# Cultivating Mindfulness with Reiki

Reiki, founded by Mikao Usui, is a Japanese healing practice known for promoting well-being. Usui described Reiki as the *"secret art of inviting happiness."* Central to this are the Five Principles of Reiki:

1. Just for today, do not anger.
2. Just for today, do not worry.
3. Just for today, be grateful.
4. Just for today, work diligently.
5. Just for today, be kind to others.

These principles encourage living in the present, releasing negativity, and fostering positivity.

## Applying the Principles through Mindfulness

*1. Just for today, do not anger*.
Mindfulness helps us recognize and address anger calmly. Techniques like deep breathing and meditation can help dissipate anger, bringing clarity and composure.

*2. Just for today, do not worry*.
Mindfulness encourages focusing on the present, acknowledging worries without letting them dominate our thoughts. Grounding exercises, like mindful walking or body scan meditation, can alleviate worry by anchoring us in the here and now.

*3. Just for today, be grateful*.
Begin each day with a simple gratitude practice—writing down three things you are thankful for. This cultivates a positive mindset and enhances overall well-being.

*4. Just for today, work diligently*.
Mindfulness teaches us to engage fully in our tasks, promoting efficiency and satisfaction. Approach daily activities with intention and focus, whether at work or during personal time.

*5. Just for today, be kind to others*.
Through mindfulness, we become more aware of our interactions, enabling us to respond with empathy and generosity. Simple acts of kindness, like offering a smile or a helping hand, enrich our lives and those of others.

## Daily Self-Practice for Stillness

Set aside time each day for a Reiki self-practice session. Find a quiet space, sit comfortably, and place your hands on your body in traditional Reiki positions.
Silently recite the Five Principles, allowing their wisdom to permeate your mind and spirit. Focus on your breath, bringing your attention back to the present moment whenever it wanders.

This daily ritual enhances your connection to Reiki and deepens your mindfulness practice. Over time, the principles will naturally guide you toward inner stillness and happiness.

From:
https://www.sannebild.eu/ - **Sanne Andi Bild**

Permanent link:
**https://www.sannebild.eu/mindfulness**

Last update: **11.08.2025 18:32**