

## Sacred Ventures & Reiki Unleashed Blog

*empowering individuals and groups  
with life enriching technologies,  
parcitics and retreats*

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### How The 5 Reiki Principles Work In Day To Day Life

Posted on [June 19, 2015](#) by [Administrator](#)

I personally find the Reiki principles great guide posts to Living. I believe Usui created them with that intention. He asked his students to recite them morning and night with the Gassho Meditation. I know many of my students have taken to this practice and it has been transformational as well as a foundational piece of their day.

For myself I find the principles come to me one at a time as I am going about my day. For instance after a period of reciting all of them daily, I began to find that when my thoughts gravitated to a challenging or worrisome situation I would hear a voice in my head say “Don’t Worry”. It began to feel like the principles were reciting themselves in my head as they were needed.

Today I found myself struggling with several situations, feeling quite frustrated and just shared with one of my Master students and friends that I felt like Mercury went Retrograde instead of Direct this past week and I am not working those principles 😊

After leaving her I found myself beginning to repeat the principles out loud in Japanese and within minutes my whole attitude and energy began to change. It took my focus off the problem, and I began feeling more ease and flow. I truly love how Reiki meets us right where we are!! We don’t have to be perfect, rather this practice gives us the tools and energy to meet us in our challenge and move us through it.

Now rather than being pulled into what is not working I find myself sending Reiki into the situation and repeating the mantra, I let go and I let Reiki.

Here is one of my favorite versions of the 5 Reiki Principles from James Deacon with the Japanese translation:  
“The secret method of inviting blessings, the spiritual medicine of many illnesses  
(Shôfuku no hihô, Manbyo no rei yaku)

Just for today (Kyo dake wa):

Do not be angry (Ikaru na\*)

Do not be worried (Shin pai suna)

Be grateful (Kan sha shi te)

Devote yourself to your duties (Gyo-o hage me) or Do your duties fully

Be kind to others (Hito ni shin setsu ni)

Mornings and evenings sit in the gassho position and repeat these words out loud and in your heart (Asa you gassho shite kokoro ni nenji kuchi ni tonaeyo)

For the improvement of mind and body (Shin shin kaizen)

Usui Spiritual Healing Method (Usui Reiki Ryoho) The founder, Mikao Usui (Chossô, Usui Mikao)”

adapted from James Deacon’s REIKI PAGES [http://www.aetw.org/james\\_deacon.html](http://www.aetw.org/james_deacon.html)  
and Tadao Yamaguchi, Light on the Origins of Reiki, p.80

for more reiki info go to [www.reikiunleashed.com](http://www.reikiunleashed.com)

I would love to hear how you find yourself using the 5 Reiki principles in your life?

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