



living with
THE 5 REIKI PRINCIPLES

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Blessings,

This ebooklet is a sacred guide to embodying The 5 Reiki Ideals in your daily life. These transformative principles—releasing anger, surrendering worry, embracing honesty, cultivating gratitude, and practicing kindness—are the foundation of peace, clarity, and spiritual connection.

Within these pages, you'll find:

- A deeper understanding of each Reiki Ideal, exploring how to weave them into your life.
- Practical Reiki exercises, breathwork, and visualizations to embody each principle's energy.
- Guided meditations and journaling prompts for reflection and spiritual growth.
- Daily affirmations to align with Reiki's healing energy and nurture your spirit.

How to Use This Booklet:

- As a daily practice: Focus on one Ideal each day, embracing its affirmations and exercises.
- For self-Reiki: Use these practices to deepen your personal Reiki sessions.
- in Reiki classes or shares: Share the exercises to support others on their path.
- As a journaling companion: Reflect and track your spiritual journey through the prompts.
- If you are not yet attuned to reiki symbols, you can work with the symbol of your heart ♥

Whether new to Reiki or experienced, this guide helps you align with these sacred principles, nurturing balance, harmony, and awareness in every moment.

Just for today, pause, breathe, and invite Reiki's loving energy to guide your soul.

With Love & Blessings



JUST FOR TODAY, I WILL NOT BE ANGRY

JAPANESE PRONUNCIATION: KYO DAKE WA OKORU-NA

Understanding Anger Through Reiki

Anger is a natural emotion, but when it takes hold, it disrupts our peace. In Reiki, we see anger as stagnant energy, a signal to realign ourselves. Rather than resist it, Reiki helps us transform anger into healing and growth.

Reiki Techniques for Managing Anger

Here are sacred practices to dissolve anger and restore peace:

Palm Healing on Emotional Centers: Place your hands over your heart and solar plexus chakras. Invite Reiki to flow, visualizing calming energy washing away anger, bringing serenity.

CKR for Grounding: Use the Power symbol (CKR) to ground and release anger. Visualize it dissolving tension in areas like your shoulders or stomach.

Breath Work with HSZSN: Breathe deeply and call upon the HSZSN symbol to heal the roots of anger, guiding you to peace and clarity.

Journaling for Emotional Release

After Reiki, journal to further release anger. Reflect on:

What triggered my anger?

What can this teach me?

How can I address it with love?

Let Reiki's energy guide your reflections toward compassion and understanding.

Daily Reiki Affirmation for Transcending Anger

End your practice with: "With each breath, I release anger and invite peace and healing, guided by Reiki's light."

Living the Principle in Everyday Life

Embrace anger as a guide, not an enemy. Begin each day with palm healing to ground yourself. Use CKR to release rising anger, and let HSZSN remind you of our shared connection. With these practices, anger becomes a catalyst for spiritual transformation and a deeper connection to your higher self and divine energy.

JUST FOR TODAY, I WILL NOT WORRY

JAPANESE PRONUNCIATION: KYO DAKE WA SHINPAI SUNA

Understanding the Principle

Worry shadows us, draining energy and clouding our peace. Reiki teaches us not to deny concerns, but to trust that all unfolds as it should. By focusing on the present, we reclaim our power and invite peace into our hearts.

Deepening the Practice: Mindfulness and Visualization

Mindful Breathing: Sit in stillness and focus on your breath. With each exhale, visualize worry dissolving like a dark cloud, leaving you with peace.

Visualization Exercise: Imagine a place of serenity—feel its calm. In this space, remind yourself that all is well in this moment.

Reflective Exercise: Journaling to Understand Worry

Reflect on your worries with compassion:

Is this worry within my control?

What is the worst outcome, and how likely is it?

How can I respond in a positive way?

Confronting worry with awareness transforms it into clarity and empowerment.

Daily Affirmation

End your practice with: "With every breath, I release worry and welcome peace."

Repeat this throughout the day, staying present and free from worry.

Incorporating the Principle into Daily Life

Make releasing worry an ongoing practice. Begin each day with mindful breathing and visualization. Use journaling to turn worries into manageable steps. Over time, peace becomes your natural state, and worry no longer holds power over you.



JUST FOR TODAY, I WILL GIVE THANKS FOR MY MANY BLESSINGS

JAPANESE PRONUNCIATION: KYO DAKE WA KANSHA SHITE

The Role of Gratitude in Reiki

Gratitude aligns us with the universe's abundance, shifting our focus from what's missing to what's present. It's not just about feeling thankful, but expressing it through thoughts, words, and actions. In doing so, we multiply our blessings, opening ourselves to more.

Reiki Practices to Cultivate Gratitude

Gratitude Meditation: Sit in stillness, allowing Reiki energy to flow through you. Visualize your blessings and feel Reiki amplifying your gratitude.

Sending Reiki to Blessings: Send Reiki to those, situations, and things you're grateful for, amplifying their goodness and blessings.

Gratitude Journaling: Hold your hands over your gratitude journal, inviting Reiki to infuse your words with love and light.

Daily Affirmation for Gratitude

"I am surrounded by abundant blessings, and for each, I am deeply grateful. Through Reiki, my gratitude deepens, and my blessings multiply." Repeat this affirmation, feeling it resonate within, amplified by Reiki's energy.

Incorporating Gratitude into Daily Life

Begin your day with a gratitude meditation, send Reiki to your blessings, and reflect on your gratitude through journaling. Let gratitude become a way of life, enriching your experience and the world around you.



JUST FOR TODAY, I WILL DO MY WORK HONESTLY JAPANESE PRONUNCIATION: KYO DAKE WA GYO HAGEMI

The Essence of Honesty in Reiki

Honesty in Reiki goes beyond truth-telling; it is living in alignment with our true essence, acting from integrity and authenticity. This principle fosters trust, connection, and alignment with universal energy.

Reiki Practices for Fostering Your True Self

Self-Reflection with Gassho Meditation: Begin your day with the Gassho meditation, focusing on aligning with your true self and asking Reiki to guide you toward truth in thoughts, words, and actions.

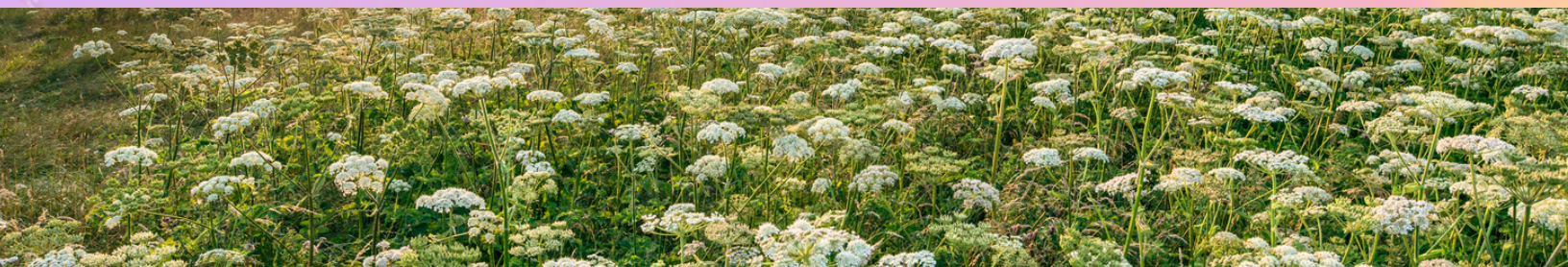
Using SHK for Clarity: Visualize or draw the SHK symbol to clear mental fog, guiding you to make decisions with integrity and authenticity.

Daily Affirmation for Fostering Your Authentic Self

"I embrace my authentic self through the guidance of Reiki." Let this affirmation remind you to live truthfully in every moment.

Incorporating Honesty into Everyday Life

Start your day with Gassho meditation to center in your truth. Use SHK to clear away confusion and reflect on aligning more fully with your authenticity. Let the affirmation guide you back to your true self throughout the day.



JUST FOR TODAY, I WILL BE KIND TO EVERY LIVING THING

JAPANESE PRONUNCIATION: KYO DAKE WA HITO NI SHINSETSU NI

Kindness in Reiki

Kindness is more than an action—it's a healing energy that transcends boundaries. It's an expression of love and empathy, recognizing the divine within all beings. Reiki invites us to act with compassion, using its energy to uplift and heal.

Reiki Practices to Cultivate Kindness

Loving-Kindness Meditation: Invite Reiki energy to flow through your heart center. Send it first to yourself, then to loved ones, acquaintances, and all beings with healing intentions.

Daily Acts of Kindness: Carry Reiki's loving energy into your actions, practicing random acts of kindness throughout the day.

Daily Affirmation for Kindness

"I am a vessel of kindness, radiating love and healing to all beings."
Let this affirmation inspire you to share Reiki's loving energy in all you do.

Incorporating Kindness into Everyday Life

Live kindness by embracing every moment as an opportunity to embody love, compassion, and healing. Start with a heart-centered meditation on loving-kindness, allowing Reiki's energy to guide you. Every act of kindness creates a ripple, spreading healing and inspiring others to share in this energy of love.





A HEART FELT THANK YOU

THANK YOU FOR WALKING THIS PATH THROUGH THE FIVE REIKI PRINCIPLES. AS YOU INTEGRATE THESE TEACHINGS, YOU INVITE PROFOUND TRANSFORMATION WITHIN YOUR HEART, MIND, AND SPIRIT. REIKI IS NOT JUST A TOOL—IT IS A WAY OF LIVING, ENRICHING EVERY MOMENT. WE HOPE THE PRINCIPLES, AFFIRMATIONS, AND JOURNALING PROMPTS GUIDE YOU TOWARD INNER PEACE AND BALANCE. MAY YOU CONTINUE EXPLORING REIKI'S ENERGY, ALLOWING IT TO AWAKEN AND HEAL YOU. WITH EACH STEP, MAY YOU WALK IN PEACE, GUIDED BY THE ETERNAL PATH OF HEALING, GROWTH, AND SPIRITUAL GRACE.

WITH LOVE & BLESSINGS
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