



5 GUIDING PRINCIPALS OF REIKI

The 5 guiding principals of Reiki are to be interpreted and worked on from its most tangible to its most philosophical or spiritual dimension. Here is a simple activity to begin your Reiki journey.



Activity

- Take a moment to attentively read the Original Reiki Principals.
- Then choose 1 principal that speaks to you... Perhaps an area in your life or an aspect that deserves your attention...
- Read the explanations that follows.
- As you bring your focus and effort on changing this principal, make a few notes of your observations.

The principal I will work on: _____

Observations or changes: _____



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Principal #1 DO NOT BE ANGRY

Anger is one of the major vices which leads to human suffering. When we make too many decisions that are contrary to our own nature, that energy inside often turns into anger. It is important to address what brings on this emotion. However, it is no better to lash out at people and to have others be the victim of our anger, because you may simply be off-loading it onto innocent by-standard. In which case, if you are receiving someone's anger, protecting yourself energetically is often the best approach. When you look at anger from the perspective of Reiki energy in the body, it is often a build-up of energy in a part of the body or stagnant energy which should flow, like in the liver, for example. I have often noticed that anger and having a tight jaw seems to be connected when people do not deal with bottled up energy. The energy of anger at a later stage is often stored into the digestive system and what we hold onto in the colon. If you have a lot of anger, people will not feel inclined to be around you, and you may not have noticed this before. Why? Because when a person is angry, he/she cuts himself from the heart and self love, creating a lot of disharmony with Nature, making it hard to be at peace with others.

Witness your own anger, objectively look at the following:

- ❖ When does your anger surfaces?
- ❖ Where do you feel this anger in your body?
- ❖ What happens when you have bottled up too much anger?
- ❖ Why is anger a pattern in your life? Take the time to look at events, personality traits, life patterns etc. ...
- ❖ Who in your entourage do you project your anger onto? Do not be surprised if it is those you love most...



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Principal #2 DO NOT WORRY

This principal emphasizes that there is no absolute sense of past, present and future. The most important notion is our awareness of living in “the now” and purifying our perceptions to bring the most trust, truth and mindfulness. Worrying provides great purpose and importance to the mind, but often leads us onto the erroneous path of forging beliefs from the past and carrying them into the present. It solidifies patterns of the unconscious mind, which are often useless. To think that we can predetermine an outcome based on past perception is absurd. The Reality that can be created by a true sense of awareness has been shown to be much richer. We cannot envision all foreseeable outcomes. Our mind needs a focus - but it is most efficient when that task is positive in nature. When we live from a heart space, we create a much greater sense of harmony in our mind and our lives. Worrying is counterproductive to understanding subtle energy, yin and yang balance and harmony.

Tips on how not to worry so much:

- 🌀 Observe your thought patterns, and start shifting your awareness not necessarily on what is important, but on what is significant in your life.
- 🌀 Meditate to soothe your mind. This allows time and space for things to happen more organically.
- 🌀 Allow the instinct of survival to calm down by making use of your intuition.
- 🌀 Avoid overthinking and trying to imagine how things are going to turn out in your day. Simply, be grateful to be alive.
- 🌀 Focus on one simple action for the greater good of yourself and others, rather than a series of thoughts and reactions.



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Principal #3 BE HUMBLE.

To be Humble is a matter of inner disposition along with words and gestures which reflects the highest form of ethics and purity combined. It requires acknowledging what we hold to be true and what we have not yet discovered as the Truth simultaneously. It involves having a practice not that is believed to be healthy because we have been told or indoctrinated, but that brings us into health and balance out of Faith slowly and noticeably. It brings your work and the work of others together.

Humility, for most humans, is related to the path of virtues as opposed to that of the egotistical mind. When you do something, do it so whole-heartedly that the gesture in itself is Pure and perfect. If you do something and your mind affirms that it makes you good, that is ego; if you believe it is superior, then that borders on spiritual ego.

In respect to Reiki, to give credit where credit is due, is to recognize that we have nothing to do with creating the healing energy. It exists before us and long after we are gone. Luckily it is present within all of us and if we allow to let go of “doing” and we accept that we are just a channel, that is the best position to adopt. The most beautiful element in this process is to be the witness of the transformation it brings to people. Thus, Reiki allows us to live in the Joy of life and the purpose of bringing good onto others.

Humility in every day life:

- 🌀 It is having the clear boundary to bring help only to those who have asked for it.
- 🌀 It is to have the ability to work on your own vices before criticizing those of others.
- 🌀 It is to be thankful for what we have and to only ask for what we purely need to move forward.
- 🌀 It is to know that in every situation, we are here to learn, grow and be grateful.

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Principal #4 BE HONEST IN YOUR WORK

To be honest in your work means that you have chosen the right line of work and that you feel like you have found your mark. If you or someone at work does not occupy the right position, function or line of work it can bring a lot of turmoil in the workplace and dissention amongst a team.

To be honest in your work may require you to make personal choices that are in fact serving the greater good of humanity, even at the risk of shaking up personal or corporate values for purpose of Ethics. Daily, you are likely faced with situations that can push you to new heights within and they might cost you tangible advantages or promotions. Take the chance...

To be honest at work reasonably means that your true and only boss is the Creative force, purity itself as if someone is looking over your shoulder guiding you to be true. As soon as you shift your perspective to a higher level, your thoughts, actions and speech rises above the corporate games and gives you access to True Power.

To be honest in your work is to have a sense of ethics you can own up to without being tinted by the judgement or agenda of others. This is the only way to achieve philosophical and practical greatness. You can easily answer questions like: Are you just? Are you kind? Do you act in all fairness?

To be honest in your work involves taking the time to reposition yourself if you get off track, to harmonize yourself time and time again with your own nature as you discover it fully and the nature of those around you. You can practise in your daily work the great virtues like wisdom, courage, temperance, patience and justice as a means to give your life purpose.



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Principal #5 BE COMPASSIONATE TOWARDS YOURSELF AND OTHERS

Fundamentally, the challenge is not what we often think... People don't lack generosity; they are challenged by recognizing their own true needs. It is an essential part of health and balance. To be able to give to your self rightfully what we know to give others. People have a good nature, but they are clumsy in addressing their own flaws. The greatest impediment to society for example: the media, the economy and marketing is the ability to love yourself fully for who you are, recognize what your essential needs are and see that you are perfect in every attempt to improve yourself... Because there is little money to be made this way. If we are satisfied and balanced in your heart and more so in your mind, then you cannot be manipulated to consume that which you do not need. It is always best to prioritize resources spiritually than socially.

I guess the imperative difference is between the notion of self centeredness, which is to be avoided, and finding your own Center or discovering your inner self. Real compassion in the ancient perspective is comprised of two elements: comprehension « understanding of the Self and Others » and passion « to support or alleviate suffering ». In essence, compassion brings you closer to the Universal Energy of that which is Beauty and Love as one.

Self Compassion pushes you to:

- 🌀 Take time daily to breathe and listen to your heart beating.
- 🌀 See what your body and heart needs simultaneously without separating one from the other
- 🌀 Take the time to do things out of PURE JOY, in a kidlike fashion.
- 🌀 Honor the times when you feel weak and need to replenish.
- 🌀 Accept yourself as is, know that if you are not intending to purposely do harm in the eyes of the Source, any attempt to improve and act purely is perfect in that moment.