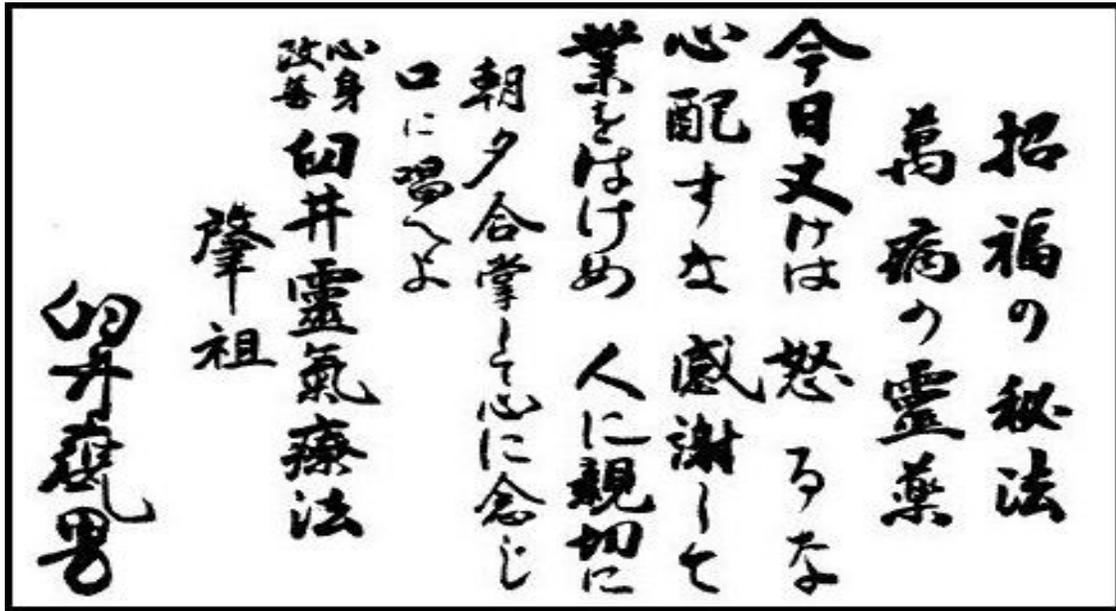


教義 Reiki Kyogi (principles) or Gokai (five precepts)

Usui Sensei created the foundation of the Reiki Ryoho practice called the **Reiki Kyogi** (principles), more commonly referred to as the **Gokai** (five precepts)*, admonishing his students to **meditate upon them daily**. In neuroscientific studies, daily meditation has shown to literally rewire brain circuits, boosting both mind and body wellness. These benefits have demonstrated that the brain can be deeply transformed through meditation, creating a state of '**neuroplasticity**', (the brain's ability to reorganize itself by forming new neural connections.) Meditation (or what you think on constantly) changes the neural pathways to the brain. Daily meditation helps to decrease activation of the **amygdala** (a structure at the base of the brain that plays a role in processing memory, emotion, stress, and the fight or flight response). This allows the neural pathways of **recuperation** to become more active, helping to strengthen the immune system, clear the thinking process, and produce a calming, and thereby healing, effect on the entire being.



招福の秘法	(Shofuku no hiho)	Secret method to invite happiness
萬病の靈藥	(Manbyo no reiyaku)	Miraculous medicine to cure all diseases
今日丈けは	(Kyo dake wa)	TODAY ONLY (<i>in everything you do today</i>)
怒るな	(Ikaru na)	1) ANGER NOT
心配すな	(Shinpai suna)	2) WORRY NOT
感謝して	(Kansha shite)	3) WITH THANKFULNESS
業をはげめ	(Gyo wo hagemu)	4) WORK/PRACTICE DILIGENTLY
人に親切に	(Hito ni shinsetsu ni)	5) BE KIND TO YOURSELF AND OTHERS
朝夕	(Asa yu)	Morning and evening
合掌して	(Gassho shite)	Doing Gassho
心に念じ	(Kokoro ni nenji)	In mind bearing (<i>meditation</i>)
口に唱へよ	(Kuchi ni tonahe yo)	With mouth chant
白井靈氣療法	(Usui Reiki Ryoho)	Usui Reiki Healing Art
心身改善	(Shinshin Kaizen)	Mind/Body Improvement
肇祖	(Chou so)	The founder
白井靈男	(Usui Mikao)	Mikao Usui

*Reiki precepts were based upon a passage in the book 'Kenzen-no-genri' (The Principle of Soundness) by Dr. Suzuki Bizan (published December 28, 1914) which read: "Today only, Be not angry, Be not fearful, With honesty, Perform diligently your duty, Be kind to others"

How to Pronounce the Reiki Kyogi (principles) in Japanese (or Gokai = five precepts)

Vowel pronunciation: A=ah E=ay I=ee O=oh U=oo

Reiki: Ray-kee

Kyogi: Kee-yo-gee – (hard 'g' as in gong)

Gokai: Go-kye

Shofuku No Hiho

(Secret method to invite happiness)

Show-foo-koo No Hee-ho

Manbyo No Reiyaku

(Miraculous medicine to cure all diseases)

Man-bee-yo No Ray-ya-koo

Kyo Dake Wa

(Today only - in everything you do today)

Kee-yo Dah-kay Wah

Ikaru Na

(Anger not)

Eee-kah-roo Nah

Shinpai Suna

(Worry not)

Shin-pie Soo-nah

Kansha Shite

(With thankfulness)

Kahn-shah Shee-tay

Gyo Wo Hagemu

(Work/practice diligently)

Gee-yo-Woah Hah-gay-may

(hard 'g' as in gong)

Hito Ni Shinsetsu Ni

(Be kind to yourself and others)

Hee-to Nee Shin-set-soo Nee