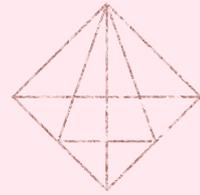


Reiki Principles

JUST FOR TODAY...



These five Reiki principles are guidelines for all Reiki practitioners to live by on a daily basis.

As well as promoting a healthy, loving way of living, they also allow us to fully embody Reiki energy.



- *Just for today, I will not worry*
- *Just for today, I will not anger*
- *Just for today, I will be grateful*
- *Just for today, I will do my work honestly*
- *Just for today, I will be kind to all living things*



Reiki Principles

JUST FOR TODAY...



Choose one Reiki Principle to focus on each day.

JUST FOR TODAY I SHALL NOT WORRY

For some of us, stress can be a major issue in our daily lives. If just for one day we could try to stop worrying so much, we could all live more peacefully - which in turn, will also bring peace to others. Not to mention, lowering stress levels is also extremely beneficial to your health! So just for today trust in Spirit, Source, God (or yourself!) and know that everything is going to work out just fine. It always does!

JUST FOR TODAY I WILL NOT ANGER

If a typical morning for you involves being cut up by another driver on your way to work, you probably default to anger. Why not just take a deep breath, relax, forgive and let it go. What will you achieve by remaining angry and cutting him off to 'get back at him?' Nothing. All that you'll end up with is an elevated heart rate (and more stress!) which is certainly not good for your wellbeing.

JUST FOR TODAY I WILL BE GRATEFUL

Typically we are always asking for more and only seeing what we don't have. Let's try for one day to be grateful for what we do have - a job, a car that takes you where you need to go, a roof over your head, good health and a family that loves you unconditionally and supports you. When we are grateful for what we have, we will attract more of it. The law of attraction states that like attracts like and lack attracts lack, so stay positive and be grateful for what you have.

JUST FOR TODAY I WILL DO MY WORK HONESTLY

Doing your work honestly brings more purpose and meaning into your life. When you do your work honestly and with purpose, you'll feel good about yourself and more fulfilled about your work.

JUST FOR TODAY I WILL BE KIND TO ALL LIVING THINGS

What you give out, you receive back ten-fold. Be nice, be loving and caring to everyone, even if it's not your favorite person in the world. We all deserve love and kindness. At the end of the day we will feel better about ourselves for bringing some light and love into someone else's day, even if it's just for a moment.

