
SPIRITUAL PRACTICE

Reiki is often thought of as “hands-on healing,” but it is also a spiritual path of personal growth and transformation. At its core, Reiki is about connection—with ourselves, with others, with nature, and with the universal life force energy that flows through all things.

Reiki as More Than Healing

- Reiki is a way of life, not just a technique.
- When we practice Reiki daily, it becomes a spiritual discipline—helping us to live with more balance, compassion, and awareness.
- Reiki helps us return to our natural state of harmony.

The Reiki Precepts

The Five Reiki Precepts are the foundation of Reiki as a spiritual practice. Mikao Usui taught them as daily reminders to cultivate peace and purpose.

Just for today:

- I will not anger.
- I will not worry.
- I will be grateful.
- I will do my work honestly.
- I will be kind to every living thing.

Practising these precepts is a form of spiritual healing in itself. They bring Reiki off the treatment couch and into everyday life.

Daily Reiki Practice

Here are some ways to embody Reiki as a spiritual path:

- **Self-treatment:** Place your hands on yourself daily to nurture your energy and invite balance.
- **Meditation:** Sit quietly with Reiki flowing; connect with the energy and your inner stillness.
- **Reiki Precepts:** Reflect on them each morning or evening. Choose one to focus on for the day.
- **Mindful living:** Infuse Reiki into your daily activities—your work, your relationships, your self-care.
- **Nature connection:** Use Reiki as a way to attune to the rhythms of the earth and seasons.

Reflection & Notes

- How do the Reiki Precepts influence your daily life?
- How does Reiki help you feel more connected spiritually?
- What shifts do you notice when you practice Reiki every day?