



The 5 Reiki Principles Explained

Reiki Principle No 1 Just for Today I Will Not Worry

Worrying, as with any negative emotion, causes imbalance within our body and mind, affecting the circulation of energy within us. This is why worry & stress can lead to dis-ease, as our negative emotions affect the functioning of our bodies and their ability to naturally heal.

Anger deals with our past and present events, whilst worry deals with the future ones. A little worry/ concern can trigger us into action but excessive worry is destructive and a total waste of time and energy, worrying will not change the outcome of a situation or event. Letting go of worry brings healing to the body and aids the body's natural regeneration, as we learn to live in the now. Positivity is not only good for our Soul but for our overall health too.

Worrying really does not change the outcome of any situation, so why waste the energy and negative effects it has on our inner workings, throw it away! Surrounding ourselves with positive people has a positive effect on our mood, our thoughts and our actions, naturally improving the inner workings of our soul's vessels and helping us to further reduce unnecessary worry.

Life challenges are vital to our development and a mind-set, when one sees setback, as an opportunity to learn then we can all be happier, more grounded beings. Laughter is a great medicine.

The Chakra most impacted by worry is the Root Chakra (base of the spine), if a client is prone to be a worrier or going through a period of excessive worry then place your hand over the Root and Heart Chakras, until you feel called to stop / once the heart chakra removes the energy blockages from this area then this will aid their healing process.

Reiki Principle No 2 Just for Today I Will Not Be Angry

Feelings of anger towards ourselves, others, or the world, create serious energy blockages within us, affecting our health and wellbeing. It is the most complex inner enemy and holding on to anger really is like having a cup of poison and drinking it yourself. It tends to come about as a result of lack of power in a situation and the unprocessed feelings cause energy blockages.

We need to first understand what causes the anger and then remove this destructive emotion from our lives. As with all emotions, anger is a choice response and one we must choose to control. It can cause stomach and digestive disorders. Re-training yourself to remove angry thoughts from your life, should they surface, at anytime, by confronting the emotions and then removing them, can change your mind set health and wellbeing forever.

Each time we encounter another human being, there is an exchange of energies.

- If both parties are happy with the encounter, then there is a neutral exchange of energy
- If you become angry, then the other person steals your energy
- If the other person gets angry with you, then you are stealing their energy.

When the anger is unresolved, it triggers events that cause the emotions to resurface. When too much anger has been stored it can be terribly explosive and destructive. The only person who is truly hurt by anger is the person carrying it around. See the event as another of life's learning curves, to further improve mental wellbeing and clarity, to better deal with stress and unpleasant situations.

Reiki is an excellent tool for removing anger blockages that have accumulated in the body over the years. Having regular Reiki treatments can ensure that daily build-ups of this and all negative emotions are removed. Letting go of anger brings about a great sense of peace and happiness in life. Having a Reiki Treatment can

really help you to further heal and remove any unprocessed feelings within.

Taking a step away from the event / situation & breathing through it can help remove angry feelings, not allowing it to affect you and not allowing it to be stored within your energy centres. Meditating on the angry occurrence, dealing with the emotion, why it came about, how to get rid of it and replacing with positivity and emotions that are higher in frequency, will help remove the stored anger. Regular Reiki works wonders too!!

When we respond to a life lesson in anger then the lesson is not complete and we will most likely relive the situation once more, at another time. Let's remove anger from our daily lives!

Reiki positions to clear anger are: Place one hand on the Root Chakra (lower stomach) and the other on the Third Eye (middle of the forehead). Remain there until you feel the areas are balanced. Use deep breathing techniques, as you perform Reiki, further releasing negative emotions.

Reiki Principle No 3 Just for Today I Will Do My Work Honestly

When we are dissatisfied, this can be our bodies way of showing us that we are not being honest with ourselves. We know in our hearts when we are being honest. Dissatisfaction can be caused when we let fear make our choices and we are not living the life of our dreams and talents.

Working honestly brings abundance into the mind, body and soul. Supporting ourselves and our family and friends, without harming others and earning a living, nourishes the soul, bringing balance and wellbeing to our lives. The common myth that we all have to work hard and put up with disliking what we do is wrong! The more you love what you do, the more you will enjoy it, leading to a happier healthier you, that can only encourage those around you to feel the same. We tend to work hard at what we love. It is a myth that if we are failing if we are not super busy 24/7, this is something we need to overcome and remove from the habits of society. Life is here to be enjoyed; happiness is a journey not a destination.

We all have an important role to perform in this physical world and how we live makes a difference for numerous people. Discover your

life purpose, it could alter over time, but ensure you enjoy each moment and 'Just for Today do your work honestly'.

Reiki/ the Chakra Clearing Positions: One hand on the 3rd Eye & the other on the Solar Plexus, until intuition tells you balance has been restored.

Reiki Principle No 4

Just for Today I Will Give Thanks For My Many Blessings

Being grateful from within us, and about everything in our world, is very beneficial to our health and well being. Simple things such as a smile, kind words, thanks & forgiveness, all greatly improve ours, and others, lives.

The soul sees each event as an opportunity to strengthen and experience but our ego sees them as either good or bad. Opportunities take us to where we need to be to increase our awareness; do not let your ego get in the way.

Daily gratitude massively raises our vibrations, our body & mind, insight and wisdom. There are always many things to be grateful for and if we can train ourselves to focus on these, rather than what we do not have, and then our lives will be richer.

Positive thoughts really do lead to a positive life. It is impossible to be positive & grateful all the time, but being able to remember our blessings and 'throw out' negativity when it arises makes our days so much brighter.

Reiki Hand Positions for increasing gratitude are: One on the Third Eye and one on the base of the skull, until intuitively guided to move elsewhere.

Reiki Principle No 5 Just for Today I Will Be Kind to My Neighbour and Every Living Thing

Being kind costs nothing and it is one of the greatest gifts we can give to another. This principle of Reiki is a reminder to honour everyone in our lives, our family, friends, teachers, our elders and anyone we come into contact with. As with all the descriptions of the 5 principles of Reiki, what we put out is what we get back, so we must

emanate a positive, high vibration to attract like-minded people into our lives, with similar vibrations.

Dr Masaru Emoto, author and researcher, extensively studied the effects of water, consciousness and intention to see the correlation on the human body, as our bodies are made up of primarily water. He discovered that negative intentions have a negative effect on water samples; positive intentions had a positive effect of water. By focusing on positive thoughts, ridding ourselves of negativity, our bodies and minds are then healthier as a result, another reason regular Reiki Sessions are key!

The choice to live positively is ours, we are powerful creators and peace really can be obtained. Following the 5 main principles will have a profound effect on your life. The ability to manifest happiness is a choice we can all make, even at very trying times in life.

For the next 4 weeks we will cover the remainder of the Principles, check back next week to further enhance your life!

Tips for Reiki healing positions to create balance within us and to open up the gratitude in our lives:

- Place one hand on the 3rd Eye Chakra (centre of the forehead) and one on the Root Chakra (base/ lower stomach).
- When you feel guided move one hand from the 3rd Eye to the Throat and from the Root to the heart chakra, in the middle of the chest, until intuitively guided to stop.