

Chapter 7

Managing Your Own Energy

The Principles

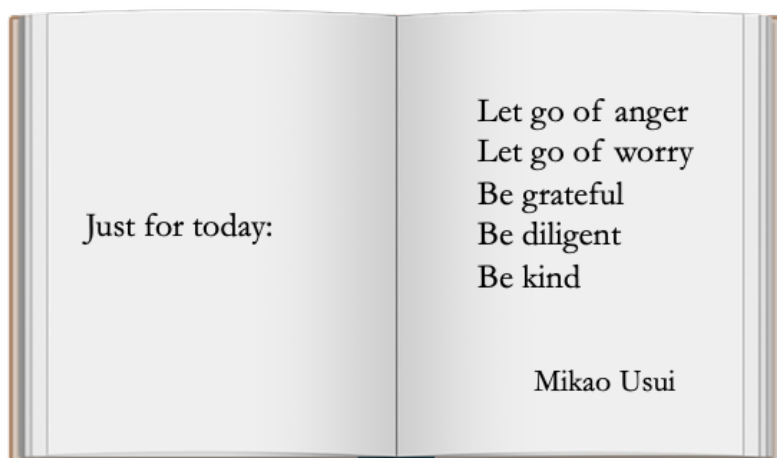
“You must manage yourself before you can lead someone else,” Zig Ziglar

The energy of a leader influences and inspires those around them. It combines many things, including confidence, humility, authenticity, vision, resilience, integrity, calm under pressure, and emotional intelligence. These qualities create an atmosphere of motivation, support, trust, and action.

Leaders are as human as everyone else. They have their ups and downs, but the best ones manage or lead themselves to be able to lead others. This comes through self-awareness and continually striving to be better.

Having simple tools to improve self-awareness and giving you tips to better manage your energy and the effect it has on the people around you is a priceless gift. And that is what the guiding principles of reiki can provide.

The reiki principles are all about guidance on how to elevate your energy. The higher your vibration, the better you will feel, the better you will manage your stress, and the better your outcomes in the things you do. You will find that they are simple yet full of depth. Their simplicity lies in their clarity and ease of understanding. With their depth comes an understanding of their richness and how transformative they can be when you put them into practice. I will walk you through the meaning, and at the end, I will give you some tips on how to work on them.



Just for today

This is a reminder that we are not perfect, and our days are far from ideal. When you do not achieve the target, you can try again. We are all human, and we will make a mistake at some point in the day. Just for today, it is reassuring us that we can begin again at any moment, learn, and grow. We are energy, and energy is in constant movement and change. Change is an opportunity; it is up to you to embrace it.

Let go of anger

You may also see this written as: do not be angry, do not anger, do not get angry. I chose to let go of anger because you are bound to get angry, and you need to learn to detect it and let go.

Anger clouds your judgment, keeping you stuck in the past over something that has already happened. Carrying that weight will drain you.

How you perceive the situation matters—by holding onto anger, you are giving power to someone or something outside of yourself. Letting go doesn't mean being naive; it means acknowledging that you

don't like what happened, accepting the facts, and taking action where possible. But don't let anger take root within you. I always remember a quote from Ambrose Bierce: "Speak when you are angry and you will make the best speech you will ever regret."

Releasing anger will give you clearer judgment, a fresh perspective, and even physical benefits—lower stress, better sleep, and a healthier mind and body. Let go, and clarity will follow.

Let go of worry

You may also see this written as: do not worry or do not fear. I chose let go of worry, because you are bound to get worried, and you need to learn to detect it and let go as well.

Worry also clouds your judgment and traps you in anxiety about the future: a future that will likely work out differently. And even if your fears do come true, stressing over them won't change the outcome. Taking decisions out of worry will be biased, limiting the possibilities and the outcomes.

So let go. This isn't about being naive either or pretending everything will be fine without taking action. It is about managing your energy, your vibration, and the energy you put into the world. When you operate from a higher, more balanced state, you improve yourself and positively influence everything around you.

Be grateful

We are all blessed in many ways. If you are reading this, chances are you have food, a roof over your head, a warm bed, a good job or business, and friends who care about you. Maybe even today is a beautiful, sunny day. Yet, it is human to focus on what is missing instead of appreciating what you already have.

Count your blessings. Shift your focus from what is wrong to what is right. Even before I learned about these principles, I used to tell my children that the best way to fall asleep was to think about the good things that happened that day. That was, of course, before smartphones became a bedtime distraction! The practice is simple but powerful.

Express gratitude in whatever way feels right to you. Say it aloud, write it down or share it with those who have shown you kindness. If you believe in a higher power, offer your thanks. Gratitude is more than a habit; it is a path to deeper self-awareness and inner peace.

Be diligent

You may also see different versions of this: work diligently, work honestly... yet diligence here refers to all areas of your life.

We can't change the past; carrying it with us only weighs us down. We can't control the future, and worrying about it only pulls us away from the present. What truly matters is what we do right now. The present is where we have the power to shape the best possible outcome.

Living in the present is not about being carefree and letting everything happen without effort. It means taking responsibility and doing what needs to be done to the best of your ability, whether it concerns your work, family, relationships, or community. When you give your full attention and effort to the present, you naturally create the best future.

That is having true presence and peace. And it is contagious.

Be Kind

A single act of kindness can change someone's day, including yours. So, start with yourself. Be kind to yourself. You are doing your best, and if it doesn't feel like enough, remember that kindness also means self-compassion.

Kindness is not just about being gentle with others but about understanding them. Situations that make us angry or uncomfortable often come from people simply navigating their own struggles. Like you, they have limitations, imperfections, and coping methods. Even if someone tries to hurt you or provoke you, recognise that, in their own way, they are doing the best they know how. It may be for self-protection, fear, or something more profound.

Being kind is not about accepting harm. It means seeing beyond the surface and responding with wisdom, not just reaction.

Practising kindness fosters understanding and compassion, leading to wisdom. You are allowing your mind to broaden its perspectives, enriching the sources of information that will help you make better decisions.

How do you integrate them into daily life?

The key is maintaining a calm and centred approach free from anger and worry, which is helped by practising gratitude, diligence, and kindness. When you face challenges from this higher vibrational state, built on generosity and awareness, you naturally gain deeper insights into why things are happening. Your understanding expands, and you handle situations with clarity, without the need for anger or anxiety, because you intuitively know how to respond.

If something throws you off balance and you struggle to reset immediately, use one of the simple techniques you will learn: deep breathing, reiki shower, or quick reiki self-treatment over your heart to restore your balance.

Traditionally, reiki practitioners recite the five principles morning and night. While that is a beautiful practice, let's be realistic; your days are already so full that this will be way down in your priorities. Instead, if you use some meditations to reflect on the principles, one at a time or all at once, you will understand them better. You will then be able to integrate them into your daily life.

For me, real-life moments serve as reminders. Whenever I encounter a challenge or disagreement, I remind myself to pause. When worry creeps in, it triggers that inner check-in, bringing me back to balance. Through consistent awareness of your energy, these principles become second nature. You will be different; your energy will inspire and uplift.

And in the end, a leader's true power lies in how they make others feel—safe, seen, and inspired.

This is the essence of genuinely understanding the principles, not just as a practice but as a way of being.