

霊気

The Five Reiki Principles

BY DR. MIKAO USUI

招福の秘法
萬病の靈藥
今日だけは怒るな
心配すな 感謝して
業をあげめ 人に親切に
朝夕合掌して心に念じ
口に唱へよ
心身 白井靈氣療法
肇祖 白井亮男

I - Just for today, I will not be angry.

Anger at others or oneself or at the whole world, creates serious blockages in one's energy. It is the most complex inner enemy.

Reiki is an excellent tool to remove anger blockages which have accumulated in the body over years, but it cannot remove the residue of current anger which occurs daily.

Letting go of anger. brings Peace into the Mind.

II - Just for today, I will not worry.

While anger deals with past and present events, worry deals with future ones. Although worry is not always a negative phenomena, endless worries may fill one's head, and each one bores a small hole in one's body and soul. While anger requires a focused Reiki treatment to remove obstacles, worry requires the energy to be spread throughout the entire body.

Letting go of worry, brings healing into the Body.

III - Just for today, I will be grateful.

Be grateful from your heart inward. Inner intention is the important element in this principle. Simple things as thanks, forgiveness, smile, good words, gratitude can improve others life and make them happy.

Being thankful brings Joy into the Spirit.

IV - Just for today, I will do my work honestly.

Support yourself and your family respectably, without harming others. Earn a respectable living, live a life of honor.

Working Honestly brings Abundance into the Soul.

V- Just for today, I will be kind to every living thing.

Honor your parents, honor your teachers, honor your elders.

Being Kind brings Love into the Will.