

招福の秘法
 萬病の靈藥
 今日又けは怒るな
 心配すな感謝して
 業をなげめ人に親切に
 朝夕合掌と心に念じ
 口に唱へよ
 心身改善
 臼井靈氣療法
 肇祖
 臼井健男

The Original Reiki Ideals

The secret art of inviting happiness
 The miraculous medicine of all diseases
 Just for today, do not anger
 Do not worry and be filled with gratitude
 Devote yourself to your work.
 Be kind to people.

Every morning and every evening, join your hands in prayer.
 Pray these words to your heart and chant these words with your
 mouth Usui treatment for the improvement of body and mind

The founder Usui Mikao
 *From the original as written by Dr Usui