



THE ORIGINAL REIKI IDEALS

The secret art of inviting happiness

The miraculous medicine of all diseases

Just for today do not be angry

Do not worry and be filled with gratitude

Devote yourself to your work and be kind to people

Every morning and evening join your hands in prayer

pray these words to your heart

and chant these words with your mouth

Usui Reiki Treatment for the improvement of body and mind

The founder ... Usui Mikao



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