



## Reiki Principles – Reiki Prayer

Just for Today, I will not Worry

Just for Today, I will not Anger

Just for Today, I will do my work Honestly

Just for Today, I will give thanks for my many Blessings

Just for Today, I will be Kind to my neighbor and every living thing.

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The word Reiki is pronounced, “Ray Key”. Reiki is the Universal and Chi/Ki is the Life Force Energy (LFE).

Reiki energy comes from God-Force and is extremely powerful. Reiki is not a religion and holds no doctrines or creeds. Reiki adds healing and balance to our lives by connecting us with the Universal Life Force (LFE) of God.

A Reiki Practitioner or Master that is attuned to Reiki energy simply places their hands on something or someone, intending the energy to flow to that person, animal or object. The Reiki energy fills the practitioner first and then it flows out of the Practitioner or Master’s hands into the individual, animal or object.

Reiki does not interfere with any other health care treatment, nor replaces your health care treatment, and is never contra-indicated. Reiki speeds the healing process and provides a source of restoring energy to the person receiving the energy. Reiki is a pure energy form (white light), and when it is combined with the desire of the healee to be well, a healing can occur.



Energy of the God-Force is neutral and waits for positive, productive empowerment by the healee. The Reiki Practitioner or Master plays an instrumental part in the transformation by giving the treatment and it is necessary for the healee to manifest harmony and balance in their life for healing to occur. Remember that we must not wish someone well. We must always ask for Reiki energy to benefit the person's "highest and best good".