



Hello Everyone,

Before I discuss Dr. Usui's Reiki Precepts I want to remind you of the Festival of Light at the Sharonville Convention Center April 10<sup>th</sup> and 11<sup>th</sup>, from 10:00 am to 7:00 pm both day. We hope to see you there. Also, Our Reiki class schedule for the rest of this year can be found at the end of this newsletter. As always, please feel free to contact us if you have any questions.

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Just for today:     I will feel no anger.  
                          Have no worries.  
                          Show gratitude.  
                          Be diligent in all undertakings.  
                          Treat others with kindness.

These are the five principles Dr. Mikao Usui taught his students. Many consider them to be the very foundation of the practice of Reiki. They sound simple enough. They can be memorized easily. In fact, it's easy as, Dr. Mikao suggested, to recite them upon arising in the morning and before retiring in the evening. What is considerably more difficult is actually living these precepts.

Let's start with "Just for today." "Just for today" reminds us to live in the present moment, the now, without dwelling on what has happened in the past or worrying obsessively about the future. Forever is way too long - focus on now, this very moment. We all know that we can't change the past; we can ask ourselves "what if" endlessly and it won't change a single thing. Worrying about the future is just as futile. It makes sense to make plans, to prepare for the future, to be realistic; but worrying about what might happen is simply not productive. Just as we can't change the past we can't know what will actually happen tomorrow. Living in the present, the now, is realistically the only way we can live effectively.

"Feel no anger." Three little words that are certainly easier said than done. We all know that anger is bad for our physical health but it is also bad for our emotional well-being. Anger not only hurts the person feeling it, it also hurts the person it is directed toward. Anger is often justified but it serves no good purpose. Let it go. Give it to God. Don't dwell on it; think instead

of something or someone that makes you happy. Practice letting go of anger and be at peace with yourself.

"Have no worries." Worry, like anger, is counter productive. When you are worrying you are not in control. Worry enslaves you and takes control of your physical, mental and spiritual energy without any purpose. When you find yourself worrying remind yourself that it is accomplishing nothing good; ask yourself what can I do in a positive manner that is more effective than wasting time worrying? Again, practice letting go of worry and replace it with a positive thought or action.

"Show gratitude." I think we take too much for granted; we feel entitled. Be truly grateful for food, shelter, running water. Be grateful for clothing and shoes. We have so many things to be grateful for. Practice gratitude.

"Be diligent in all undertakings." This goes beyond going to work and earning a paycheck. This is having integrity, being honest and true to yourself and subsequently to everyone else. It means making an effort to be the best "you" that you can be in all ways, including spiritually. Make an effort every day to learn and apply that learning. Apply yourself - honestly.

"Treat others with kindness." Sometimes this is shown as "Be compassionate to yourself and others," or "show compassion to all living things." This is more than simple kindness. It is even more than empathy. It is feeling sorrow at someone else's misfortune along with the desire to help them.

As you can see, the Reiki precepts are as true today as they were when Dr. Usui first taught them. If we practice them we, and the world, will be better for it.

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## Reiki Class Schedule

### Reiki I

- ♥ April 17, 2010
- ♥ June 5, 2010
- ♥ September 4, 2010

### Reiki II

- ♥ July 3, 2010
- ♥ October 2, 2010

### Reiki III

- ♥ May 21 & 22, 2010
- ♥ December 4 & 5, 2010

All dates are subject to change. Please watch the newsletter for updates.

May you live in love and light, with joy and laughter.

Blessings to all of you,

Jan

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