
NENTATSU HO

Nentatsu Ho is sometimes referred to as a deprogramming technique. It is a method for transforming bad habits or inclinations & for 'setting' positive intentions – such as focusing ones energies towards a specific objective.

The process is almost identical to the Level 2 technique: Seiheki Chiryō Ho in that it works by planting a thought, idea, or suggestion into the client's (or for that matter, your own) subconscious. The main difference between Nentatsu and Seiheki is that the latter technique involves use of the shirushi (Reiki symbols) and Nentatsu does not.

Close your eyes and 'hara-centre' yourself: focus your awareness on your seika tanden. For a few moments, simply 'be' – silently and restfully 'watching the breath', loosely focusing on the natural rhythms of your breathing.

When you are ready, perform gassho and make a statement of – something to the effect of: "Nentatsu begin", or " I start Nentatsu now"

Cover the client's occipital ridge (the protrusion where the skull meets the spine) with your dominant hand, letting Reiki flow. When you intuit it is time to move on to the next stage, leaving your dominant hand where it is, place your non-dominant hand on the client's forehead (at hairline). Let Reiki flow, and at the same time (silently) repeat an appropriate suggestion or affirmation. (The nature of the issue to be worked on/intent to be set – and the precise wording of the suggestions/affirmations is something which should be decided upon in discussion with the client prior to treatment. The suggestions/affirmations should always be worded in a positive sense). Whatever the nature of the affirmations/suggestions you should mindfully state them, without judgement, and in an attitude of love, gratitude and compassion.

Continue this silent repetition for a few moments until you intuit it is time to desist.

End by performing gassho once more.

The effects of Nentatsu Ho are cumulative in nature, and a series of treatments at frequent intervals is usually advised.