



Reiki eZine by Taggart King

[Liberate Your Reiki!] Build Confidence with my New Nentatsu ho meditation

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Liberate your Reiki!

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The eZine for Open-minded Reiki people



**A New "Nentatsu ho" meditation... for
Building Confidence**



What is Nentatsu ho?

Nentatsu ho and Seiheki Chiryō ho are names given to treatment techniques that have come from Japanese Reiki, as practised by the Imperial Officers and passed on in the Usui Reiki Ryōhō Gakkai (Usui Memorial Society).

The two techniques are variations on a theme and involve using Reiki as a 'carrier' to convey affirmations or thoughts into you, or a client, to 'treat' bad habits and addictions or to modify thought patterns and limiting beliefs. Seiheki Chiryō means 'habit treatment technique' and Nentatsu Ho means 'send a thought technique'.

So there is an established tradition of using Reiki to enhance the effect of affirmations or to boost the power of suggestions to alter people's habits or to introduce or alter emotions or enhance habits, thoughts, responses or behaviour.

The Western approach

And that's interesting because in the West has developed completely separately the use of spoken suggestions to help alter people's behaviour, emotions, responses, beliefs and motivation. I am thinking of hypnotherapy and the use of Ericksonian suggestion patterns which are such a powerful way to help people to change things for the better.

Now, you may know that I trained as a Cognitive Hypnotherapist with the Quest Institute at Regent's University and I have used my knowledge and experience of creating hypnotic suggestion patterns to create a series of Nentatsu Ho Meditations that combine the gentle power of Reiki with the potency of Ericksonian hypnosis.

Blending the best of West and East

So what I have done is to create a set of unique **Nentatsu Ho Guided Meditations**, which focus on three areas where a lot of people need a bit of help, I think:

1. Weight loss
2. Anxiety
3. Self Confidence

I have tested the Reiki-free versions of the tracks extensively on a large group of non-Reiki volunteers and *they work fantastically well*

They will work even better when combined with the power of Reiki meditation!

Build Your Self Confidence

The volunteers that helped me to test these meditations used questionnaires at the beginning and the end of their 28 days of listening, questionnaires that give you a numerical score for depression/low mood, anxiety and general wellness. For those who know about such things, I was using the PHQ9, GAD7 and SWMWBS scores.

Karen's experience

Karen's scores for anxiety and low mood/depression were quite low when she started but her 'general wellness' score wasn't great: 21 out of 35. After listening to the MP3 **only once a week** her wellness score soared to 31, which I think reflects the big changes she noticed in her self-confidence.

This is what Karen said:

"I would say I am now 9/10 in confidence whereas before I was 5/10

I didn't consciously absorb what was in the recording but every time a negative came in to my head, I shrugged it off like a coat and thought - that belongs in the past. I'm sure that was in it somewhere. It has become my new way of being now.

I am also finding that I am getting on with the stuff I used to dread and not procrastinating any more. So woohoo. Feeling pretty awesome right now despite normal rubbish going on, which just isn't getting to me."

Tessa's experience

Tessa found that the MP3 had a really positive effect on the way in which she was able to respond to people, more self-assured and less apologetic, and she found that, although the MP3 focused only on the issue of confidence, there were positive changes in her relationship with food. This is because, in the end, everything is connected and you can't produce positive results in one area without it having a positive knock-on effect in other areas.

This is what Tessa said about that:

"I have been really good at controlling what I eat. A few weeks ago I decided I would not eat after 7pm and before 7am in order to stop the late evening snacking when working or watching TV and I have found it really easy to do"

Steffi's experience

Steffi is also a good example of benefits spreading into other areas of her life, where she comments about the changes she noticed in her anxiety.

This is what she said:

"I have the impression that I am more able to ease off into a state of confidence now I have "rehearsed" that positive feeling I once had and now I can feel and see myself in that new way in future situations. Also I am able to relax easier in stressful situations and I feel more comfortable to put things into perspective and let them go rather than let them put tension on me. That's a very good thing!!"

Uschi's experience

Uschi found that track helped to take more control, let go of what was holding her back in her business, and move on in more of a pro-active way.

This is what she said:

"I've decided to stop drinking any alcohol. Initially thought I would for 3 months but have now extended it to all of 2018. I have also researched to find a business coach and signed up for 6-month coaching end of October. Fear of public speaking has been stopping me in many ways, so I've now joined a local group and following a 10 step program. End of October I've already done an impromptu mini talk to 25 people. I've found I'm so much more pro-active."

When Can I order my Build Confidence track?

The Build Confidence track is available right now to download and start listening to immediately. I recommend that you listen to your track at whatever time of day is most convenient for you, for 28 days, and notice as you go along the different changes that you will experience within yourself.

Just click on the link below to visit the Nentatsu ho page on the Reiki Evolution web site:

[Build Your Confidence](#)

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