



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] Ditch Anxiety 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 ditching Anxiety



## 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!

## Ditch Anxiety

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.

### **Nigel's experience**

When Nigel volunteered to work with the "Anxiety" meditation, he scored quite highly for both depression and anxiety (17 for anxiety, with the maximum anxiety score being 21), and his general wellness score wasn't exactly great (again 17, with the highest possible wellness score being 35).

After a month of listening to a 10 minute MP3, his anxiety reduced to 9 (so it was cut in half), his depression score was cut in half, and his wellness jumped from 17 to 26. Those were great results!

### **This is what Nigel had to say:**

"I have never tried to do anything like this before. I was a little sceptical. Something which is very bizarre, for something that I listened to 40 to 50 times, I can't really recall much of the dialogue which surprises me (I would have thought, like learning your times tables it would have gone in parrot fashion). I can remember

certain phrases and segments which keep coming back to me.

I feel a lot different after these 28 days of listening. I wish I could tell you there was a specific point where it all came together and the light came on, but there wasn't. I have spoken to my wife and she says she has seen a marked difference. I still have anxiety problems, to say they were gone would be wrong, but I do seem to be able to control the emotion of the anxiety now, taking charge of the situations I find myself in. I have been up to my neck in it at work in the last few weeks and a couple of months ago, I would have been a bit of a mess.

I come home, and don't have a problem, I don't worry so much and I definitely control the anxiety in the work place."

So Nigel has made a great start after only a month of listening, and as he continues to listen to the track, he should find that he will keep the momentum going, easing in a new positive direction, rather in the way that a ratchet works, where you make some progress, move along, and the way you are represents the 'new you', the 'new normal' for you, and then you keep on developing in a new positive direction.

What was very interesting was that, although the track didn't focus on depression/low mood, Nigel's depression score reduced significantly. 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.

## When Can I order my Ditch Anxiety track?

The Ditch Anxiety 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:

[Ditch Anxiety Now](#)