

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

At least for today, do not be angry.
Do not worry.
Do your work with appreciation.
Be kind to people.

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

今日丈けは怒るな

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
白井靈氣療法

肇祖

白井甕男