



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

21st August 2024

THE EZINE FOR OPEN-MINDED REIKI PEOPLE

Liberate Your Reiki!

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It's Wednesday, so that means "Reiki Article Day" Mondays and Wednesdays: take 5 minutes to read a Reiki article

Reiki articles for you to read on Mondays and Wednesdays. Each one will take about 5 minutes or so to read, and hopefully you will find something interesting, informative, helpful or thought-provoking, maybe even challenging.

So without further ado, here's....

Today's Article "The Kaizen Of Reiki"



Hiya,

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?

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So, that's all from me for today.

Take care,

Taggart ;)

Taggart can help you to *reclaim your authentic self*, letting go of any anxiety, low self esteem, excess weight, to emerge again as the person you used to be.

"These sessions have been truly life changing and I find I now have so much more energy to devote to work and creative projects. I can more easily embody the essence of my true self now and after years of struggling with anxiety, I cannot get over just how remarkable this actually is."

- CM

Make the decision to explore a more positive future, and click here: www.taggartking.co.uk

The "Liberate Your Reiki!" eZine is produced by Reiki Evolution www.reiki-evolution.co.uk

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