

🌿 Exploring the 5 Precepts in Daily Life 🌿

An invitation to deepen your personal connection with Reiki's guiding five principles

With Anu Butani

Anu's path into healing began long before she formally discovered the practice of Reiki. As a certified yoga teacher, she was often guided to gently place her hands on her students' foreheads, shoulders, or crowns — offering silent support & intuitive comfort. It wasn't until 2011, while passing through an international airport that Reiki formally entered her life. In that quiet moment of grace, something awakened within her. The shift was subtle, yet profound — and thus began her sacred journey on the Reiki path, a path of light, presence, and remembrance.

Have you asked yourself questions about the 5 Precepts?

- ✨ Which Reiki precept feels the most challenging for you to live by?
- ✨ Which one is your favorite, or feels the most natural to embody?
- ✨ How do you practice these precepts into your daily life — in moments of stress, in relationships, in self-talk?
- ✨ And most importantly, how have the precepts contributed to your personal transformation?

This space is not about perfect answers, but about real-life insights — how Reiki gently softens us, strengthens us, and awakens the deeper truth of who we are. **When we consciously practice the precepts, they bring us into Presence** — into the “**just for today**” — and that, in itself, becomes the beginning of truly meeting ourselves.

Looking forward to an enriching circle of shared wisdom, lived experience, and heartfelt reflection as we explore how the precepts are quietly shaping us, day by day.

Date: September 28th, 2025

Time:



reiki of long island

"The Reiki Precepts are not rules to follow, but a way of being. They are the compass of the heart - - always pointing us back to Presence."

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