



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...

Root your practice of Reiki in daily energy work

If you are serious about wanting to obtain the many benefits that are available to you through the Reiki system then you are going to have to work on yourself most days, ideally every day, and by doing so you will build up the beneficial effects of Reiki within you.

It is not sufficient to use Reiki on yourself once a week, or to assume that if you treat other people occasionally then this is enough to give you the Reiki you need.

Your first priority should be yourself, and this means daily energy work. This does not need to be an onerous task, nor does it need to take a long time to carry out.

Sometimes we decline to use Reiki on ourselves because we do not have the perfect opportunity, perhaps because we do not have, say, 30 minutes to work on ourselves. Yet even 10 minutes of energy work, when carried out consistently each day, would be far better and produce much better results than doing nothing for days, and then a great big blitz for a big chunk of time on a weekend to try and 'catch up'.

Spending even a small chunk of time working on ourselves each day builds up a momentum and stirs changes which build and build. Sporadic practice leads to some beneficial changes, but you are not maximising your Reiki potential.

So, how can we work on ourselves?...

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