

## Original Reiki Precepts 1927.

Kyo dake wa	Just For Today
Ikaru na	Do Not Be Angry
Shin pai suna	Do Not Be Worried
Kan sha shi te	Be Grateful
Gyo o hage me	Do Your Duties Fully
Hito ni shin setsu ni	Be Kind to Others

Mikao Usui Sensei passed five principles to his students during his teachings; they are the bridge between how you experience life and how you want to experience it. The Reiki Principles are the art of inviting happiness, as a tool to heal illness. Your body constantly responds to your emotional state. Stress and depression damage your health and influence choices in ways you might not recognise.

On a basic level, meditating on them each day can help you to appreciate all life and remind you of the Golden Rule **That is to treat others how you would want them to treat you.** After a few weeks of consciously saying the Reiki principles each day, as Usui's students did, you'll learn to let go of anger and worry, to appreciate all living things, to be honest in your dealings with yourself and others and to be thankful for what you have.

### ***Kyo dake wa (Just for Today)***

The commandments of many religions tend to restrain people's thinking and make them flexible, however anyone can decide to live well 'just for today'. This way it is possible to keep a free mind for now because the future is still open.

Life is after all just an accumulation of days, each day as important as the last or next. "I am unsure what may happen tomorrow, but I will follow the Gokai just for today, for this moment in time." This gradually teaches how important it is not to be trapped by yesterday and not to be anxious about tomorrow but to live in the moment and respect the "now"

"Kyo dake wa" is then followed by the five principles.

***1<sup>st</sup> Principle***  
***Ikaru na (Don't be Angry)***

Anger hurts you and others. There are many stories where just one outburst of anger leads a person into a lifetime of misery. Anger rises from many places and even when it seems justified there are often egoistic motives involved at a deeper level. Be aware of your ego and try to let it go. Self-centred people are trapped by anger, grudges and hatred and only succeed in destroying themselves. Very strong anger can be soothed with Reiki. It is possible to attain an emotional and mental balance in this way.

***2<sup>nd</sup> Principle***  
***Shin pai suna (Don't be worried)***

Once you are able to trust the universe, leaving things to universal intervention and living your life as best you can, you will be able to live in inner peace with nothing to worry about. It is difficult however to entirely discard the innate instinct to feel anxious. At least try to stop the vicious circle of worrying about being worried! If you have something bothering you, release your tension and leave the outcome to the Universe.

***3<sup>rd</sup> Principle***  
***Kan sha shi te (Be grateful)***

The Universe gives each of us a gift of life without the oxygen nature provides we could not possibly survive. Once you start to appreciate the enormity of the blessings that nature provides you will be genuinely filled with pure joy. The mind clouds over with dissatisfaction however when you forget how blessed you are and become dissatisfied with what you have. Practising Reiki fosters thankfulness so that even when you are faced with difficulties you can look at them as possibilities and overcome them. There is nothing to be afraid of in life.

***4<sup>th</sup> Principle***  
***Gyo o hage me (Fulfil your duties)***

Gyo (duty) means not only your job but also your obligations, responsibilities and ultimately your mission in life. People can progress spiritually through their duties. Some live in seclusion to achieve this but most people learn valuable lessons and grow through everyday life and work. So this tells you to do what you have to do and do the best you can.

***5<sup>th</sup> Principle***  
***Hito ni shin setsu ni (Be kind to others)***

When you help others they become willing to help other people also. Kindness is infectious. People start to help one another and, as a result, the World becomes a much better place to live in. Even if the person you have helped shows no appreciation the wave of kindness will come back to you and you will be rewarded. Helping others without asking for a reward from them will bring you happiness. For those who have learned Reiki, giving Reiki to others will be the best way to realise this idea.

It is always best to try and learn the Reiki Principles in Japanese. Usui Sensei developed the principles around sound and vibration and when we speak the words the frequency of the word leaves our mouth and goes into the universe in one straight line it never de-pleats it keeps it's same strength never ending and lasting forever. Traditionally Reiki practitioners regarded these 5 principles as their basic philosophy of life. They chanted them once in the morning and once in the evening. This practice distinguished Reiki practitioners from other healers. As mentioned above the principles were designed using both (Chinese derived characters representing ideas) and Hiragana (phonetic characters representing sound) a third set of characters are used Kanji. What makes learning the principles in Japanese so special, is that we get to speak the same tongue as our past Masters Usui Sensei and Hayashi Sensei how powerful and lovely can that be. The sounds when reciting the principles in Japanese has great spirit within them.

It is recommended that Reiki students chant the following words with *Gassho* style hands (hands joined together prayer style) morning and evening.

You will have been given a CD on the course reciting the 5 principles. Please play this CD and get familiar with the pronunciation. I have also written an easy way to pronounce the sounds along with it's Correct Japanese words.

<b><i>Japanese spelling</i></b>	<b><i>Pronounced</i></b>	<b><i>Precept</i></b>
Kyo dake wa	Joe dacky wa	Just for today
Ikaru na	He carry na	Do not be Angry
Shin pai suna	Shin pie suna	Do not be worried
Kan sha shi te	Can shestie	Be grateful
Gyo o hage me	Yo hage mi	Do your duties fully
Hito ni shin setsu ni	Stoney shin sestoni	Be kind to others