

The secret art of inviting happiness
The miraculous medicine for all diseases

At least for today, do not be angry.
Do not worry.
Be grateful.
Do your duty.
Be kind to others.

Every morning and evening, join your hands in meditation
and pray with your heart.
State in your mind and chant with your mouth.

For improvement of mind and body.
Usui Reiki Ryoho

The founder
Mikao Usui

In old Japanese characters, the same that Usui-san has used

招福の秘法
萬病の靈藥
今日丈には怒るな
心配すな 感謝して
業をはけめ 人に親切に
朝夕合掌して心に念じ
口に唱へよ
改心善身
臼井靈氣療法

肇祖

臼井甕男

Written in modern Japanese characters

招福の秘法

万病の靈藥

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心身
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白井甕男