



Reiki eZine by **Taggart King**

[Liberate Your Reiki!] About The Reiki Precepts

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Liberate your Reiki!

The eZine for Open-minded Reiki people

21st October 2021

About The Reiki Precepts

招福の秘法
萬病の靈藥
今日文けは 怒るな
心配すな 感謝して
業をはけめ 人に親切に
朝夕合掌して心に念じ
口に唱へよ
心身
改善
白井靈氣療法
肇祖白井甕男

What are precepts?

Mikao Usui gave his students a series of 'precepts' to follow.

The Concise Oxford Dictionary (9th Edition) defines a precept as (1) a command, a rule of conduct, and (2) a moral instruction, and they are an important part of Buddhist practice.

We know that Mikao Usui was a Tendai Buddhist, and so precepts would have been an important part of his spiritual life. Lay followers of Buddhism generally undertake to follow (at least one of) five precepts, which are given in the form of promises to oneself: "I will (try) to...".

Here are the five Buddhist precepts:

- To refrain from harming living creatures (killing).
- To refrain from taking that which is not freely given (stealing).
- To refrain from sexual misconduct.
- To refrain from incorrect speech (lying, harsh language, slander, idle chit-chat).
- To refrain from intoxicants which lead to loss of mindfulness.

So precepts are a list of guidelines for living your life. They are not framed in terms of “thou shalt not...” as in the Judaeo-Christian tradition but rather are a set of ideals to work towards, recommendations about thought and behaviour that you should follow as much as you can.

Mikao Usui’s rules to live by

Everyone who has learned Reiki will have, or should have, seen the Reiki precepts – Mikao Usui’s ‘rules to live by’ – and they are available in a variety of different forms in different lineages. Perhaps we should start by reading the text of Usui Sensei’s version:

The secret of inviting happiness through many blessings
The spiritual medicine for all illness

For today only: Do not anger; Do not worry
Be humble
Be honest in your work (= your dealings with people)
Be compassionate to yourself and others

Do gassho every morning and evening
Keep in your mind and recite

The founder, Usui Mikao

A Western set of Reiki precepts

There is actually some difference between the precepts that Mikao Usui was teaching and the precepts that are quoted commonly in the West. For example, some Western versions of the precepts include an extra item: “honour your parents, elders and teachers”.

This is not original and seems to have been added by Mrs Takata to make the “list of rules to live by” more acceptable to her (largely) Christian American audience.

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