

GENDAI REIKI



Nentatsu Ho

A Reiki Technique To Send An Affirmation

Understand that Reiki energy is doing the healing... you are a conduit.
Do not use forceful thinking [Nen] for any Reiki technique.

Know that Reiki is always for the recipient's highest good ~ which may not be the same as his/her chosen intent.

Ask the recipient to establish the intent (affirmation). The intent can be shared, but it is not necessary for you to know the intent.

- Ⓢ Hands in “prayer position” [Gassho] with a clear mind [Kokoro]
(one way to clear your mind is to focus on your breathing)
- Ⓢ Move your hands upward or palms up, with hands apart
- Ⓢ Visualize a shower of healing [Reiki] vibrations from the universe
- Ⓢ You may feel the vibration in the palms of your hands
- Ⓢ Place one palm on the recipient's forehead
- Ⓢ Place the other on the back of his/her head
- Ⓢ Bring your attention to the recipient's forehead
- Ⓢ Affirm *your* intention for the recipient's highest good (*not his/her intent*)
- Ⓢ Imagine healing [Reik] energy flowing through you to the recipient's higher inner self
- Ⓢ Move your hand from his/her forehead to cover your hand on the back
- Ⓢ Imagine healing [Reiki] energy flowing through you to the recipient's higher inner self
- Ⓢ Remove your hands and say to yourself “I have finished Nentatsu Ho”