

# The Deeper Meaning in the 5 Reiki Principles

**Mikao Usui**



## **The original Reiki Ideals**

The secret art of inviting happiness.

The miraculous medicine of all diseases.

Just for today do not be angry.

Do not worry and be filled with gratitude.

Devote yourself to your work and be kind to people.

Every morning and evening join your hands in prayer.

Pray these words to your heart

and chant these words with your mouth.

Usui Reiki treatment for the improvement of body and mind.

The founder ....Mikao Usui.

# The Deeper Meaning in the 5 Reiki Principles

## The Ideals in Japanese:

“Just for today” = Kyo dake wa

“Don’t get angry” = Okoru-na

“Don’t worry” = Shinpai suna

“Be grateful” = Kansha shite

“Work hard” = Gyo wo hagememo

“Be kind to others” = Hinto ni shinsetsu ni

(The above 2 versions taken from William Lee Rand’s 1<sup>st</sup> & 2<sup>nd</sup> degree manual)

The five principles or sometimes referred to as ideals were used by Usui Sensei to create an opening in order to reprogram your mental patterns, to help people come back to their true selves. They are in the form of admonitions repeated like a mantra that can be used during “Gasho” meditation, or simply to re-center, or to remind ourselves when we are in a distressful situation. These ideals or rules to live by as stated by some inspire us to accept, to be grateful and to live in peace.

You will find many different versions of the five principles. This is due to translation interpretation from Japanese kanji to English. Word for word translation is very difficult as the kanji have many different meanings depending on the context they are used in and the combination of kanji used. However, from reading the different versions we can see they all have the same intention. Here is another variation with the same Japanese terms and different English interpretations, and a few others variations.

Kyo dake Wa = Just for today

Okoru na = do not get angry

Shinpai suna =do not worry

Kansha shite = be full of gratitude

Gyo wo hagememo = Work hard and honestly

Hinto ni shinsetsu ni = Be kind to every living thing

From Diane Stein: Just for today do not worry. Just for today do not anger. Honour you parents, teachers and elders. Respect the oneness of all life. Show gratitude. Make your living honestly. Another version in her book is from Larry Arnold and Sandy Nevius “The Reiki Handbook”: Just for today I will give thanks for my many blessings. Just for today I will not worry. Just for today I will not be angry. Just for today I will do my work honestly. Just for today I will be kind to my neighbour and every living thing.

My Reiki notes from Sulis healing: Reiki rules for life from Mikao Usui: Just for today thou shall not anger. Just for today thou shall not worry. Be thankful for the many blessings. Earn thy living with honest labour. Be kind to thy neighbour.

## The Deeper Meaning in the 5 Reiki Principles

Another version from my notes is: Spiritual rules of life from Hawayo Takata: Just for today be free and happy. Just for today have joy. Just for today you are taken care of. Live consciously in the moment. Count your blessings with gratitude. Honour your parents, teachers and elders. Earn your living honestly. Love our neighbour as you love yourself. Show gratitude to all living things.

For those that have experience with manifesting through positive affirmations, you know that words carry vibrations or energy of their own. This is one of the reasons why you always have to affirm what you want and not what you don't want. It is also advised to affirm it in the present moment as if you have already achieved your goal, that way there are no delays or doubts.

You may have noticed some slight negative connotations in the five principles; you have to keep in mind that at that time period it was a time of war and rein by fear, vibration where lower and denser. The principles were stated as admonitions rather than positive affirmations, even so this helped people stay focused and were a big improvement to the situation at the time. It's also important to note that in the oriental culture they often use the negative form to describe or express something that is difficult to grasp, like spiritual concepts for example, they will describe all that it is not, or all what not to do, not to be negative, but simply to instil a questioning within the person – "what is it? Or why not?". This leads the person in search of answers and in the process of searching the person finds the way. Even today some people find it easier to relate to these principals and as they gain experience using them and Reiki they gradually start to understand them more and more and realize that you have to remain open, positive and grateful in order to find happiness and health. Now days vibrations are higher and people evolve faster. I have a few suggested modifications below put in the form of positive affirmations rather than admonitions; I originally replaced "just for today" for "everyday" in order to be less limiting, reduce procrastination and to give something to live up to in every moment, but overtime I realized that it could also be limiting in the sense that it may "scatter" our energy and possibly create yet another persona to live up to rather than just being. If this is the case for you I suggest to simply affirm "in the present moment", the present moment is what creates our tomorrows, therefore what we affirm in the now manifests gradually everyday naturally. You are free to use any version according to your progression. You could also express your gratitude by starting each affirmation with "Thank you Reiki for ...".

(Thank you Reiki for) Every day (In the present moment), **I am** full of gratitude for everything and every living thing

Every day, **I am** confident - serene

Every day, **I am** happy - at peace

Every day, **I am** honest

Every day, **I am** compassionate with myself and others

Even with these guide lines there are still many people that seek to understand what it all means, how it all works. I will attempt to clarify them step by step for you.

## The Deeper Meaning in the 5 Reiki Principles

The principles always start by **“Just for today”**, the reason for this is simple, just for today is grounding in the present moment, it is the only moment that we have power over. The Dali-lama said “There are only two days in the year that we can’t do anything about, yesterday and tomorrow”. By stating the word “just” we are bringing our focus on the “now” and not thinking or comparing to yesterday or tomorrow. If we simply state “today” that opens the door to “why didn’t we do that yesterday?, or why not tomorrow?” Etc... and our minds wonder. We cannot do anything about yesterday as it has already passed by, we must let it go or it will hold us back. We cannot do anything about tomorrow for it has not arrived and focusing on tomorrow strings you along, always waiting for tomorrow; in both cases you are not living! Life happens in the present moment. We can make decisions and create change in the present moment. When you are not here and now you get caught in the past thinking of all the things you should have done or could have done and continue to miss out on the present moment, slipping away into sorrow, regret and depression. When you are not in the here and now you may also get caught up in the future thinking of all the things you should or could do and always looking to tomorrow and tomorrow looking forward to tomorrow creating much anxiety always anxious for that moment to finally come. In both cases, you never seize the moment. So, “Just for today” this affirmation serves to ground or anchor you in the present moment.

**“Do not get angry”**, why? Anger is a fear; fear creates blockages within yourself and keeps you from being your true self and expressing your true nature, which is love. Anger is a fear in not accepting things, situations and others as they are and then you get angry because it isn’t as you had expected or as you had planned. Then you fear what could have happened or what will happen and express a need to control. (Every day I am happy, I am at peace and instil harmony in others.)

**“Do not worry”**, why? Worry is a fear also; it’s a fear of the unknown and from living in the present moment, a fear of life itself, not trusting the process of life. When we worry about what could have happened, we are not grateful of what is, when we worry of what might happen, we are not trusting ourselves, we are not confident in our abilities to accept and adapt to the present moment, we are not trusting the process of life, nor are we living life. (Every day I am confident and trust the process of life, I am serene.)

Remember this, you do not control others, you do not control how they react, think, feel, nor the reasons why they do what they do, you only have power on what YOU do. Being angry or worrying takes much time and energy; it’s a lot of work and very tiresome.

I ask you, have you made any progress with these behaviours? In which direction? Does it make you feel better or worse?

(Note: It is important to become aware of your perceptions, there is a natural progression in releasing your ego through the use of the principles and to affirmations. For example, in the progression from worry to confidence, if you worry you are not trusting the process of life you are not confident; from anger to happiness, if you are always angry you are not accepting life and are not happy. Once your are trusting you are confident, once your are accepting you are happy, but observe your perceptions, do not let your ego take ownership of these affirmations or you could get caught in a loop, understand that

## The Deeper Meaning in the 5 Reiki Principles

they are states of mind, states of being, independent of outside conditions, you then understand confidence as being serene, happiness as being at peace. If you go directly to being serene or at peace your ego may again try to take ownership and find yourself trying too hard to be serene or at peace, you cannot force these states you reach them through the progression of consistent effort in practicing and seeking understanding.)

We have all experienced this at one moment or another, we all make mistakes. We also all have the power to choose and to change, like the saying “where there’s a will there’s a way”. Once we realise this, why not use all this energy and put it in the moment rather than in what has been or might be. We all have power in the moment on ourselves, our thoughts, feelings and reactions; we simply need to believe it and that will lead us all to our true nature, which is acceptance and love.

Are you starting to see a pattern?

**“Be full of gratitude”**, Why? Gratitude goes much deeper than simply saying “thank you”; it has to be a profound feeling that comes from the heart. It’s a form of measurement that creates openness to progress, to unity and appreciation for all living things and life itself. How? If you do not appreciate anything how are you at peace? If you are not at peace how are you healthy? If you are not healthy how are you living? The answer is LIFE! You must learn to be in the present and to accept it for what it is without false expectation. Life is a cycle of learning experiences, there never truly is a negative experience, because after each experience we have learned something new, making progress, which is positive. The emotions we have felt during our “negative” experiences guide us, gives us a measurement of what could have been and what could be, we simply need to notice them and accept them in order to put things into perspective. Once in perspective we can start transforming them into positive experiences giving us different feelings, and giving us something to measure by to correct the situation. The more you move forward the more you realize that even negative and positive only exist in the perception of the individual and are in reality a source of unsatisfaction and suffering. You ground yourself in the “now” and are able to see things as they are and to deal with them in the present enabling you to “be the change”. Be grateful for all that you have had, have now, and what is to come, whatever it may be. Appreciate and be full of gratitude for what is, which is life, know life. (Every day I am filled with gratitude for everything and every living thing.)

**“Work hard and honestly”**, or be diligent and honest in your work. What work? Why be honest and diligent? It’s about self acceptance. What? Why? If you are not honest in your everyday work, you are not honest with yourself; you are harbouring a fear that leads you to believe that you must not be honest to reach your goal, for fear it might not turn out as you had planned and believe you have to lie and manipulate in order to reach your goal, you fear what might happen is out of your control.

Do you see the pattern now?

If you buy into this fear you are not listening to your true self which is love = self acceptance. Love will guide you to where you need to be, it will provide what is right for you. The work is to notice this fear and to work diligently at resisting the temptation of buying into its illusion. The work is getting to the bottom of what is leading you to this temptation in order to discover your true goals and true purpose,

## The Deeper Meaning in the 5 Reiki Principles

thus allowing you to move forward. If you continue to ignore your true self you will only go around in circles bringing you back to square one until you accept your truth; trust it and from that point you will move forward. When your thoughts will concord with your words, and concord with your actions and be in accord in your heart, you will be aligned with your truth. Honesty and diligence is reflected within yourself and in your job, when you work from your true self everything you do is done with love and attention; love what you do. (Every day I am honest with myself and others.)

**“Be kind to EVERY living thing”,** and honour your parents, teachers and elders. Why? We are all journeying on the same path, the path towards the light, the path home to our true nature. We all have fears we need to release, we all have our own journey into recognizing these fears, and such is life. Accept that this is a learning process; we sometimes learn from others, others sometimes learn from us. Remember that every experience we live, another has experienced before us, and another has yet to experience it. We have the power to improve the process by being kind and showing compassion, uniting and moving forward, rather than being unkind and selfish for fear of what might be, creating separation and delaying progress. If you have difficulty with this try affirming “Everyday, I allow myself to be vulnerable and to FEEL my emotions”, this will help you open up and to have more empathy, from empathy you learn to have compassion, for yourself which will in-turn help you have compassion for all others. We are all beings of light born of the same Source, we carry the same light inside, be kind so another can find the light inside themselves rather than being the one to drive them away from it. One is not more important than the other, we all have our place. We all help each other in one way or another. Be grateful for this, be grateful for one another and this experience, show gratitude for everything, be grateful for life, and be grateful when we have food to eat, food that is the product of another fellow being that has given his life in order for you to continue yours. Be kind, show compassion and be grateful and you will move forward on your path to discovering your true self. (Every day I am compassionate with myself and others.)

Do you see the pattern now? Do you see the importance of reprogramming your mind with the 5 principles?

Much more could be elaborated for each principle, but essentially you must practice them and keep in mind that the 5 principles are interconnected and inseparable. You cannot neglect one without affecting the others. Put all five in application and they act as a key to freedom.

Whenever you have a conflict with any of the 5 ideals ask yourself, why? And to that answer ask, why? And why? And why? Until you reach the end of your questioning, and once you have reached the end you will find a fear. If you do not find a fear it's because you have not reached the end yet and must continue to ask, why? Be careful not to slip into denial, in order to avoid this it is good to practice observation, through observation of what actually is you will be able to recognize judgments. Whenever an answer to the question “why” is a judgment you have found a blockage and upon analysing it you will find that it is not in accord with the five Reiki principles. Judgments are simply a non acceptance of what is. Do not worry, it is quiet normal to hit a slump when in questioning, don't be hard on yourself and allow yourself time to process, such is the path to discovery of your true self. You can also give or receive Reiki to help you reach the bottom of this. Reiki is excellent to help draw out the source of the

## The Deeper Meaning in the 5 Reiki Principles

problem, to help support and nurture you in the process, and also to shed light on a situation clearing the path forward. When you do reach the end you will know “why?”, and you will be able to release this fear and feel that a great healing has taken place, you will be a step closer to your true self, and you will be able to see things in a different light. You will be able to better express love rather than fear.

This is an article that I was guided to write, there are articles of this nature in all of my manuals, I call them “words of light”. When you read them, even if you don’t understand everything, continue to read anyway, the vibrations that are emitted from these words work in your energy and your subconscious. You may read these words over many times and find that they carry a different meaning each time, that is because as you move forward you change and see things in a different light, which guides you to your next step.

Every morning and evening, pray these words to your heart, chant these words of light and may they guide you on your journey.

May Reiki be with you. ☺



Dominic Audet/Reiki Master

**Web site:** [www.hfreiki2.wix.com/dominic-reiki-usui](http://www.hfreiki2.wix.com/dominic-reiki-usui)

**Face Book:** Reiki Éternel Amour et Lumière (Eternal Reiki Love & Light)

<https://www.facebook.com/dominicreikiusui/>

**Cell:** 819 349 9157

You are authorised to share this article as long as it is shared in **its entirety** without any modifications or alterations of any sort.

Revised version: June 06, 2021.