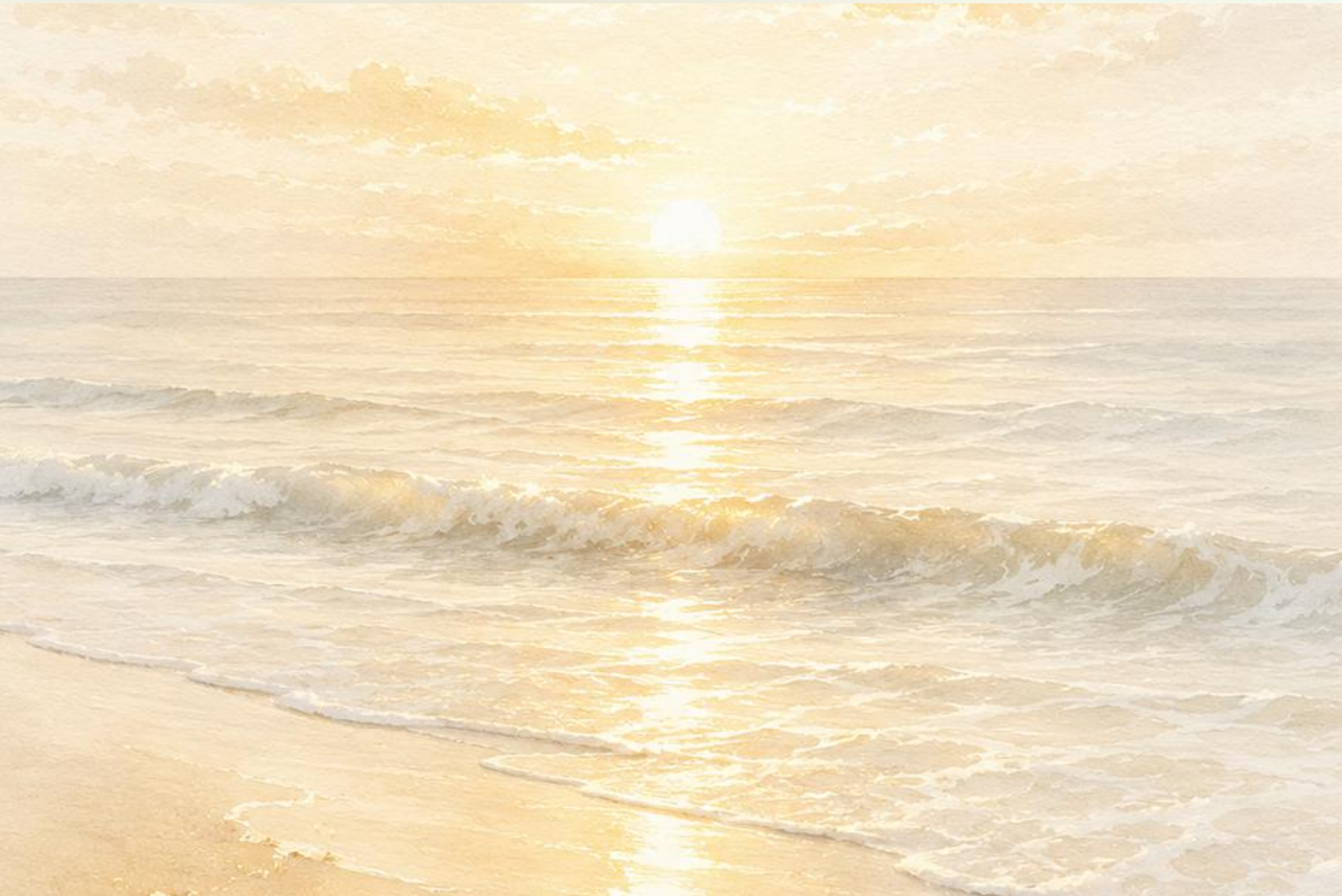
HEALING WAVES REIKI

LIVING THE REIKI PRINCIPLES

Pause + Practice





Welcome.

A new way to meet each day…

Reiki is more than a technique.
More than a session.

At its heart, Reiki began as a spiritual practice—a gentle path of personal growth, awareness, and compassionate living.
The Reiki Principles are not rules to follow or goals to achieve. They are invitations to pause, reflect, and gently return to yourself.

They invite you to see yourself, others, and the world around you through a lens of compassion, gratitude, presence, and trust.
The words "Just for today" remind us that transformation doesn't happen all at once. It happens one moment, one choice, and one day at a time.

As you move through this workbook, allow yourself to slow down. Notice what resonates. Reflect honestly. There are no right or wrong answers—only opportunities to become more aware of the thoughts, emotions, and patterns that shape your experience.
May these simple principles become quiet companions, helping you cultivate greater peace within yourself and, in turn, share that peace with the world around you.

In Love & Light,

Cathy

Before We Begin

Healing begins with noticing.

Just for today.
These words remind us that life is lived one moment at a time. So much of our energy is spent revisiting the past or worrying about the future. We replay conversations, carry old hurts, imagine what might happen, or try to control things that haven't happened yet.
But peace can only be experienced here.
In this moment.

The present is where your breath is.
The present is where your body is.
The present is where your life is unfolding.
The Reiki Principles gently invite us back—not to ignore the past or stop planning for the future, but to recognize that our greatest power lies in how we meet this moment.
As you move through this workbook, notice where your attention naturally goes. There is no judgment, only awareness.
Awareness is the first step toward change.

When your mind wanders, where does it most often go—the past, the future, or the present?

Past, Present or Future

Your power is in this moment.

- When your mind wanders, where does it most often go—the past, the future, or the present?
- Is there something from the past you're still carrying that you're ready to release?
- Is there something about the future you're trying to control?
- What helps you return to the present moment?
- If today were the only day you needed to practice these principles, how might you live differently?

Take a slow breath.
And begin...
Just for today.

The Reiki Principles

A simple invitation…



Just for today…

I will not anger.

Just for today…

I will not worry.

Just for today…

I will be grateful.

Just for today…

I will do my work honestly.

Just for today…

I will be kind to every living thing.

A Moment of Pause

Before we begin the practice…



Pause before you continue.

Read each principle slowly.

Let the words settle rather than rushing to understand them.

Notice what draws your attention.

Notice what feels familiar.

Notice what gently challenges you.

The greatest wisdom often arrives quietly.

Simply be present.

Just for Today, I Will Not Anger

Respond Instead of React

Anger is a natural human emotion. This principle doesn't ask us to deny our anger. Instead, this principle invites us to become curious.

Often, the intensity of our reaction has less to do with the present moment than with something much deeper. A comment, a situation, or another person's behavior may touch an old wound, an unmet need, a fear, or a belief we have been carrying for years.

In those moments, anger becomes more than an emotion.
It becomes an invitation.

An opportunity to pause and ask:
"What is this trying to show me?"

Likewise, when someone directs anger toward us, it is worth remembering that their reaction may not truly be about us. We may simply have touched something within them that is asking to be seen and healed.

This doesn't mean accepting or excusing hurtful behavior. Healthy boundaries remain important. It reminds us that every interaction offers an opportunity for greater understanding—of ourselves and of others.

Instead of reacting, we can choose to respond with grace. Sometimes our greatest healing begins with the courage to look inward.

Pause & Reflect

Think of a recent moment when you felt angry. What happened?
Looking beneath the surface, what emotion was present first—hurt, fear, disappointment, rejection, or something else?
Is this a feeling you've experienced before in other situations?
What belief about yourself or the world might have been activated?
Can you recognize what this experience may be inviting you to heal?

Think of a time when someone became angry with you. Looking back, do you believe their reaction was entirely about you, or might they have been responding to something deeper within themselves?

What is one small step you can take toward healing what this experience revealed?

Today I choose awareness before reaction.

Just for Today, I Will Not Worry

Return to Where Your Power Is

Worry has a way of pulling us out of the present moment.

It invites our minds to imagine what could go wrong...
to replay countless possibilities...
and to spend precious energy trying to control a future that has not yet arrived.

When our attention is constantly focused on the future,
we miss the only place where life is actually happening.

This moment.
The present is where your breath is.
The present is where your choices are made.
The present is where healing begins.
The present is where your power lives.

This Reiki Principle gently reminds us that worrying rarely changes tomorrow. It only steals our peace today.

Every time you notice your mind drifting into fear of what might happen, you have an opportunity to return.

Return to your breath. Return to your body. Return to this moment.

You cannot always control what tomorrow will bring.
But you can choose how you meet today.
And often, that is enough.

Pause & Reflect

As you reflect, notice your worries with compassion rather than judgment. Awareness is the first step toward releasing them.

- What has been occupying your thoughts lately?
- Is this worry about something happening right now, or something that might happen in the future?
- How much of this situation is within your control?
- When you worry, how does your body respond? Where do you feel it?
- What would it feel like to release the need to have every answer today?
- Think of a time when something you worried about turned out differently than you expected. What did that experience teach you?
- What helps you return to the present moment when your mind begins racing?
- If you fully trusted that life was unfolding as it needed to, how might you think, feel, or act differently today?
- What is one small thing you can do today instead of worrying?

Today, I choose to let go of...

Today I release what I cannot control. I return to this moment with trust.

Just for Today, I Will Be Grateful

Notice What Is Already Here

Gratitude is often easiest to feel when life is going well.

When we receive good news...
When things unfold as we hoped...
When we feel healthy, supported, and at peace.

But the Reiki Principle invites us into a deeper practice.
It asks us to look beyond the surface of our experiences and trust that every season of life has something to teach us.

Our greatest challenges often become our greatest teachers.
They reveal our strengths.
They uncover beliefs that are ready to be transformed.
They deepen our compassion.
They help us grow into the person we are becoming.

This doesn't mean we have to be grateful for suffering or pretend painful experiences don't hurt. It invites us to choose to be grateful through them—trusting that even life's most difficult moments can hold wisdom, resilience, and opportunities for healing.
Sometimes we only recognize the gift after we've walked through the storm. Gratitude isn't about ignoring what is difficult.

It's about believing that every experience, whether joyful or challenging, has the potential to become part of your healing journey.

Pause & Reflect

As you reflect, remember that gratitude isn't about pretending life is perfect. It's about choosing to notice the gifts, lessons, and moments of grace that exist alongside life's challenges.

- What are three things you're grateful for today, no matter how small?
- Who has positively influenced your life recently? Have you let them know?
- Think of a challenge you've experienced. Looking back, what did it teach you about yourself?
- Is there a difficult season in your life that eventually led to unexpected growth or a new direction?
- What strengths have emerged because of experiences you never would have chosen?
- What simple moments bring you peace, comfort, or joy that you may have overlooked?
- How does practicing gratitude change the way you experience your day?
- If you viewed today as a gift rather than an obligation, what might you notice differently?

Today, I am grateful for...

One lesson I am beginning to appreciate is...

One quality I appreciate about myself is...

Today I will look for the gift, even when it isn't immediately visible.

Just for Today, I Will Do My Work Honestly

Live with Integrity

When we hear the word work, it's easy to think about our job or career.
But the Reiki Principle speaks to something much deeper.
It invites us to bring honesty, integrity, and presence into everything we do.

Our work is not only what we do for a living.
It is how we care for our families.
How we treat strangers.
How we show up for our friends.
How we care for our bodies.
How we speak to ourselves.
And how faithfully we live in alignment with who we truly are.

Living honestly doesn't mean being perfect.
It means allowing our actions to reflect our values.
It means doing the right thing, even when no one is watching.
It means recognizing when we've made a mistake, learning from it, and choosing a different path.

Most importantly, it means being honest with ourselves.

Are we living from our authentic selves, or from fear?
Are we making choices based on love, or on the expectations of others?

Integrity creates peace because there is no conflict between who we are on the inside and how we live on the outside. Each day offers a new opportunity to live with intention, authenticity, and purpose.
Not perfectly. Simply honestly.

Pause & Reflect

Living honestly begins with being honest with ourselves.
It asks us to notice when our words, actions, and choices reflect who we truly are—and when they don't. It invites us to live with authenticity, take responsibility for our actions, and bring our best selves to whatever has been placed before us.

As you reflect, be gentle with yourself. Growth begins with awareness, not perfection.

- In what areas of your life do you feel most authentic?
- Are there places where you find yourself hiding, pretending, or trying to be someone you're not?
- When have you felt most aligned with your values and purpose?
- Is there a conversation you've been avoiding because you're afraid to speak your truth?
- Are your daily choices reflecting the person you hope to become?
- How can you bring greater honesty, kindness, and intention into your work—whether at home, in your career, or in your relationships?
- What is one small change you could make that would help you live more authentically?
- If your life reflected your deepest values every day, what might look different?

Today, I will act with integrity by...

Today, I will honor myself by...

Today, I choose to...

Today I will let my actions reflect who I truly am.

Just for Today, I Will Be Kind to Every Living Thing

Compassion Begins Within

The final Reiki Principle reminds us that kindness is more than being polite. It is a way of seeing that every person you meet carries a light within them.

Some people's light shines brightly, making it easy to feel connected to them.

Others may seem angry, distant, judgmental, or difficult to understand. Their words may hurt. Their actions may challenge us.
And yet, beneath those behaviors is still a human being.
Someone who has experienced joys and disappointments. Love and loss. Hope and heartbreak. Sometimes life's experiences create protective walls around the heart. Pain, fear, grief, rejection, or trauma can make a person's inner light feel hidden—not extinguished, but temporarily dimmed beneath the weight of what they have carried.

This doesn't mean we must agree with hurtful behavior or allow others to treat us without respect. Kindness is not the absence of healthy boundaries. But even then, we can choose to honor the light that still exists within them.

The same light exists within you.

When we begin to recognize that every living being carries this spark of life, we naturally become more compassionate. More patient. More forgiving. Not because others have earned it…

But because kindness changes the one who offers it as much as the one who receives it. Every act of grace, no matter how small, allows your own light to shine a little brighter.

Pause & Reflect

Kindness is more than a simple act.
When we meet ourselves with patience instead of criticism, we naturally begin to extend that same grace to others. The more we understand our own struggles, the easier it becomes to recognize that everyone we meet is carrying burdens we cannot see.

As you reflect, remember that kindness is not weakness. It is a quiet strength that has the power to transform relationships—including the one you have with yourself.

- How do you typically speak to yourself when you make a mistake?
- Is your inner voice as kind to you as it would be to someone you love?
- Think of someone who has shown you unexpected kindness. How did it affect you?
- Is there someone in your life who may need a little more compassion right now?
- Is there someone you find difficult to understand? What might they be carrying that you cannot see?
- In what ways can you show yourself greater kindness this week?
- What simple act of kindness could you offer someone today, expecting nothing in return?
- How does practicing kindness change the way you experience your relationships?
- If everyone you met today was quietly carrying a burden, how might you choose to show up differently?

Today, I will show kindness to myself by...

Today, I will extend compassion to others by...

One way I can bring more kindness into the world is...

Today I choose compassion—for myself and for every person I meet.

Just For Today

What is present for you today?

Date _____

Today's intention:

Bringing Them Together

Small Moments Become a Way of Life

Living the principles isn't about getting them right.

Which principle feels most natural to you?

Which feels most challenging?

.

How has your perspective changed?

Daily Check-In

One day at a time.

Date	Reiki Principle I'm Practicing	One Small Reflection

Looking Back

Notice What Has Shifted

Which principle changed your perspective?

How did your perspective change?

What would you like to continue practicing?

Continue the Journey

One intention. One breath. One wave at a time.

The Reiki Principles were never meant to become another list of things to accomplish.

They were never meant to be rules.
They have always been invitations.

They are gentle reminders that every moment offers a new beginning.

Each breath is another chance to choose peace.
Each sunrise is another opportunity to begin again.
And every day is simply...
Just for today.

As you begin each new day, may the Reiki Principles become quiet companions.
May they remind you to return to the present moment...
To see anger as an invitation to look inward...
To release tomorrow's worries...
To notice life's gifts...
To live with honesty...
And to let kindness become your natural way of moving through the world.

Just for today.

With gratitude and light,

Cathy Scarpitto

Continue Your Healing Journey

Where would you like to go next?

Tap any stone to continue your healing journey.



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Thank you for allowing me to be part of your journey.

With gratitude,
Cathy Scarpitto