

# REIKI IDEALS

招福の秘法

萬病の靈藥

今日丈けは 怒るな

心配すな 感謝して

業をはげめ 人に親切に

朝夕合掌して心に念じ

口に唱へよ

心身  
改善 臼井靈氣療法

肇祖

臼井甕男

*The Secret Method of Inviting Blessings*

*The Spiritual Medicine For All Illnesses*

*For Today only, do not anger, do not worry.*

*With gratitude, devote yourself to your spiritual work.*

*Be kind to all beings.*

*Every morning and evening with hands held in prayer, pray these words  
from your heart and chant these words with your mouth.*

The Usui Reiki Method for improvement  
of body and mind.

Mikao Usui adopted these five principles from the Meiji Emperor (1868-1912) for whom he had great respect. These original precepts became what is commonly known as the Five Reiki Principles. These principles are also found on Usui's memorial stone.

## *Reiki Ideals*

### *According to Reiki Jin Kei Do*

*Observe throughout the day, with all your effort, the arising of anger,  
then look deeper for its true cause.*

*Observe your mind throughout the day for the arising of worry and  
restlessness, look deeper at their roots.*

*Be mindful each moment of your day, appreciating the gift of life.  
Find the right livelihood for yourself and be honest in your work.*

*In your day, as you appreciate your life,  
be kind to yourself and to all beings.*

*Your mind and body will truly transform with the power of Rei Ki.  
Practice daily, connect to the universal nature of the mind and  
develop these Rei Ki ideals everyday.*

Everyday consciousness is shaped by the hindrances and are listed as: ignorance (of the true nature of the self), attachment, anger, worry, restlessness, doubt and lethargy. Our true nature is found through meditation, mindfulness, wisdom, and compassion, thus reducing and eliminating the effects of the hindrances.

The root cause of anger is attachment. If we do not get something we want or our own way, or we are insulted, we have anger because we are attached to the self. We worry and become anxious because we are afraid we will not get something, or that something will happen or not happen. The root cause of this is attachment and desire.

What is the root cause of desire or attachment to the "self" or ego? It is that we do not see our true nature. We are conditioned to see ourselves as separate from the Universal Mind or consciousness. Being mindful every moment we can see anger or worry arise. Seeing the true cause, we learn to let go. Therefore, being mindful is the way to develop wisdom and insight and see the true nature of all phenomena. When we see our true nature and how all beings are interconnected, compassion spontaneously arises.

Practicing Rei Ki opens our hearts and develops compassion so that we can see and feel our own suffering and that of others. With Reiki we have a tool to help ourselves and others to heal.

Compassion is the antidote for anger. You learn to transform anger into compassion. Meditation, particularly Vipassana or observing the mind, helps to remove ignorance. Mindfulness tells us when we become angry. We then let go of those thoughts and emotions. Giving ourselves Rei Ki helps to release the energy of anger and replace it with Rei Ki, the energy of compassion.

Being in tune with Rei Ki also allows us to feel in our physical body the effects of anger, sadness, worry, etc. We can begin to feel the destructive nature of the energy of such emotions and learn to let go of these mind states quickly. Mindfulness combined with Rei Ki allows us to quickly feel the effects in our body. Ultimately, with developed sensitivity we are able to feel each thought. By developing deep states in meditation one can increase the space between the thoughts, in other words, bring the mind to a state where we become one with Universal Consciousness.