
Peaceful Hands Solutions

The Reiki Principles

The Reiki Principles are a set of Traditional Guidelines that are Essential to the Reiki System.

Benefits of Each Principle

<i>Just for today, I will not worry</i>	Nothing is gained through worrying.
<i>Just for today, I will not be Angry.</i>	It is better to stay calm instead of allowing anger and stress enter your life.
<i>Just for today, I will live Honestly.</i>	It is difficult to maintain self-respect without living Honestly.
<i>Just for today, I will respect the oneness of all Life.</i>	If you are respectful to others, your efforts will generally be reciprocated.
<i>Just for today, I will be kind to everyone I meet.</i>	If you are kind to others, your efforts will generally be reciprocated.
<i>Just for today, I will give thanks for my many Blessings.</i>	If we focus on the things we appreciate in life, we will not be so disturbed at inconveniences and difficulties.

