

The Usui Reiki Principles

Today only

Do not anger

Do not worry

With thankfulness

Work diligently

Be kind

~ From Mikao Usui

The Founder of Reiki

(You will see various versions of the “Reiki Principles” in the literature.)

In Usui Reiki training one is instructed to live by these principles and is taught to meditate on these principles twice a day in ‘ghasso’ meditation. This version was taught to me by Sensei Hyakuten Inamoto during an advanced Usui Reiki training.

From Kyoto Japan where Usui resided and Reiki originated, Sensei Inamoto studied with Mrs. Yamaguchi and teaches Japanese Komyo Reiki. Sensei Inamoto reinforced the simplicity of the original Usui Reiki practice- “Reiki: Hands on..., Nothing More.”

**As you reflect upon these “Usui Reiki Principles”
May you experience a sense of inner peace and
May you carry that peace out into the world.**

~ Karen Pischke RN, Reiki Master/Teacher