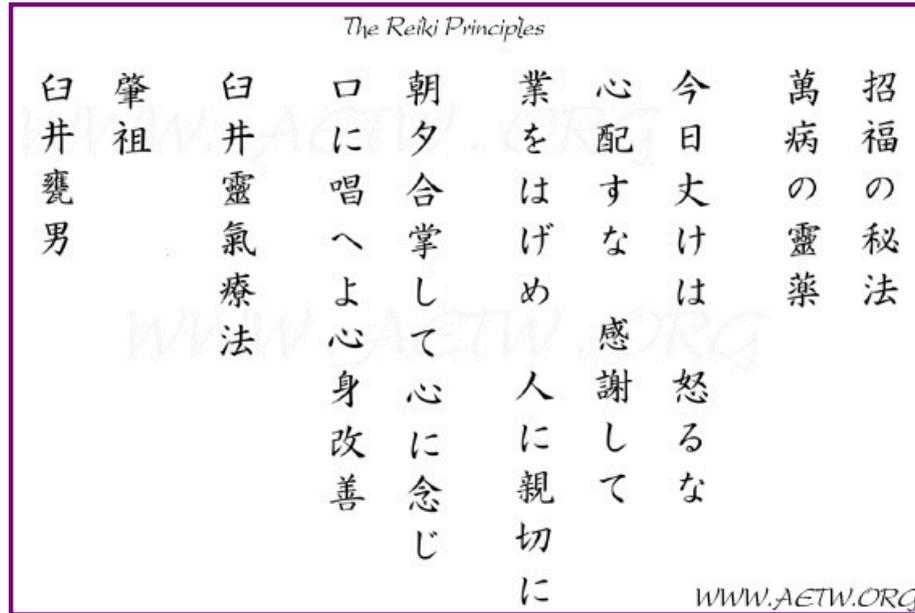


THE GOKAI



"The secret method of inviting blessings, the spiritual medicine of many illnesses
(Shôfuku no hihô, Manbyo no rey yaku)

Just for today (Kyo dake wa):

Don't get angry (Okoru na)

Don't worry (Shinpai su na)

Be grateful (Kansha shite)

Work hard (Gyo wo hage me)

Be kind to others (Hito ni shinsetsu ni)

Mornings and evenings sit in the gassho position and repeat these
words out loud and in your heart (Asa you gassho shite kokoro ni neji kuchi ni tonaeyo)

For the improvement of mind and body (Shin shin kaizen)

Usui Spiritual Healing Method (Usui Reiki Ryoho)

The founder, Mikao Usui (Chossô, Usui Mikao)"

The 'user instructions' presented with this formal version tells us that we should:

*"Mornings and evenings, sit in the Gassho position and repeat these words
out loud and in your heart"*

As a result, many people seem to consider the gokai as being something to only use in this way - seeing them simply as a set of 'positive-thinking' affirmations - or alternatively, as some form of, as it were, 'magic incantation'. Yes, we may practice gokai sansho (repeating the five principles three times) both on rising and on going to bed - and this can help to imprint them on our subconscious - but I feel too much emphasis is placed on chanting them, and possibly not enough on living by them.

THE GOKAI

Where did the Gokai come from?

It has been thought that The Gokai arose from the Meiji Emperor but this has been under discussion for many years and is likely not true.

It is just as possible they came from Buddhist precepts, but again this is unlikely as those precepts centre on admonitions against killing, stealing, lying, sexual misconduct and intoxication.

It is almost certain that the actual inspiration came from a book called 'Kenzen no Genri' (Health Principles) which was written by a Dr. Bizan (Miyama) Suzuki. It was published in 1915 and it includes the following text:

*“Just for today, do not anger (others), do not fear,
work hard, be honest, and be kind to others”*

This is almost certainly the direct source of the Usui Sensei Gokai.

Here are some examples of slightly different translations of each of the five principles:

Just for today (i.e. focus in the here and now):

Principle one:

- Do not anger
- Don't get angry
- Thou shall not anger
- I will not be angry
- I will let go of anger

Principle two:

- Do not worry
- Don't be anxious
- Thou shall not worry
- I will not worry
- I will let go of worry

Principle three:

- Be grateful
- Show appreciation
- Thou shall be grateful for the many blessings
- I will give thanks for my many blessings
- I will count my many blessings
- Express your thanks
- Show gratitude to every living thing
- Honour your parents, teachers and elders

Principle four:

- Work Hard
- Study diligently
- Devote yourself to your work
- Earn thy livelihood with honest labour
- I will do my work honestly

Principle five:

- Be kind to people
- Be kind to others
- Be kind to your neighbours
- I will be kind to every living thing
- I will be kind to every living creature
- Show compassion to every living thing