

DIAMOKU PRINCIPLES

1. Just for today, I will not worry: Worry in my eyes is just as bad as anger, both will drain you mentally, physically and spiritually. Don't over think things don't worry about things that will happen in the future, in the end we do not have any control over what happens In the future there for we are just wasting our energy.
 - a. Just for today do not Anger: Anger is a very dangerous emotion as we can hurt others as well as our selves, not only in a physical way but as well as mentally. Anger blinds us from love, forgiveness, understanding, and compassion. Breathe count until ten it sometimes you even forget why you were angry in the first place.
 - b. Honour your Parents, Teachers, and Elders: we should respect and honour our Parents, Teachers and Elders even our fellow men. The people that is in our lives or is going to come in our lives is there for a reason, whether it leads us on a good or bad path, whether it was a good or bad memory, they are/where put on our path to teach us something we therefor learn and grow from it.
 - c. Earn your living honestly: Work hard every day, strive to do your utmost best. Through work, we learn and grow as human beings. A higher sense of achievement and pride comes from a honest day's work. Your self-worth and pride grows and you become an independent person.
 - d. Show gratitude to every living thing: Give gratitude to every little thing, every living thing has a life force therefor feels pain. Every living thing has a purpose in life and is all connected in the end. Therefor do not take things for granted treat everything or everyone the way you would like to be treated. Be kind and you will receive kindness back

2. I disagree that you should STRICTLY live according to these principles, I do however agree that you should STRIVE to live by these principles and they should be used as a guidance in our daily lives. I feel that by using these principles in our daily lives we will receive abundance of happiness, spiritual growth and have better health. I know from personal experience that it is hard work but if you put your mind to it and stop think of what is or will NOT be we should rather think positively and what we CAN DO. Our Negative thoughts are not just in the brain, but also in various locations throughout the body and in the aura. Stress and other ailments in life has a drastic effect on the body, mentally and physically, the immune system gets affected and when you are sick, you feel depressed on top of it. By striving to live by these principles it can and will lead to self-growth and personnel empowerment what you give out you will receive back.

3. I agree true healing can only come if you are prepared to do the work, therefor what you put in you will get out. The mind is a powerful tool, if you are able to focus on what you want to accomplish and set goals for yourself you will receive it in abundance. By focusing on what you want you basically showing the universe and you will receive. Do not blame others for your misfortune in your life you are the maker of your own destiny. I have always believed in that don't moan about what you don't have and the miss fortune you experience in your life no one but yourself is to blame for it. Secondly what we Resist persist, so very true I agree with you on this. Resistance has to do with not being able or willing to deal with negative experiences. A person can get very attached to feelings you haven't resolved, clinging to the past and not resolving it can leave deep emotional scaring. A person also gets what they resist, let go of pain and focus on happiness, light and positivity outcomes. You attract your vibe and tribe 😊

4. I would like to add to your principles:

- a. 4.1 Let go of resentment: conscious and unconsciously our beliefs directly impact our emotions and well-being, which has a major impact on our physical wealth, which all in the end has a domino effect on each other. Accomplishments fuelled by resentment and anger seldom contribute to fulfilment. Resentment is like a Cancer that eats away at time it could however be filled with love and Joy. It is very easy for us as human beings to resent others for what goes wrong in our lives instead of looking at ourselves, which is in the end and is say it again, WE ARE THE MAKERS OF OUR OWN DESTINY. We write our own stories we are capable of great things, just put your mind to it and ask for guidance. Instead of resenting someone, think loving thoughts of the person treat them how you would want to be treated.
- b. Try see the positive in every situation: it is very easy to say "I Can't" "I Have such a crap life" "What did I do to deserve this" having a positive attitude is asking how something can be done rather than saying it can't be done. Always find the optimistic viewpoint in a negative situation, remove negative thoughts and habits in your life. A negative person may think the worst is going to happen and always see things as only good or bad. Do what you love to do, do what makes your soul happy. When life gets hectic, we tend to leave the things, which we enjoy. Focus on what makes you happy as a person what makes you happy in your being.

My understanding of Reiki was definitely miss conceived and I however now believe that Reiki is different things to different people. There is different reasons people follow Reiki whether it is for healing, spiritual path or empowerment. I understand now that there is no wrong way to do Reiki it is simply connecting with universal life force energy and bringing it together. I have realised that Reiki does not do any harm and will not work if harm is intended or if there is any negative thoughts. Using Reiki we ask and receive only the best outcomes it helps you to let go and detach you from the outcome and hands you over to a higher consciousness. There is so much more to Reiki then what I originally anticipated it is definitely an exciting journey ahead. I feel that learning Reiki will lead me to have stronger faith and a clearer connection with my higher self. Reiki principles are really guidelines for our daily lives and reflecting and striving to live by them will help us to deal with underlying issues.