



5 PRINCIPLES OF REIKI IN LIFE”

THESE PRINCIPLES SERVE AS A GUIDE TO LIVING HARMONIOUSLY AND EMBRACING THE ESSENCE OF REIKI. THEY EMPHASIZE POSITIVITY AND MINDFULNESS AND SUPPORT A BALANCED APPROACH TO LIFE.

JUST FOR TODAY

1. I WILL NOT BE ANGRY

UNDERSTANDING THE IMPORTANCE OF CALMNESS AND EMOTIONAL CONTROL CAN LEAD TO CALMER INTERACTIONS.

2. JUST FOR TODAY, I WON'T WORRY

LETTING GO OF ANXIETY OPENS UP SPACE FOR POSITIVE THOUGHTS AND EXPERIENCES.

3. ONLY TODAY WILL I BE GRATEFUL

CULTIVATING GRATITUDE HELPS US RECOGNIZE THE GOOD IN OUR LIVES AND PROMOTES A MORE JOYFUL AND CONTENTED EXISTENCE.

4. ONLY TODAY, I WILL DO MY WORK HONESTLY AND I RESPECT MYSELF

A COMMITMENT TO INTEGRITY IN OUR WORK AND MYSELF NOT ONLY BUILDS TRUST BUT ALSO NOURISHES OUR SELF-ESTEEM.

5. JUST TODAY, I WILL BE KIND TO EVERY LIVING THING

PRACTICING KINDNESS TO YOURSELF AND OTHERS CREATES A DOMINO EFFECT OF COMPASSION AND LOVE IN THE WORLD.

BY INTEGRATING THESE PRINCIPLES INTO OUR EVERYDAY LIVES, WE CAN ENHANCE OUR WELL-BEING AND FOSTER A HARMONIOUS EXISTENCE.