

— 五戒 THE GOKAI · USUI REIKI PRECEPTS

Just for *today.*

Five short lines, about a century old, that
quietly anchor a calmer, sharper workday
— in any sector.

今日 だけは

— WHERE IT COMES FROM

Five precepts. One promise.

Around a century ago, **Mikao Usui** distilled his teaching into five short lines — the **Gokai**. Each opens with 今日だけは, *kyō dake wa*: just for today.

The genius is the time frame. You aren't vowing to be calm forever — only until tonight. Tomorrow, you begin again.

That's a bar you can actually clear — which is exactly what turns five old lines into a daily anchor.



Do not anger.

怒るな OKORU NA

AT WORK

The reactive reply is the expensive one. Let the heated email sit in drafts overnight. **Respond on your terms — not the moment's.**



Do not worry.

心配すな SHINPAI SUNA

AT WORK

Worry spends today's energy on tomorrow's maybes. Name the one thing you can control right now, do that — **and let the rest wait its turn.**



Be grateful.

感謝して KANSHA SHITE

AT WORK

Teams run on recognition, not pressure.
Thank one person specifically before noon —
for the work itself, not the favor.

四

Do honest work.

業をはげめ GYŌ O HAGEME

AT WORK

Give the task in front of you your full attention
— and your integrity. **Done well and done
straight** outlasts done fast every time.

五 Be kind to others.

人に親切に HITO NI SHINSETSU NI

AT WORK

Assume the best of the person across the table — then act like it. **Kindness isn't softness; it's the shortest path to trust.**

— THE 60-SECOND PRACTICE

How to actually use them.

朝 Morning

Hands together. Read the five lines slowly. Pick the one your day will test most, and set it: "**Just for today.**"

夜 Evening

Read them again. Where did you hold the line? Where did you slip? **No guilt — just notice, and reset for tomorrow.**

One day at a time is the whole method.

— SAVE THIS ONE

Just for today, I will ...

一 not let **anger** run the meeting

二 not borrow **tomorrow's worry**

三 thank someone, **specifically**

四 do **honest, wholehearted** work

五 be **kind** before I'm right

— BEGIN TOMORROW MORNING

Want a guided way in?

I record short meditations to open and close the day — a calm, simple way to actually live the five lines.

FREE GUIDED MEDITATIONS

Insight Timer

insighttimer.com/danbena

Dan Bena

Coach & intuitive guide · coachpsychic.com

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