



Reiki eZine by Taggart King

[Liberate Your Reiki!] Lose Weight 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 Losing Weight



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!

Nentatsu ho for Weight Loss

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.

I also asked them to monitor their weight loss in some way, whether that meant getting on the scales or measuring a part of their anatomy (waist measurement, for example) or noticing the fit of their clothes.

Sandra's experience

Sandra found that her Anxiety score went from 12 down to 4, even though the MP3 didn't deal with or focus on anxiety! 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.

Sandra lost 15 lbs while listening to the track every other day during a 28 day period.

Sandra said:

"I listened on alternate days so 14 days but sometimes more than once a day.

Other changes include being more organised with my food preparation & making better choices, this makes me happier, I feel more on top of my game.

I exercise more now (walking every day for an hour in two sessions of 30 minutes) and buy better quality food. I make better choices about my food and that makes me feel more on control of my decision making.”

Barbara’s experience

Barbara found that her tastes were changing and that she was feeling full sooner than before:

”I have noticed I am eating slower, less interested in chocolate and biscuits and more interested in fruit. I have also noticed feeling full in good time too. ”

Zeenat’s experience

Zeenat found that the MP3 produced changes in a lot of areas in her life, not just related to eating.

This is what she said:

”I only listened to it for fewer than half of the 28 days, but I noticed a positive change in my attitude quite soon after I started listening. I wasn’t feeling optimistic about losing weight before I started, but since listening, I have become MUCH more pro-active in a number of areas – health and business too.

I have become newly enthused about my business and have been very productive with my time. I’ve also been more mindful of what I’ve been eating and I then decided to invest in working with a nutritionalist.

I feel that I am now taking charge of my eating – eating better quality, unprocessed food, 3 meals a day. I have more energy already.

I have a new respect for my body and what I am feeding it. After starting the download (when I was feeling really down about my eating habits – I was eating 3 good meals PLUS loads of junk), I started to crave healthier food.!”

When Can I order my Weight Loss track?

The Weight Loss 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:

[Lose Weight Now](#)

