



Nentatsu Ho

You can give yourself Nentatsu Ho

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- ☯ Establish intent [affirmation] ... *it is not necessary for recipient to declare intent*
- ☯ Hands in “prayer position” [Gassho] with a clear mind [Kokoro]
- ☯ Move your hands palms up or upward, 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 [close or feather-touch] on the recipient’s forehead
- ☯ Place the other [close or feather-touch] on the back of his/her head
- ☯ Bring your attention to his/her forehead
- ☯ Affirm your intention for the recipient’s highest good ... not his/her intent
- ☯ Imagine healing [Reiki] energy flowing through you to the recipient’s higher 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 self
- ☯ Remove your hands and say to yourself “I have finished Nentatsu Ho”

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