



## THE PRINCIPLES OF REIKI

*JUST FOR TODAY*

*WORK HARD ON IMPROVING YOURSELF*

*JUST FOR TODAY*

*HONOUR YOURSELF AND ALL OTHERS*

*JUST FOR TODAY*

*DO NOT WORRY*

*JUST FOR TODAY*

*DO NOT ANGER*

*JUST FOR TODAY*

*SHOW GRATITUDE FOR EVERYTHING*

Dr Mikao Usui