

# THE 5 REIKI PRINCIPLES

HOLISTIC J – Jason Wakefield



JUST FOR TODAY I WILL NOT WORRY - Balance of our thoughts is so important as we can be unkind to ourselves sometimes in our mind. When we worry about the past it can lead to forms of depression, if they are worries about the future this can lead to feelings of anxiety. Good practice is mindfulness by living in the present and opening up all our senses, thoughts, emotions and intuition. Not attaching ourselves to our thoughts but let them go in and out or flow pass like water or clouds passing by. Focusing on the present promotes mental balance, and improved techniques for both mindfulness and meditation. Also providing clarity, awareness, a deeper understanding with self-reflection and personal development as we raise our consciousness. We should be grateful of this special gift of consciousness and the present. Maybe that is why this gift is called the “Present”.

JUST FOR TODAY I WILL NOT BE ANGRY - Anger is a negative emotion and a low vibrational frequency, when we are angry it lowers our vibration when we should be operating from a higher vibration like unconditional love to ourselves and others on our path. When we are usually angry it is normally a reflection of our own insecurities or personal healing that is required, like a mirror it shows us the truth for growth and self development. When we ask the question why we are angry we will probably find that the truth is we are not angry with that person or that situation but there may be something inside of us that needs healing or self-reflection or development.

JUST FOR TODAY I WILL GIVE THANKS FOR MY MANY BLESSINGS - When we are grateful and compassionate we understand and appreciate all the abundance and blessings that we have in life. This is not just financial abundance as there are many types of abundance in life. Like loving relationships, beauty, health, personal growth, happy home, beautiful nature in our world, security and stability. Which holistically helps us be the best version of ourselves. When using the laws of attraction it is best practice to say thank you as if we are already in receipt of this abundance. For example thank you for my loving relationships, my health, my beautiful home, our planet full our beautiful nature, clean water and food to nourish me, my internal and physical beauty, the abundance to help me fulfill my purpose, in giving me a job that I enjoy and the opportunity to enrich lives and help others that come across my path. I would also like to send compassion out to all those who are going through difficult times and need guidance or healing to help them find comfort, happiness and unconditional love.

JUST FOR TODAY I WILL DO MY WORK HONESTLY - We should apply ourselves diligently and give thanks for the opportunity that our job or purpose provides us with the overflowing abundance that we need. And provide us with the financial security, to lead a fulfilling life and reach our true potential and purpose. And also pay the bills! This ideally can only be done by good honest work ethics and quality time invested. Finding ways to make the best productive use of our work time so that we may be able to have a balanced work life and personal life. For example - thank you for the abundance of wealth that I can pay my bills and buy anything I want, money is attracted to me. Helping me live a balanced work and personal life, enriched with meaningful relationships, happiness and experiences so I can thrive and add value to the world.

JUST FOR TODAY I WILL BE KIND TO MY NEIGHBOUR & EVERY LIVING THING - It is important to not only be kind and love ourselves unconditionally. But also love others, animals and the environment unconditionally on our lives path. Without judging but with a kind loving nature, providing help, understanding and compassion if the situation arises. For some of us we realise that we are all connected, I am you, you are me and we are the universe. Therefore the universe is you and I and everything within it, and we are all connected to the universal energy and consciousness, the oneness. From "know thyself" we can also realise that if we go deep enough the answers are within, we are all beautiful and unique, created from divine light and blessed with consciousness, we are light beings with the full potential of unconditional love and so are the others around us that come across our path. So go forth in peace and love, spreading and manifesting compassion to everyone and everything.