

Statement of Identity of The Reiki Association

Who We Are:

- We are a UK based community of people initiated into Reiki.
- We are part of the world-wide Reiki community.
- We foster connection and support people on their Reiki journey.
- We honour our roots in Usui Shiki Ryoho in the Spiritual Lineage of Mikao Usui, Chujiro Hayashi, Hawayo Takata, Phyllis Lei Furumoto and Johannes Reindl.

We:

- Welcome all people initiated into Reiki in the physical presence of their Reiki master.
- Aspire to embody the Reiki Principles in everything we do. The Reiki Principles are:

Just for today do not worry
Just for today do not anger
Honour your parents, teachers and elders
Earn your living honestly
Show gratitude to every living thing

- Aim to provide a living expression of the Four Aspects of Reiki:

Healing Practice
Personal Development
Spiritual Discipline
Mystic Order

- Trust Reiki to guide us in all that we do.
- Encourage people to deepen their practice of the Art of Reiki
- Nurture Reiki community locally and nationally
- Encourage members active involvement in the Association
- Recognise that our living relationship with Reiki supports our personal journey in life, encourages us to trust our own process and to respect that of others.