

## ***JUST FOR TODAY:***

◆ **DO NOT ANGER**

◆ **DO NOT WORRY**

◆ **COUNT YOUR BLESSINGS**

**HONOR YOUR PARENTS, TEACHERS, AND  
NEIGHBORS.**

◆ **EAT FOOD WITH GRATITUDE.**

◆ **LIVE HONESTLY**

◆ **BE KIND TO ALL LIVING THINGS**

Repeat these Reiki Healing Principles every day and you will be healthy and happy.