

A Daily Prayer

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As an adult Christian of many years, it is fair to wonder “did God lead me to this practice of Reiki? In reflection and humility, I answer “yes” and submit to what He would teach me. Having been submissive to pastoral guidance, the result here is one piece of fruit to share with the reader. Reiki has improved my Christian faith by awakening fresh passion and tools for prayer, both in supplication for others and for my personal mediation. It has reminded me that there is power, not my own, but of Jesus Christ, through whom the whole universe was created, that is beyond the daily experience of the typical western mind. Not that it is now my power to wield, but to serve obediently as He has called us to be. What the ancient Christian mystics understood we stand to rediscover.

My daily Christian devotion or meditation practice usually includes reciting either the Lord’s Prayer or the 23rd Psalm. Both express my essential thoughts for the day, including my dependence on God to supply all I need and to lead me in the right and true way moment by moment.

In my recent study of Reiki, I found a third ‘prayer’ that I have added to my daily practice, Dr. Usui’s “Gokai” or “Five Precepts of Reiki.” Like the prayers of ancient Christian mystics, these principles are both simple and profound in expressing daily commitments to live in the present moment. What further delights me is how they capture so much of what Jesus and all of Scripture teach. As I meditate on these few words, the Holy Spirit quickens to me both Truth and proper attitudes to guide today’s walk.

As I pray, I simply recite the words in the first column, and meditate on these familiar words of scripture. Certainly more scriptures can be added and such will I do as I am reminded of them. May the peace of the Lord be with you.

The Five Precepts	Scripture	Text
Just for today		<i>Principle: live in the present moment, not trying to control the future</i>
	Matthew 6:34	Do not worry about tomorrow for tomorrow will care for itself. Each day has enough trouble of its own.
	Hebrews 4:7	Today when you hear his voice do not harden your hearts (as you did in the rebellion). <i>Also Psalm 95, Heb 3:7,15</i>
I will not be angry		<i>Principle: Anger leads to imbalance, entrapping and destroying. It is driven by ego (let go!), and it sparks a chain reaction in others</i>
	Ephesians 4:26-27	“In your anger do not sin (Psalm 4:4)” : Do not let the sun go down while you are still angry, and do not give the devil a foothold.
	Matthew 5:11	Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. <i>(also I John 3:13)</i>
	James 1:19-20	My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.
	I Timothy 2:8	I want men everywhere to lift up holy hands in prayer, without anger or

		disputing.
	Col 3:5-11	Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Because of these, the wrath of God is coming. You used to walk in these ways, in the life you once lived. But now you must rid yourselves of all such things as these: anger , rage, malice, slander, and filthy language from your lips. Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator. Here there is no Greek or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all. (<i>also Ephesians 4:31</i>)
	I Corinthians 13:5	...love is not easily angered (paraphrase)
	Matthew 5:22	But I tell you that anyone who is angry with his brother will be subject to judgment.
	James 1:2-3	Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance.
	Matthew 5:10-12	Blessed are those who have been persecuted for the sake of righteousness, for theirs is the kingdom of heaven. "Blessed are you when men cast insults at you, and persecute you, and say all kinds of evil against you falsely, on account of Me. 12 "Rejoice, and be glad, for your reward in heaven is great, for so they persecuted the prophets who were before you. (<i>also Luke 6:23</i>)
I will not worry		<i>Principle: recognize what is beyond your control and entrust it to God. Worry becomes a vicious cycle, anxious about being worried!</i>
	Matthew 6:25 - 33	For this reason I say to you, do not be anxious for your life, as to what you shall eat, or [drink, clothe...] ... And which of you by being anxious can add a single cubit to his life's span? ... your Father knows that you need all these things. But seek first His kingdom and His righteousness; and all these things shall be added to you.
	Philippians 4:6-8	Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell [meditate!] on these things.
	Matthew 13:22	And the one on whom seed was sown among the thorns, this is the man who hears the word, and the worry of the world, and the deceitfulness of riches choke the word, and it becomes unfruitful.
	Psalms 94:19	When my anxious thoughts multiply within me, thy consolations delight my soul.
	Psalms 139:23	Search me, O God, and know my heart; try me and know my anxious thoughts;
I will be grateful		<i>Principle: Be thankful, God, the universe provides all that you need, the</i>

		<i>blessings of nature fill you with joy</i>
	I Chronicles 16:8	Give thanks to the LORD, call on his name; make known among the nations what he has done.
	Psalms 100:4	Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.
	Nehemiah 8:10	This day is sacred to our Lord. Do not grieve, for the joy of the LORD is your strength.
	Hebrews 13:5b	...Be content with what you have, because God has said, "Never will I leave you; never will I forsake you."
	Colossians 3:15-17	Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful . Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.
	I Thessalonians 5:18	Give thanks in all circumstances, for this is God's will for you in Christ Jesus.
I will do my duty fully		<i>Principle: perform the life mission you were created for. Even performance of daily duty leads to spiritual growth</i>
	James 1:22	But prove yourselves doers of the word, and not merely hearers who delude themselves.
	Romans 2:13	For not the hearers of the Law are just before God, but the doers of the Law will be justified
I will be kind to others		<i>Principle: Kindness is infectious; it teaches others how to be kind. Be kind without expecting a reward.</i>
	Micah 6:8	He has told you, O man, what is good; And what does the LORD require of you, But to do justice, to love kindness, And to walk humbly with your God?
	Matthew 6:3-4	But when you give to the poor, do not let your left hand know what your right hand is doing that your alms may be in secret; and your Father who sees in secret will repay you.

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