



Reiki Principles for Daily Living



Reiki is more than a practice—it's a way of life. By embodying its principles in your daily actions and mindset, you invite more peace, harmony, and balance into your life and the lives of those around you.

These guiding principles (inspired by Dr. Mikao Usui) help you stay aligned with universal energy and cultivate a heart-centered, meaningful life.

THE FIVE REIKI PRINCIPLES:

- ♥ **Just for Today, I will not be angry.**
Let go of resentment and choose peace.
Respond with patience and compassion.
- ♥ **Just for Today, I will not worry.**
Trust in the flow of life.
Release anxiety and have faith in yourself and the universe.
- ♥ **Just for Today, I will be grateful.**
Focus on the blessings.
Gratitude opens your heart and attracts more abundance.
- ♥ **Just for Today, I will do my work honestly.**
Honor your path and your purpose.
Integrity brings fulfillment and respect.
- ♥ **Just for Today, I will be kind to every living being.**
Practice compassion and respect for all.
Your kindness contributes to a more peaceful world.

Return to these principles often. Let them guide your thoughts, words, and actions. When you live by Reiki, you become a channel of healing energy in the world.

