



Reiki eZine by Taggart King

[Liberate Your Reiki!] The "Kaizen" of Reiki

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Liberate your Reiki!

The eZine for Open-minded Reiki people

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The "Kaizen" of Reiki



What is kaizen?

If you have come across the word 'kaizen' before it will probably have been in the context of industrial quality control or personal development. "Kaizen" is a Japanese word that is usually translated as 'improvement', but it means more than that.

The word has connotations of continuous, gradual, orderly and never-ending improvement, the willingness to constantly, relentlessly pursue improvement a small step at a time. The application of the kaizen principle is the reason why Japan's economy was transformed after the Second World War.

All workers were encouraged to make suggestions as to how quality and production could be improved, even by tiny, tiny percentages, but over time the effect of these tiny percentage improvements, applied consistently and built upon, transformed Japanese industry.

So what has kaizen to do with Reiki?

Well the word kaizen actually appears towards the end of the Reiki precepts. The line in Japanese is "Shin shin kaizen, Usui Reiki Ryoho", which could be loosely translated as "Mind body change it for better Usui Reiki method".

So when Usui was talking about using his system to improve the body and mind, I get the impression that we are looking at a lifelong commitment to work with the system, to focus the energy on ourselves again and again, long-term, in order to produce small incremental improvements within ourselves, to dedicate ourselves to developing our effectiveness as a channel.

But small changes build on previous small changes, an enhancement upon an enhancement leads to amazing development over time.

And Usui's original system gives us the solid, concrete techniques that we can use to develop ourselves: as channels, in terms of

spirituality and in terms of intuition, to produce our own individual Reiki Evolution!

So how do we pursue our own kaizen of Reiki?

How do we apply the concept of continuous and never-ending improvement to our practice of Reiki?

Here are a few suggestions...

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