



THE REIKI IDEALS



A Guide for
Living Reiki Every Day



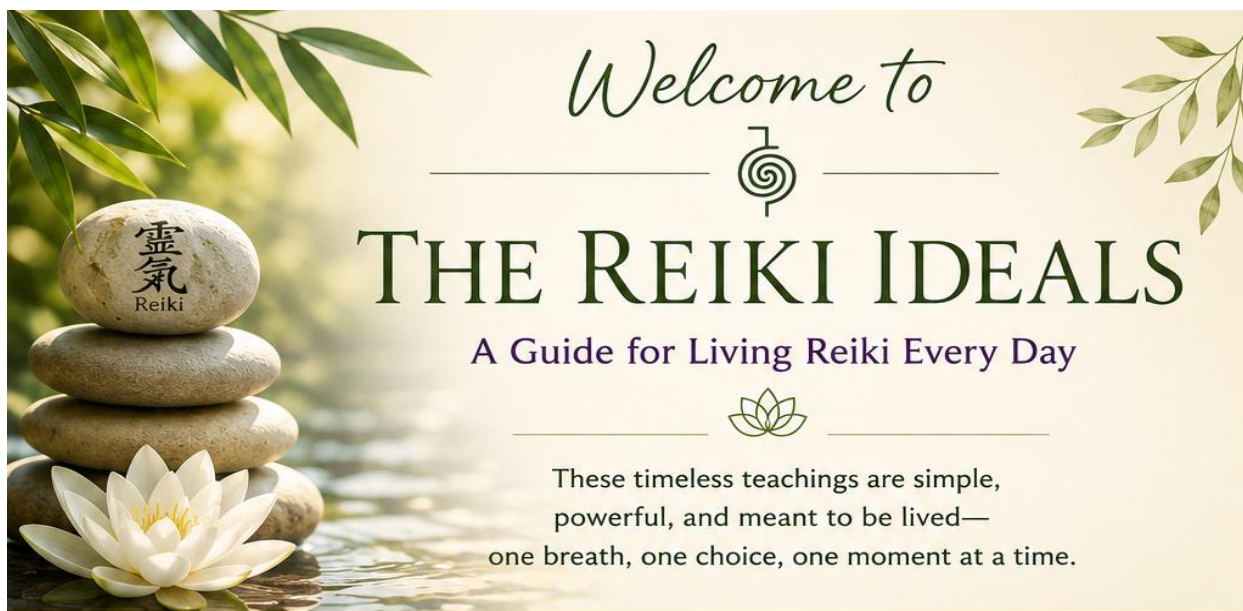
Ancient wisdom
for a peaceful mind,
a compassionate heart,
and a joyful life.

VOLUME 3



REIKI VERDE VALLEY™
ENERGY • HEALING • TRANSFORMATION





Welcome to



THE REIKI IDEALS

A Guide for Living Reiki Every Day



These timeless teachings are simple,
powerful, and meant to be lived—
one breath, one choice, one moment at a time.



ABOUT THIS GUIDE

This collection offers simple reflections, practical tools, and Reiki practices to help you bring the Reiki Ideals into your daily life with ease and awareness.



WHY IT MATTERS

When we live these teachings, we create more peace within ourselves and share that peace with the world.



REIKI IS LOVE.
LOVE IS WHOLENESS.
WHOLENESS IS BALANCE.

Dear Beautiful Soul,

Welcome to **The Reiki Ideals**.

These teachings have been guiding hearts for over a century, and they are just as relevant today as they were when Mikao Usui first shared them.

The Ideals are not rules to follow—they are gentle reminders of who we truly are. They help us return to what matters most: peace, gratitude, purpose, and kindness.

As you move through this guide, I invite you to slow down, breathe, and allow these teachings to meet you exactly where you are. There is no rush. This is your path, at your pace.

May this collection support you in deepening your relationship with Reiki and with yourself.



You already carry the light.
Reiki simply helps you remember.

With love and gratitude,

Julie

Reiki Master Teacher
Reiki Verde Valley™



May these teachings bring you peace.
May your heart be open.
May your life be blessed.





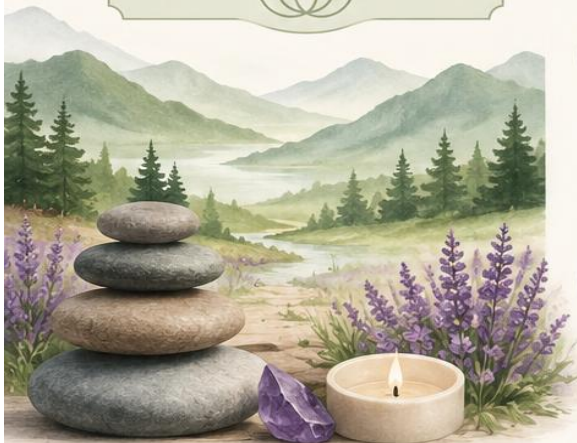
The Story of The Reiki Ideals



Mikao Usui

1865 – 1926

FOUNDER OF USUI REIKI



The Reiki Ideals were shared by Mikao Usui as simple principles for living a peaceful and meaningful life.



While Reiki is often known as a healing practice, Usui taught that true healing also involves how we think, feel, and live each day.



The Reiki Ideals were intended to be reflected upon regularly and practiced in everyday life.



Rather than rules to follow perfectly, they are gentle reminders that guide us back to balance, compassion, gratitude, and inner peace.



Today, Reiki practitioners around the world continue to use these teachings as a foundation for personal growth and spiritual development.



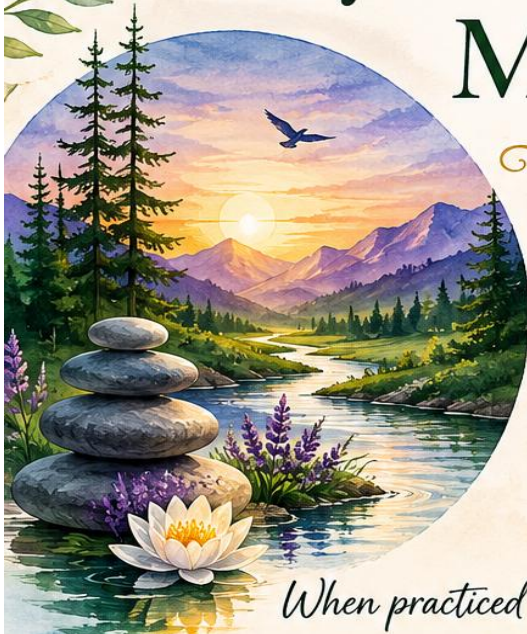
“The Reiki Ideals are not meant to be mastered in a day. They are companions for a lifetime.”





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Why the *Reiki Ideals* Matter



The Reiki Ideals help us bring Reiki into *everyday life*.

They remind us that healing is not only about what happens during a Reiki session. Healing also occurs through the **choices we make, the thoughts we cultivate, and the way we respond to life's challenges.**

When practiced regularly, the Reiki Ideals can help us:



Develop greater *peace* and emotional *balance*



Cultivate *gratitude* and appreciation



Strengthen *compassion* for ourselves and others



Reduce stress and *worry*



Live with greater *purpose* and *intention*



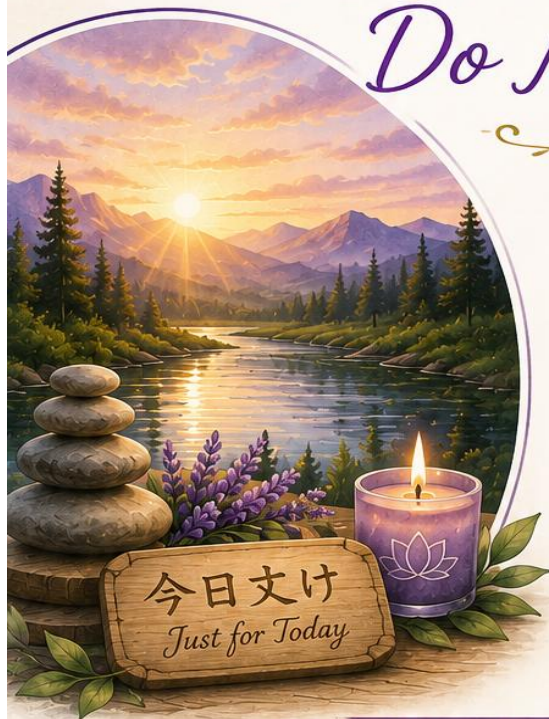
Deepen our relationship with *Reiki*

The Reiki Ideals are simple words, yet they contain a lifetime of wisdom.



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Just for Today, Do Not Anger



THE TEACHING ♥



Anger can disturb our peace, our relationships, and our health.

Usui taught us to let go of anger and choose **understanding**, **patience**, and **compassion** instead.



When we choose not to anger, we create more **harmony** within ourselves and with others. Peace begins when we respond with kindness rather than react with frustration.



Just for today, I choose **peace**.
I choose **calm**. I choose **love**.

WAYS TO PRACTICE THIS IDEAL



PAUSE AND BREATHE

When you feel anger arise, pause. Take a slow breath. Give yourself a moment to center.



SEE THINGS DIFFERENTLY

Try to understand others and situations with empathy and an open heart.



CHOOSE YOUR RESPONSE

You always have a choice. Choose words and actions that bring peace.



LET GO GENTLY

Release anger with forgiveness. It frees your heart and mind.



CULTIVATE INNER PEACE

Meditation, Reiki, and time in nature help quiet your mind and uplift your spirit.



“Peace is not the absence of challenges. It is the choice to respond with love instead of anger.”



REFLECTION

Today, I choose to let go of anger and welcome peace into my heart.



Just for today, I choose peace.



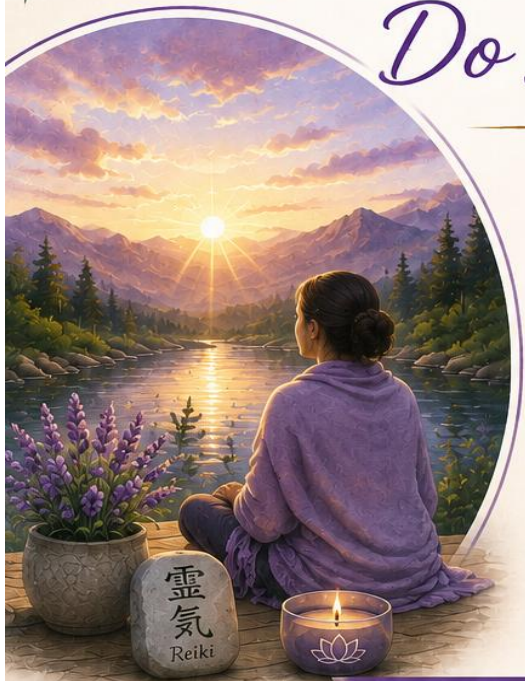
Just for today, I choose love.





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Just for Today, Do Not Worry



THE TEACHING

Worry steals our peace and drains our energy. Usui taught us to **trust** in the flow of life and have **faith** that we are always supported.



When we let go of worry, we create space for **clarity, calm, and inner strength**. We can handle what is in front of us—one moment at a time.



Just for today, I choose **trust**.
Just for today, I choose **peace**.
Just for today, I **release** worry.

WAYS TO PRACTICE THIS IDEAL



FOCUS ON TODAY

Bring your attention to this moment.
Let go of the past and release the need to control tomorrow.



BREATHE AND RELAX

Take slow, deep breaths. Relax your body and calm your mind.



TRUST THE FLOW

Life unfolds in perfect timing. Trust that you are right where you need to be.



PRACTICE SELF-REIKI

Place your hands where you feel worry and invite Reiki to bring comfort and peace.



CHOOSE POSITIVE THOUGHTS

Gently shift your focus to thoughts that uplift and support you.



“Worry does not take away tomorrow’s troubles. It takes away today’s peace.”



REFLECTION

Today, I choose to let go of worry and welcome trust, peace, and faith into my heart.



Just for today, I choose peace.



Just for today, I trust.





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Be Filled with Gratitude



THE TEACHING ♥



Usui taught that **gratitude** opens our hearts to joy and **abundance**. When we focus on what we are thankful for, we invite more blessings into our lives.



Gratitude helps us see the good, even in the small and ordinary moments. It shifts our perspective and brings more **peace, contentment, and connection**.



When we live with gratitude, we honor ourselves, others, and all of life. Our hearts become a reflection of **Reiki love**.

WAYS TO PRACTICE THIS IDEAL



NOTICE THE GOOD

Look for the beauty and blessings that surround you each day, big and small.



KEEP A GRATITUDE JOURNAL

Write down three things you are grateful for each day. Let it become a habit.



EXPRESS THANKS

Let others know you appreciate them. Kind words create positive ripples.



SAVOR THE MOMENTS

Pause and fully experience the good moments. Be present and enjoy them.



CULTIVATE A GRATEFUL HEART

Begin and end your day with gratitude. It will transform your mind and spirit.



“ Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, and confusion into clarity. ”



REFLECTION

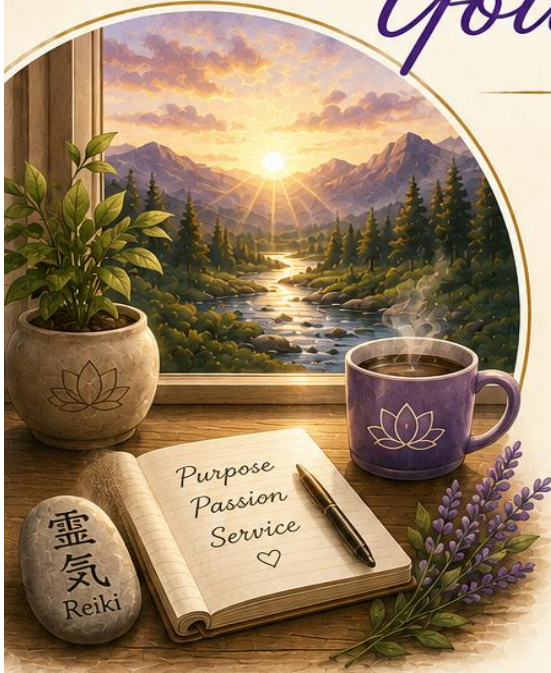
Today, I choose to focus on what I have, not what is lacking. I am grateful for this moment, this life, and all the blessings that flow to me and through me.





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Devote Yourself to Your Work



THE TEACHING



Usui taught that our work is more than just a way to earn a living. It is an opportunity to express our gifts, serve others, and contribute to the world in a meaningful way.



When we approach our work with integrity, enthusiasm, and compassion, it becomes a form of service. It brings fulfillment, growth, and a sense of purpose to our daily lives.



When our work comes from the heart, it uplifts not only ourselves, but also everyone we touch.

WAYS TO PRACTICE THIS IDEAL



CONNECT WITH YOUR PURPOSE

Remember why your work matters and how it makes a difference.



WORK WITH INTEGRITY

Be honest, reliable, and aligned with your values.



SERVE WITH COMPASSION

Look for ways your work can support and uplift others.



BRING YOUR BEST

Offer your talents, creativity, and positive energy to all you do.



STAY BALANCED

Take time to rest, recharge, and care for yourself.



“When we devote ourselves to our work with heart and integrity, we create positive change in our lives and in the lives of others.”



REFLECTION

Today, I choose to devote myself to my work with purpose and heart. I offer my unique gifts as a form of service and trust that my work creates positive impact in the world.





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Be Kind to Every Living Thing

— EVERYTHING IS SACRED —



THE TEACHING ♥



Usui taught that kindness is the natural expression of the Reiki spirit.



When we recognize the sacredness of all life, compassion arises naturally.



Kindness is not limited to people or animals. It extends to the Earth, the waters, the forests, and every living being that shares this world with us.



Through kindness, we honor the interconnected web of life and our place within it.

WAYS TO PRACTICE THIS IDEAL



HONOR YOURSELF

Treat yourself with kindness and compassion.



HONOR HUMANITY

Offer patience, understanding, and respect to others.



CARE FOR ANIMALS

Recognize animals as fellow travelers on the journey of life.



PROTECT THE EARTH

Care for the land, waters, forests, and natural world.



REMEMBER OUR CONNECTION

Recognize that all life is interconnected.



“ *Everything is sacred when viewed through the eyes of love.* ”



REFLECTION

Today, I honor the sacredness of all life. May my thoughts, words, and actions bring kindness to people, animals, the Earth, and all living beings.





EVERY MORNING AND EVENING



Place your hands
in prayer.



Pause.



Take a gentle breath.



Allow your attention
to settle into
your heart.

A Simple Gassho Practice

THEN SLOWLY RECITE
THE REIKI IDEALS:

The Secret Art of Inviting Happiness
The Miraculous Medicine of All Diseases

JUST FOR TODAY:

- ♥ I will not anger.
- ♥ I will not worry.
- ♥ I will be filled with gratitude.
- ♥ I will devote myself to my work.
- ♥ I will be kind to every living thing.

SAY THESE WORDS
WITH YOUR MOUTH



May I honor myself.
May I honor others.
May I honor animals.
May I honor the Earth.

May I walk gently upon this world,
remembering that everything is sacred
and all life is connected.

PRAY THESE WORDS
TO YOUR HEART



Today, I choose kindness.
Today, I choose compassion.
Today, I choose love.

“Keep these words in your mind
and recite them with your mouth.”

— Mikao Usui



靈氣

USUI REIKI RYŌHŌ

The founder,
Mikao Usui



• GASSHO • GRATITUDE • KINDNESS • COMPASSION • LOVE



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LIVING REIKI EVERY DAY



Reiki is not just a practice—
it is a *way of life*.

When we bring Reiki into our
daily moments, we create more
peace, more love, and more
healing in the world.



SIMPLE WAYS TO LIVE REIKI EVERY DAY



BEGIN WITH INTENTION

Each morning, take a breath and
set an intention for your day.
Invite peace, love, and kindness
to guide your thoughts and actions.



PAUSE AND RECONNECT

Take moments throughout your
day to pause, breathe, and place
your hands on your heart.
Reiki is always with you.



BRING MINDFULNESS TO THE ORDINARY

Whether you are drinking tea,
walking, cooking, or cleaning—
do it with presence and gratitude.



SPEAK KINDLY

Choose words that uplift and
encourage. Your words carry
energy—let them be healing.



CHOOSE KINDNESS

Let the Reiki Ideal “Be Kind to
Every Living Thing” be your
guiding light in all you think,
say, and do.



CARE FOR ALL LIFE

Treat every person, animal,
plant, and the Earth with
respect and compassion.



RELEASE AND TRUST

Let go of what no longer
serves you. Trust that life
unfolds in perfect timing.



END THE DAY IN GRATITUDE

Each evening, reflect on the
blessings of your day and send
love and healing to the world.



*Reiki is love.
Love is wholeness.
Wholeness is our true nature.*



As you live Reiki, you become a light of
healing and a blessing to all.



You are never separate from Reiki.

You are Reiki.



Live gently. Love deeply. Heal always.





A BLESSING *for Your Journey*



The Reiki Ideals are simple teachings,
yet they contain a lifetime of wisdom.

May they guide your thoughts.

May they guide your words.

May they guide your actions.

May they remind you that everything is sacred
and that Reiki is not simply something we practice—
it is *a way of living*.



“ *Just for today, may I walk gently upon this Earth,
honor the sacredness of all life,
and allow Reiki to guide
my thoughts, words, and actions.* ”



With gratitude and blessings,

Julie Russell ♥

Reiki Master Teacher
Reiki Verde Valley



Continue Your Journey



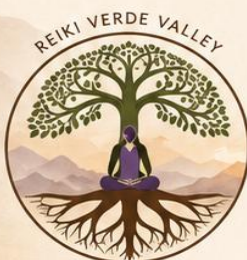
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Thank you for spending time with this collection.

My hope is that these teachings inspire you to bring Reiki into everyday life and encourage you to continue exploring your own path of growth, healing, and self-discovery.



May these reflections serve as gentle companions on your journey and remind you that wisdom is found not only in what we learn, but in what we live.



Julie Russell

Reiki Master Teacher & Founder
Sacred Mirror Technique™
Reiki Verde Valley
Cottonwood, Arizona
ReikiVerdeValley.com



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