

# *The Reiki Principles*

Just for today, I give thanks for my  
many blessings.

Just for today, I do not worry.

Just for today, I am not angry.

Just for today, I do my work  
honestly.

Just for today, I am kind to my  
neighbor and  
every living thing.

Mikao Usui

Kristin L. Roush, Ph.D.

The Nob Hill Wellness Center

“There is pain in change and there is pain in staying the same. Pick the one that moves you forward.”