

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. © 2002-2026
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. 2002-2026

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

impart (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
Clairolfaction.....	5
Clairsentience.....	6
Clairvoyance.....	6
Chi.....	6
ColoRunes®.....	6

	Page Number
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

	Page Number
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
<i>IMPART Products</i>	26
<i>About the Author</i>	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.

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.