



**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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13th October 2022

## The "Kaizen" Of Reiki

Hi, Taggart here, from Reiki Evolution. This week I am going to be talking about two aspects of Reiki practice, two overarching principles that I believe should ideally guide our practice: kaizen and simplicity. Today I am going to be talking about "kaizen", which means something like never-ending small improvements, and in a couple of days I will focus on simplicity.

So, **kaizen**: read my article and you will find a whole collection of different suggestions about how you can steadily improve and deepen your Reiki over time.

Click this link now to find out more:

### **The "Kaizen" Of Reiki**

I hope you find this article interesting and helpful.

Best wishes,

Taggart :)

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The "Liberate Your Reiki!" eZine is produced by Reiki Evolution [www.reiki-evolution.co.uk](http://www.reiki-evolution.co.uk)