be created. (AKA Tapping, Meridian Tapping.) (Also see Meridians.)

Empath

Someone who psychically tunes into the physical sensation or emotions of another person or group.

Empathy

The ability to feel the physical sensations or emotional state of another person or group. (Subtype of clairsentience)

Energy Healing

There are many forms of energy healing techniques in use today, including Reiki, Karuna Reiki®, etc. Although each system may use a different source of energy (e.g., spiritual energy, Earth energy), they all have in common the belief that energy (as opposed to medicine) aids in the healing process. Typically, the healer is responsible for being a conduit for the energy, which is then passed into the body of the person being healed by using either a "hands-on" or a "hands-off" technique. Energy can be sent over distances or time, and it can be channeled into humans, animals, plants, and inanimate objects.

Entity

This is a generic term that is used to describe any spiritual being (e.g., angel, archangels, spirit guides), with the exception of deceased loved ones.

Elves

These are gnomes without wings. (Also see Gnomes)

F

Fairies (or Faeries)

These are a type of Nature Spirit that is often associated with the element of air. They are intelligent and often are seen around those who are bright or cheerful. You sense them in fragrances, sudden breezes, cloud formations, and storms. They look transparent and wispy, and any colors associated with them are often in the form of pastels. Most often, they are small in size, but they can range in size from tiny to gigantic.

Fate

The belief that a particular event is written into our life script that is inevitable during this lifetime and cannot be altered through free will.

G

Ghost

A physical manifestation of a deceased loved one. (AKA: Apparition.)

Gnomes

These are a form of Nature Spirit often associated with the earth element. They are believed to be the living essence of the Earth (e.g., soil, rocks).

God

See Spirit.

Guardian Angels

See Primary Guide.

Guide

These are entities from the other side that are assigned to help you with a specific task. For example, when you take Reiki, you are assigned a Reiki Guide, which is the entity that will help you with all your Reiki healing work. Once assigned, some guides remain with you until death. Others are with you only until you learn a skill or master a task. (Also see Primary Guide, Spirit Guide.)

Guided Imagery

Methods used to focus the mind through the use of imagination. During a guided visualization, the person can receive spiritual messages. (AKA: Guided visualization)

Guided Meditation

A form of meditation in which guided imagery (see previous definition) is used as a way to focus the mind.

Guided Visualization

See Guided Imagery.

H-I

Hall of Records

See Akashic Records.

Higher Self

The part of our soul which is believed to remain on the other side when we incarnate on the Earth plane. This part of our soul is more closely connected to Source energy/God and is believed to have more objectivity and wisdom than our Earth-bound soul.

Intuition

See Claircognizance.

Intuitive Development

See Psychic Development.

K

Karma

The belief that souls have debts to pay back to other souls for either good or bad acts. Part of our life script may be to balance the energy between the two souls based on past karma. (Also see Life Script.)

Karuna Reiki®

A higher vibrational form of Reiki that was brought onto the Earth plane in 1995 by William Rand and a group of his students at the International Center for Reiki Training. Karuna Reiki accesses the same energy during healings that is used during Reiki, but the energy is believed to be multi-dimensional in nature.

Kinesiology

See Muscle Testing.

Kirlian Photography

Pictures of the aura (see previous definition) or electrical currents that exist around all living things.

Kundalini Energy

The spiritual energy that is believed to reside in our base or root chakra. When awakened during the process of ascension (see previous definition), this energy will start moving upward through the governing meridian, which is the energy channel that runs up the center of the body. As the Kundalini energy moves upward through the body, it awakens different energy centers (chakras) and allows the person access to different types of spiritually-based energy (e.g., the 3rd eye).

L

Lemuria

Lemuria is known as "the lost Pacific continent." It is believed to have existed before Atlantis. Its society was very sophisticated and gifted at telepathic communication and other psychic abilities. They were believed to have used crystals for various metaphysical and religious purposes.

Leprechauns

They are a type of Nature Spirit often associated with the earth element. They are here to protect animals. They are sometimes known to "play games" with humans, which can be annoying.

Life Contract

See Life Script.

Life Force Energy

See Universal Life Force Energy.

Life Script

These are the contracts that we write before every incarnation. It covers what lessons we want to learn (e.g., patience, courage). It may also contain possible relationships and events that will help us to learn these life lessons and to live out specific karmic debts. Some people believe they also contain some events that are fated. On the other side, our life scripts are located in what has been called the Hall of Records or the Akashic Records. (AKA: Life Contract) (Also see Karma, Fate, Akashic Records.)

Life Between Lives

The time spent on "the other side" when we are in between incarnations.

M

Meditation

Meditation involves the use of techniques to quiet the mind through the use of either (a) "silent sitting" by eliminating all thoughts, (b) focusing on mantras, tones, or physical objects (e.g., candle flame, mirror, picture of deity), or (c) being guided through a meditation. While meditating, the person often receives spiritual messages. (Also see Guided Meditation.)

Mediumship

The act of conveying information from those who have crossed over to those on the Earth plane.

Mental Mediumship

Form of mediumship in which information is conveyed through the medium's mind (i.e., through clairvoyance, clairaudience, clairsentience, claircognizance). (Subtype of mediumship)

Meridians

Energy channels located throughout the body through which chi (AKA: life force energy) travels and animates the physical body.

Metaphysics

Metaphysics is a generic term that is currently being used to describe any field of study that seeks to understand the forces beyond the physical world that we live in. (Also see Psychic, Mediumship, Astral Travel.)

Muscle Testing

Muscle testing involves the use of muscles within the body to test the truth or falsehood of certain statements. Although it has many uses, muscle testing is commonly used by healers, including many chiropractors, to help with diagnosis and treatment. (AKA: Kinesiology)

N

Nature Spirits

These are the angels that are assigned to every plant and every animal. In many ways, they are the equivalent of the primary guides that are assigned to human beings; however, they are also here to help both humanity and Mother Earth. When out in a natural setting, nature spirits will often absorb negative energy, ground you, and remind you of your true priorities, which is why we often feel better after being in nature. (AKA: Earth Angels, Earth Spirits)

Near Death Experiences (NDE)

What is experienced by those who have been pronounced clinically dead but then come back to the Earth Plane. Their reports confirm the existence of another dimension in which we continue living after our physical death.

Numerology

The belief that each number has a unique meaning and can be used to predict the future or describe personality traits. Different systems can be used in the assignment of numbers to letters.

NumeRunes®

A form of divination brought to the Earth plane by Anne in 2008. NumeRunes® are small pieces of glass or crystal with numbers drawn onto them. They are often used in divination, much like tarot cards, to predict the future and provide messages from Spirit. The definitions of each number are based on numerology and information received from Anne from Spirit. (Also see Runes, ColoRunes®.)

O

Occult

That which is concealed or hidden from view. Often the word occult is associated with the mystical and the magical. To some the word has a sinister inference, probably stemming from fear of the unknown.

Oracle

An object (e.g., cards, runes) or person (e.g., psychic, channeler) that is believed to be connected with the Divine and, therefore, able to answer questions.

Orbs

Round objects that are often found in photographs. They are typically white, and they often have a very distinctive mottled surface. Although usually round, they can appear in different shapes (e.g., oblong, square, rods). They are believed to be a physical manifestation of a spiritual entity (e.g., angel, guide, deceased loved one).

P

Pendulums

Pendulums are considered to be a form of dowsing. Numerous objects can be used as pendulums. Many modern pendulums are created using crystals or semi-precious stones suspended from a metal chain, because crystals and metals are good conduits of energy. However, if you are adept at using pendulums, almost any materials/objects can be used as long as the hanging object has weight to it (e.g., a necklace).

Physical Mediumship

Physical mediumship is a form of mediumship in which the person who has crossed over enters the body of the medium in order to communicate directly with those on the Earth plane. (Subtype of mediumship) (AKA: Channeling)

Prayer

Prayer is often considered a form of meditation in which the mind focuses on sending messages to God/Source/Spirit, angels, archangels, deceased loved ones, etc.

Precognition

To know beforehand. (Also see Claircognizance.)

Primary Guide

It is believed that every soul that comes to the Earth plane has one, two, or even three primary guides. Often one is located on the person's left side and one on the right. They are with you from physical birth. Their job is to implement the life script that you have written. They eventually help with your transition upon your death. (AKA: Guardian Angel.) (Also see Spirit Guide.)

Prophecy

See Divination.

Psychic

(adj.) To be psychic is to have the ability to know information that cannot be known through the use of usual physical processes (e.g., senses, logic/reason) and to be sensitive to energies or processes beyond the physical world.

Psychic

(n.) Someone who has the ability to know information that cannot be known through the use of usual physical processes (e.g., senses, logic/reason) and to be sensitive to energies or processes beyond the physical world. (AKA: Psychic Medium)

Psychic Development

The act of intentionally increasing your ability to work as a psychic (see previous definition). (AKA Intuitive Development)

Psychic Medium

A more specific label that is sometimes used for the type of psychic who can communicate with both the angelic realm (e.g., angels, guides) and deceased loved ones. (Also see Psychic.)

Psychokinesis (PK)

See Telekinesis.

Psychometry

Psychometry is the ability to touch an object (e.g., watch, ring) and then interpret the energy patterns left on that object by another person.

R

Reiki

Reiki is an energetic healing technique that channels universal life energy (i.e., spiritual energy) through the healer and into the person receiving a healing. It is recognized by many healing professions, including nursing. Reiki attunements and cleanses often result in increased psychic ability.

Reincarnation

The belief that after our physical death, our soul will be “reborn” into a new life experience and has very likely lived many lifetimes before the current one.

Rhabdomancy

See Dowsing.

Remote Sensing

The act of using either astral travel or psychic skills to discern information about an object or person in another location (e.g., smells, tastes, feelings). (AKA: Clairaudience, Clairsentience, Clairgustation, Clairolfaction.)

Remote Viewing

The act of using either astral travel or clairvoyance to visually perceive information about an object or person in another location. (AKA: Clairvoyance.)

Runes

Runes, which are believed to be of Celtic or Nordic origins, are small stones, crystals, pieces of wood, pieces of bone, etc., with symbols written on them. They are often used in divination, much like tarot cards, to predict the future and to provide information from Spirit.

S

Silver Cord

It is said that the soul is connected to the physical body by a silver cord. Clairvoyants can see this cord, which is sometimes said to originate from the Solar Plexus chakra (near the navel) or from the 3rd eye (on the forehead). Even though someone may develop the ability to astral travel (see previous definition), they will always return to the body due to the silver cord. At the moment of true death, the cord is broken and the soul can then leave the body.

Soul

That part of us that animates our physical body and is believed to be part of God/Spirit/Source/Universal Energy. (NOTE: Our soul is sometimes called our spirit with a lower case “s” to differentiate it from Spirit [or God] which is indicated with an upper case “s”.)

Soul Groups

Groups of spirits who agree to reincarnate together many times in order to help each other learn life lessons. When you meet someone from your soul group, you often will feel a sense of familiarity, as if you’ve known them before.

Soul Mate

This term is used in a number of ways by different authors. Although this was more common in the past, it is still sometimes used to refer to the *one* person with whom we are to have a long-term loving relationship. However, more recently, a soul mate is used to refer to any soul who has agreed to play an important/primary role in your current life script. You can have many soul mates during your lifetime. Sometimes this person is a significant other/spouse, but sometimes this person is a friend, co-worker, etc. He/She can play a positive or negative role; but they always teach us lessons through their presence in our lives. Their role is seldom neutral. When you meet a soul mate, you will feel drawn to interact with this person until the lesson is learned. After the lesson is learned, they may move out of our current life or remain. (See also Soul Twin.)

Soul Twin

This is a term that is used in different ways by different authors. The most common definitions include (a) a soul mate (see previous definition), (b) another soul who is very similar to us in temperament, (c) another soul who is part of our soul group (see previous definition), or (d) the act of a soul splitting into multiple parts before coming to the Earth plane in order to have a broader range of experiences.

Source

See Spirit (with upper case S).

Source Energy

See Spirit (with upper case S).

Spirit (with lower case S)

This is a generic term used to describe that part of us that is not matter or part of our physical existence (e.g., soul, God, angels, archangels, higher self). Many religions also believe that those who have died are "in spirit"; i.e., the person's soul or essence survives after the body is no longer alive.

Spirit (with upper case S)

This is the metaphysical term that is often used to refer to God. Other terms include: Father/Mother, Higher Power, Source, All That Is.

Spirit Circles

A group of people who get together at a specific time and place with the express purpose of connecting with entities from "the other side" through the use of psychic skills or mediumship. (Also see Development Circles.)

Spirit Guide

Some people believe that everyone has at least one Spirit Guide who is with you from birth until death. Sometimes this is a deceased love one who passed before you were born (e.g., great-grandfather) or someone who you were connected to in a past life. They are like a loving "life coach." (Also see Guide, Primary Guide.)

Spiritual Coaching

Spiritual coaching is the professional practice of helping someone seek answers to their spiritual questions through providing information, encouragement, guidance, and identifying blocks to spiritual growth.

T

Tarot Cards

Tarot cards are used to provide messages from Spirit about the past, present, and future. They can be traced back to Italy in the Middle Ages; however, their true origins are unknown.

Telekinesis

The ability to move objects without physically touching them and by using the power of the mind alone. (AKA: Psychokinesis or PK.)

Telepathy

The act of receiving information from or sending information to another person's mind without the use of words or the exchange of non-verbal signals (e.g., eye movements, hand gestures). Subtypes include: (a) mind reading (i.e., to detect what someone is thinking) and (b) thought projection (i.e., to send your thoughts into the mind of another).

Trance Channeling

See Channeling.

Trumpet

An object used during Spirit or Development Circles to amplify the voices and sounds of Spirit. It is often made of aluminum or cardboard and is cone-shaped.

U-V

Universal Life Force Energy

The energy that is believed to be channeled during Reiki healing sessions and is believed to come from source energy/God/Spirit. (AKA: Chi.)

Vibrational System

A broad term to describe the energy that is flowing throughout the body. The energy is also believed to emanate away from the body in the form of an aura (see previous definition). The term vibration is used because it is believed that this energy is vibrating.

W

Water Witching

See Dowsing.

Wiccan

Wiccan is a form of modern witchcraft. It is typically described as a duotheistic religion in which a Goddess and a god are viewed as facets of a greater Godhead. There are many different denominations or groups that describe themselves as Wiccan. Many Wiccans practice rituals and ceremonies, which can influence the physical world. Their practices are sometimes described as magick, spelled with a K at the end. (AKA: Witchcraft.)

Witchcraft

See Wiccan.

IMPART PRODUCTS

Audio Recordings (*available online at <https://annereith.com/store>*)

Guided Meditation for Reiki Attunements
Lives Between Lives Guided Meditation
Past Lives Guided Meditation
Psychic Development: Guided Meditation
Trip to the Akashic Records: Guided Meditation

eBooks & Audio Recordings (*available online at <https://annereith.com/store>*)

Basic Definitions of Terms for Psychics, Mediums, & Healers (**FREE**)
Channeling 101
Psychic Protection 101: How to Feel Completely Safe Connecting with Spirit

eBooks & Audio Recordings (*upcoming*)

Business 101: Learn How to Create & Run Your Own Profitable Business
Connecting with Your Angels & Guides
Dream Interpretation 101
Emotional Freedom Techniques: Basics of Meridian Tapping for the 21st Century
How to Use Metaphysical Tools (e.g., Cards, Runes)
Karuna Reiki® Manuals: Karuna Reiki® I Practitioner, Karuna Reiki® II Practitioner, &
Karuna Reiki® I & II Master/Teacher
Lives Between Lives
Mediumship 101
Metaphysical Meanings of Over 200 Crystals and Stones
Past Lives 101
Pendulums 101
Psychic Development: An Essential Primer!
Psychic Development 101: “The Clairs”
Reiki Manuals: Reiki I, Reiki II, Reiki III/Advanced Reiki Training, Reiki Master/Teacher
Runes 101
Symptoms of the Ascension Process: You Aren’t Going Crazy!
Tarot 101

Rune Products & Manuals (*upcoming*)

ColoRunes®
ColoRunes®: A Divination System Based on the Metaphysical Meanings of Colors
NumeRunes®
NumeRunes®: A Divination System Based on Numerology
Runes: An Ancient Divination Technique with Modern Applications

About the Author

Dr. Anne Reith is the Founder and Director of IMPART (the Institute for Mediumship, Psychic, Astrological, and Reiki Training), which she began in 2002. She is an internationally known psychic, medium, astrologer, dedicated teacher, and spiritual coach.

Dr. Anne is an author who has written on a wide range of topics, including Reiki, Karuna Reiki®, tarot, runes, astrology, pendulums, past lives, lives between lives, mediumship, and the Law of Attraction. She has also recorded several meditation CD's and has also developed several highly effective divination tools, including NumeRunes® and ColoRunes®. Dr. Anne is a Reiki Master/Teacher and Karuna Reiki® Master, DivinePeaceHealing® Practitioner, and Sai Maa Diksha Practitioner/Teacher.

Previous to Anne's work in the metaphysical and spiritual fields, she earned her doctorate in Counseling Psychology from the University of California, Santa Barbara. She worked for over 30 years in university settings as a Psychologist and tenured faculty member.

Anne currently lives in Orange County, California. In addition to being the proud Auntie Anne to her seven adult nieces and nephews, she is a loving Cat-Mama to her two rescues, Big Boy and Fluffy Butt.