

# The New Awakening Process

About 'Gentle Touch' and 'Gentle Mind'

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This information guide about the New Awakening Process and 'Gentle Touch'  
is to be shared with everyone you know.

Spread the word with your family and friends about this exciting new process.

## Gentle Touch

'Gentle Touch' is the energy of Divine Love

New Awakening Spiritual Community Groups

Become a New Awakening organiser for

Reiki Healing Share Group

Sacred Mantra Chanting Group

Gentle Touch Spiritual Practice Group

For full information about, or to download the FREE Process for  
The New Awakening Process and Gentle Touch

please visit our website

[www.new-awakening.com](http://www.new-awakening.com)

We look forward to you joining us in making a difference to our world

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# Happiness and Love

## Gentle Touch will transform Your Life

As human beings we all experience happiness and suffering; our inbuilt natural desire is to be happy and avoid or overcome suffering. This is a fact relating to every human being therefore we can make it our starting point. This human truth forms the basis for being interested in learning how to transform our mind and soul to achieve a state of happiness.

If a person's state of mind is serene and calm, then it is even possible for this inner peace to overwhelm painful emotional and physical experiences. On the other hand if a person's mind is suffering from depression, anxiety, or any form of emotional distress, then even if physical pleasure is being enjoyed, he or she will not be able to experience the happiness those more fortunate circumstances could bring.

This fact shows that our state of mind, in terms of our attitudes, emotions and consciousness, plays a crucial role in shaping the way we experience happiness and suffering. This is the basis from which I was guided to create a series of modern teachings in order to help others also achieve this inner state of mind; the state of unshakable happiness, leading to the personal discovery of an inner state of love which is not dependent upon others for it to be experienced.

After my personal awakening experience to a universal source of unending love I was guided through the wisdom of this love to teach healing to others as a starting connection to inner love and transformation. Learning this skill will connect your body and heart to a pure inner energy source which will eventually provide you with the direct experience of eternal unending love. To achieve the skill of healing I have created an easy to learn, affordable home study multimedia learning course containing energy attunements and personal empowerments.

To further support the mind and soul's development 'The Seekers Guide for a New Awakening' was written. This easy to follow guide has been divided into four main areas. The first section explains the basic principles of the concept of oneness love and pure awareness. The second section teaches how the personal mind has become limited by life's conditioning. This section also reveals how to transform limitations and negativity to create a positive state of mind, resulting in achieving personal excellence. The third section supports your personal emotional life in relation to love and relationships, and the final section explains the workings of the universal spiritual laws of life relating to your higher mind of tranquil light. This amazing set of works comes complete with audio tracks so they can be repeatedly listened to, allowing the 'aha' moments to repeatedly emerge within you.

These preparation teachings lead to the final spiritual masterpiece 'Gentle Touch' which is a new modern divine sacred text containing bullet point truths revealing who you really are. The awakening guide to the 'Gentle Touch Practice' has been published in a book called 'The Divine Message About You'.

For those who wish to practice Gentle Touch for personal transformation and awakening to the presence of love, a spiritual friendship organisation has been created. This structure is there to support your personal transformation as you will be in connection with other like minded people also practicing 'Gentle Touch'. This organisation is unusual in that there is no leadership structure because it is run by members for members. Gentle Touch states that we are all unique, therefore the only common element between us all is divine love. Wisdom (what to do with your life) will manifest uniquely to guide each human being on their own individual transformational journey. Therefore there is no controlling teaching you have to live up to and try and fit into.

To create a solid foundation for transforming the mind I recommend stage 1 and 2 in 'The New Awakening Process'. To create a connection to Universal Love I recommend 'New Awakening Reiki First and Second Degree' as this will anchor the gentle energy of healing into the body of the individual. Once a trust is established through the experience of emotional comfort it is very easy for the greater energy of Unconditional Love to be more fully experienced.

All of these teachings are contained in the New Awakening Process and will support the 'Gentle Touch' practice; the first and second degree Reiki healing multimedia home study courses, 'The Seekers Guide for a New Awakening'. The 'Gentle Touch Practice' contains an awakening guide, a comprehensive practice manual, audio tutorials and a set of sacred mantras for transforming the mind into a state of inner calm and serenity and more importantly, for transforming the emotional state of a person into the experience of love and bliss through connecting your life to the eternal living universal presence of love. I have explained in what order to practice the modules in the 'New Awakening Process' further down this introductory booklet.

The beauty of achieving this state of 'being happy' in this way is that it is not dependent upon other people or personal circumstances, therefore it is unshakable inner happiness and person freedom from the limitations of personal conditioning. The amazing thing about this state of being is that once obtained you become a source of love which radiates from your unique being. This will naturally attract positive life experiences into your daily life automatically without making any effort.



Gentle Touch Founder  
Robert Bourne



## The Difference Between 'Gentle Touch' and all other Religions

Traditional forms of meditation are actually practiced within all major religions, although most people are not aware that they are actually meditating. To clarify this truth I will share what the two main types of meditation consist of:-

1. The first type of meditation deals with focusing the mind upon a fixed object of worship.
2. The second type focuses the mind upon past changing experience; this is achieved through analysis or reflection to gain insight into whether the past experience is bringing happiness or suffering to yourself and others.

I would like to thank his Holiness the Dalai Lama for this explanation about the meditation types as explained in his book about transforming the mind.

In most religions an object of worship is used plus a past enlightened master with a sacred text containing beliefs and guides in which your life is to be ideally lived. This is a bottom up approach in as much that you are to become something greater than what you already are at some future time event, which can even be after death.

This approach tends to create a lot of suffering and feelings of guilt about yourself through 'not being' that which you have been told you are to become. How can you, a square peg, fit into this round hole? The other key point is that if you use the mind to reflect upon your past behaviour how can you use this same mind that created unhappiness to transform itself? You can't, you require a divine higher awareness to do that. This is why this approach creates illusion about the truth of who you are.

## The Gentle Touch approach brings instant Liberation

'Gentle Touch' has broken this tradition by presenting a new approach which states that you are already perfectly enlightened right now, exactly as you are, because you have everything within your life's mind and heart right now to experience your own full potential of unending love and unshakable happiness.

In Gentle Touch the two types of meditation mentioned above are still used, but in a different way.

1. The first meditation practice of focusing the mind upon a fixed object is used to awaken the Divine within. The fixed object of worship you meditate upon are the two pure unchanging oneness bodies of Divine Love and Divine Pure Awareness.
2. The second type of meditation of focusing the mind upon your life's changing experience is also used. The big difference is that you focus upon what is happening 'Right Now' as opposed to reflecting upon your past experience using analysis. When you do this you are staying in 'The Now with the What is' happening, which is the only place the divine presence exists.

Gentle Touch states that the 'right now' is the past manifesting. Therefore your interaction with the present moment becomes the seed for the future. This is how the mystical concept of the past and the future being contained within the present moment have come about. It is only when you are resting in the perfect centre of your being that you fully experience a knowingness about this truth.

When you know this Truth it becomes obvious that if your past experience has created the present moment then the only way to transform it is to cleanse it with a higher consciousness, the pure unchanging love presence from your own inner divine self. There is no thinking or trying in this process, only the experience of love and transformation; this is a natural experience after practising Gentle Touch. As one member put it after practicing Gentle Touch last night at the group "Today I feel like I am walking on air!"

Your true divine self only exists in the present moment therefore staying with the 'What is happening in the Present Moment' becomes the practice to transform your soul's vibration into a pure spiritual being state of consciousness.

You then enter into a process of rapid transformation by surrendering your life to your inner presence of divine Love. You activate the presence of your inner divine love through meditation upon it; the fixed object within your Gentle Touch practice.

Gentle Touch teaches that you are unique therefore your enlightenment is also unique in accordance to your personality. This means your life's uniqueness right now is perfect, it is just like the key that fits the lock that it was made for.

It is found that this approach does not require a faith or belief in a past master or a religious teaching because 'Gentle Touch' states that you are unique, therefore nothing will fit you apart from your own life itself. It also states that the living God within your heart is you; it is your true-self at your core.

It is through awakening to this truth that transformation of your life occurs naturally over a period of time which is unique to each human being. The only requirement to achieve this state is to adjust your mind's understanding of who you are in terms of the 'I' and practice this new type of meditation to connect to the presence of love that will transform your life.

There is total respect and appreciation in 'Gentle Touch' for all spiritual teachings and religions in the world as they have provided a solid foundation for the final flowering of mankind's evolution to occur; that of individual spiritual awakening eventually bringing about the much desired peace and harmony on earth we are all seeking.

Please do not worry about understanding what I am saying. It is important to just start practicing Gentle Touch and working through the modules in The New Awakening Process. When you do this in a natural way over period of time you will gain the direct spiritual experience to self realise what is being said. This concept is beyond the ordinary linear logical mind.

# About Gentle Touch

‘Gentle Touch’ is the energy of Universal Love

Welcome to 'The Awakening Process for Universal Love'. This is the most exciting new practice I know. It is called 'Gentle Touch' and 'Gentle Mind'. Through doing this practice you will automatically experience; how to heal, how to create abundance, fulfil your life purpose, experience relationships centred in Love, awaken to who you really are as a unique human being, awakening to universal oneness.

You can either join the ‘New Awakening Community’ as a member or a ‘New Awakening’ group organiser. From 2016 we have changed our structure in relation to the organisation of groups. Now anyone who wants to hold a friendship group can do so without any training. I am going to give free support to any member who wants to run a ‘New Awakening Spiritual Community’.

It has taken about twenty-one years for this practice to emerge. Ever since the time I knew my mission was to awaken others to the beauty of the ocean of unconditional universal love; to share in this golden nectar of ultimate freedom and transformation.

## Awakening to Love

Developing People across the World

'The New Awakening Process for Personal Transformation' has been successfully developing people all over the world since 2005. Ten years later a new format has emerged in keeping with the time. The new practices have been specifically created for the awakening process based upon the realignment of the two pure unchanging bodies of Love and Awareness to the physical body and mind of the human being. When this realignment occurs the person awakens to an inexhaustible source of inner love, and experiences inner contentment through a new peace of mind.

The two new interlinked practices for this purpose are called '**Gentle Touch**' which enables you to experience inner love, and '**Gentle Mind**' which creates contentment and stillness of mind through pure awareness.

These two practices are more direct and more easily learnt through the multimedia learning material you will receive upon joining. These are provided Free of charge. The nominal joining contribution enables us to maintain the website, a support network and to continue to develop new material as the process evolves.

**“Life's purpose is to live in endless eternal love, in the stillness of Pure Awareness. This is the Oneness of existence being expressed through its individual unique different life forms. We are all this”. Robert Bourne**

Once experienced you can enjoy all other human beings, animals, the natural world and all of creation becomes an awesome wonder. It becomes a grateful privilege to be a human being. It becomes an eternal joy to be alive, right here, right now.

## The Key Purpose of The Gentle Touch Practice

The mind of man is like a wall which divides human beings from the God within. The truths contained within the Gentle Touch practice guide, together with the chanting of the Sacred Mantra members receive, connects you to a divine energy that makes a hole in this wall, which we call the mind. Once this happens, then God and man can come to relate to each other, eventually becoming united as one-being; a human-being living life from the love of divine presence. This is what is meant by Awakening to Love. In western society we tend to distance ourselves from divinity out of a sense of unworthiness.

The key Gentle Touch practice revolves around the concept of acceptance, beginning with acceptance of yourself. You are urged to look within and acknowledge all that is. The main cause of suffering is in rejecting aspects of ourselves we do not approve of and through living by the false self we have constructed and inherited. Experiencing the moment, instead of resisting it is the key to transformation.

The first step is to connect to the inner divine heart presence of love through personal surrender of the limited conditioned constructed mind self. Transformation then becomes easy, for example if jealousy or anger is there, you must learn to see jealousy or anger; therefore to SEE is freedom. Pure Awareness and stillness of mind are achieved for this purpose by the Gentle Mind Practice.

Please do not try and do this without a connection to a higher state of consciousness because you can't change what is happening just by looking at it with the mind that created it in the first place because it is based upon fear and personal survival.

## Why Create a New Awakening Support Community

We are not independent individuals; but are interdependent individuals. A superior human being is one who is not limited to him or herself, but is someone who reaches out to others. This is compassionate love in action. When you get connected to the other and embrace their suffering your heart awakens, leading to your own inner growth. True happiness only comes when you help others without self-sacrificing!

I remember that when I obtained my enlightened state of golden awareness all thinking stopped, the questioner disappeared, all desires left me apart from just one which was the desire for all other human beings to also experience this beautiful state of life; for the awakening of all human beings on earth.

I knew that, 'I was all right for I had made it' but what is the point of existence if you can see others suffering and not fulfilling their lives, just living in a very limited way? Ever since that experience my self interest is to have others to play with who are also enjoying this beautiful state of Love and Awareness. I can assure you that when the fountain of unending love is fully flowing through you there is more than enough for the world to drink its fill. Come and get drunk with me upon the nectar of Love!

# Gentle Touch

‘Gentle Touch’ is the energy of Love

'Gentle Touch' is a loving and healing energy. It is a pure unchanging loving energy which connects to our emotional body through the heart. This Universal Love energy has an inexhaustible infinite supply, it is one of the three bodies of the human being which is common to us all.

The energy is angelic in nature and its name has come from the need to Touch Gently so that you can become aware of love to enable a direct experience of it. This causes your life to become emotionally in perfect harmony with love. This practice is gentle, comforting and loving.

I promise you there is an unending source of love that never stops flowing; it is omnipresent (*everywhere in the cosmos at the same time*). Your love brings universal love into your heart as a direct experience, through the law of attraction.

I experienced this love like sitting underneath a Niagara Falls of Love, like an eternal fountain of love from which I desired the world to come and drink its fill. I don't know about enlightenment as it appears so caught up in different views and concepts, but this is satisfied desire. This is where the practice of 'Gentle Touch' will lead you.

Love is.....

- Love is ‘Gentle Touch’
- Healing comes from Love, the two are one with different life functions
- Love is the perfect centre of our emotional body
- You are Perfect Eternal Love
- Love comes from the eternal unchanging Light of Pure Awareness; the two aspects are one with different life functions
- The Light of Pure Awareness and Eternal Love come from the Infinite Formless Being
- We are all Perfect Eternal Love
- We are all Pure Awareness
- You are the Light of Pure Awareness and Perfect Love

# Gentle Mind

## ‘Gentle Mind’ is the Light of Pure Awareness

I believe that this whole issue about the mind is not fully understood. The Mind is a problem to everyone in some way or another, I believe this is the biggest problem man faces in their life. The person will say, “If only my mind would stop chattering, if only I could switch my mind off, if only this constant scheming and planning would stop.” So many people just wish they could have rest from their overactive mind which appears to be torturing them.

When the mind is in this state of anxiety and uncertainty it is what is regarded by spiritual gurus as being in a state of illusion, a grosser lower vibration of consciousness. The person’s mind just does not know the best course of action to take or the best choice to make when it comes to life's choices. You could say that You, the Person, have become a prisoner within your own mind!

### 'Gentle Mind' teaches...

'Gentle Mind' teaches that when the mind comes to a place of stillness, when the light of Pure Awareness is experienced in the mind, it illuminates all of your life, causing a stillness of mind to be experienced. In this state the questioner disappears and in my experience a state of satisfied desire is felt, a contentment in not knowing.

Whatever is needed to be known then just arises in the moment of your life and everything is perfect exactly as it is. It is the mind which is illuminated, yes awareness appears to be everywhere and not localised to the brain, however it is still this brain mind that is required to fully experience this beautiful state of life.

Imagine living your life without planning, by just loving every moment that is put before you. To live life being content with this very moment, no matter what it brings; this is living life from the Light of Pure Awareness.

### The practice of 'Gentle Mind'...

The practice of 'Gentle Mind' has been created to bring back stillness to your mind’s awareness and contentment to your life. To try and be silent through meditation is near on impossible. What tends to happen in trying to be quiet is a constant inner dialogue continues that does not stop. We live in a busy world with not much spare time for ourselves, where the mind is overactive.

We need something that is quick to do and works alongside our busy lifestyle. 'Gentle Mind Practice' has been created for this purpose. After a quietening of the mind has been achieved then the connection to Universal love commences through the beautiful practice of ‘Gentle Touch’.

# The New Awakening Process Provides You

## Lots of Support and Deepening Options

- You practice 'Gentle Touch' and 'Gentle Mind' as a personal daily practice. Upon joining you will receive guided music and specially created mantras, plus the 'Gentle Touch' and 'Gentle Mind' practice guide with a copy of the divinely channelled life-guide manual containing truths which had my editor in floods of joyful tears. Audio discourses are also provided so you can enjoy the sharing of Divine Truth in MP3 format at any time you need that direct inner divine connection for those 'aha' moments.
- You can attend a 'Gentle Touch' and 'Gentle Mind' group event anywhere in the world. These are held by anyone who practices 'Gentle Touch' and 'Gentle Mind' who has formed a 'New Awakening Spiritual Community'. The 'New Awakening Community' is an oasis of love for friendship and support.

### Anyone can join 'Gentle Touch' and 'Gentle Mind'

All individuals wanting to take part in this process are required to download the New Awakening Process Free, before they start their practice and attend local friendship support groups. After joining you will be sent an invitation to download the learning material you require to practice 'Gentle Touch' and 'Gentle Mind'.

This is a non-profit spiritual organisation so there are no annual fees and joining is for life. An initial nominal payment is required as a contribution towards our monthly running costs. You can then download free of charge all the copyright multimedia practice learning material required to practice 'Gentle Touch' and 'Gentle Mind'.

Anyone is able to attend any 'Gentle Touch' group meeting or sharing event. Gentle Touch members reconnect and awaken their inner oneness body of love and universal awareness.

The learning material will initially be in English with the view of translations being created to provide the learning opportunity to students throughout the world; creating a worldwide like-minded family of international friendships.

The whole beauty of this structure is that individuals can attend events and get together with others for sharing the 'Universal Love Energy' through 'Gentle Touch' thereby receiving support anywhere where we have a local New Awakening Community group organiser. Total freedom is the consideration to allow the unique expression of each individual to flower without being controlled.

### No training is required to practice 'Gentle Touch'

- Join as a Member of 'New Awakening' for life as there are no annual fees
- *(It is helpful to be attuned to Reiki Healing)*
- 'New Awakening' is a non-profit spiritual organisation based upon friendship

## The Three Stages of a Human Being's Spiritual Development

- Stage 1 is about the development of your personality to achieve your full potential
- Stage 2 is about your spiritual development - creating a higher spiritual soul vibration
- Stage 3 is about transforming the soul into a spiritual being, living life from divine love

## Anyone can start a New Awakening Spiritual Community

It became obvious to me that over the last eight years without planning it I had created everything a spiritual community would love to experience. Let me share the three main events a New Awakening Community Organiser could hold using the course material that is available within the process:

- Reiki Share Group *(supporting the first stage of development)*
- Sacred Mantra Chanting Group *(supporting the second stage of development)*
- Gentle Touch Practice *(supporting the third stage of development)*

## You can start a Friendship Support Group in your home

The purpose of the friendship group is to create a clear and calm mind. Initially stopping the constant internal mind chattering is achieved by a 'Pure Awareness' practice. This is then followed by the group practice of 'Gentle Touch' to experience and share Love. This event must be a new Bliss on earth experience!

The role of a 'Gentle Touch' and 'Gentle Mind' group organiser is to provide the synchronised monthly friendship gathering where you can practice and share these two new practices; the event then becomes a celebration of life. There should be no attendance fee charged. If you hire a hall then it is only fair to share the costs with those who attend the group to cover your expenses. This is a non-profit organisation.

## More About New Awakening Spiritual Community

This is not a religious organisation as the 'New Awakening Event Organisers' are people who wish to run a support group and hold a monthly divine love energy sharing based upon one of the three aspects within The New Awakening Process.

The purpose of every 'Gentle Touch' group is to become an oasis of love for mankind to bathe in, enabling all taking part to raise their consciousness to become one with their inner divine. New Awakening members reconnect and awaken their inner oneness body of love and universal awareness.

The comfort a person receives in this group enables a rapid transformation of a person's unhappiness and suffering, which is associated with living in isolation as an individual person.

**Only when there are many people who are pools of peace, silence and understanding, will war disappear. When you change so does the world.**

# The New Awakening Process

What course should you start with?

When someone orders 'The New Awakening Process' they realise that there is a lot of multimedia material in their download. I quite often get asked "How should I work through the different courses?" or "What course should I study and practice first?" or "In what order should I work through the different courses?"

I have provided this background help section for you so that you can gain a deeper understanding about all the home study courses I have created for your personal and spiritual development. The courses in stage three appear to contradict earlier courses in their teaching points; this has to do with the stage of your spiritual development which is determined by the desires in your life. Don't worry about this, it is the evolutionary process.

Because you are a unique human-being it is important for you to start from where you are now and you will discover that as you change your desires will also change. Fundamentally everyone wants to have a positive, happy fulfilling life, so this will be our starting point.

The following three courses have been created to achieve this

## Stage One - Your Personal Development

### 1. New Awakening Reiki Healing (*mind - body - emotions - spirit*)



The healing energy comes from unconditional love which is a greater love than the love most people experience between each other. This means that it will unconditionally bring emotional comfort to you, calm a busy mind and prepare your energy system for something more to be experienced at your next stage of development. It is a spiritual foundation for everything else you will ever want to do and experience, it is beyond the mind.

At times we all experience illness, accidents or injuries. To be able to help heal yourself at these times is an important self-empowerment gift. Having this talent is also helpful when friends and family need help, physically and emotionally. You are no longer helpless because you can now do something to help the people you care about. It is this course that enables you to join or hold a Reiki Share Group within a New Awakening Community.

## 2. Creating Abundance for The Excellent You (*mind - desires*)



You will develop a positive self image and learn how you co-create with your inner divine self to bring about the goals and ambitions you desire within your life.

A fearful personality will only ever want to stay safe and live life from the known. This person is limited in their accomplishment by their inherited life conditioning and patterning.

From a spiritual perspective the divine is beyond the known therefore to develop a positive personality that can say 'Yes' is the first step to full spiritual awakening.

This course teaches you how to meditate so you can learn to experience the alpha state of mind. This is important because it is in this state of mind that you can re-program unwanted patterns of behaviour and self-limiting beliefs. This course teaches you how your mind becomes conditioned positively and negatively. Once you know how your mind works then you have the power to change it, instead of it and social conditioning controlling you.

I have added a bonus workshop in this course called 'Creating Abundance' which is based upon DVDs like 'The Secret'. This module is about achieving the life of your dreams. There is also has a section called 'The Key' which will teach you how to overcome and change the blocks that are preventing you for getting the things you want in your life.

## 3. Love and Relationships (*heart - emotions*)



This course complements Creating Abundance and New Awakening Reiki Healing where you will have discovered how your mind works and the beauty of the loving healing energy.

We all want to love and be loved, this course teaches you emotional intelligence. You will learn the secret to creating meaningful relationships with yourself and with others.

These three courses will create a positive personality who has the tools and skills to achieve a life of their dreams, able to heal and create positive loving relationships. Every human being must want this?

# Spiritual Laws and Sacred Mantras

## The Spiritual Laws of Existence - The Universal Mind

The spiritual journey progresses when you have achieved your personal ambitions to wanting to understand about a spiritual life and the universal mind or consciousness. You will now want to learn more about the spiritual laws of existence. It is at this point of evolution you realise that you are not separate from others in the world and become responsible for your own life's experiences, good and bad instead of blaming others for what happens to you. It is at this stage that your energy vibration is creating value on the planet.

The following three courses have been created for this purpose

### Stage Two - Your Spiritual Development

#### 4. Sacred Mantras - Sat Guru Practice



To create an awakening experience the sacred mantras have been carefully selected from the direct feedback of many Sacred mantra groups. The mantras only contain the original root Sanskrit words; all additional wording has been removed. Each mantra leads to the next therefore the sequence is significant. The Indian Vedic masters knew how to awaken the divine aspect of each chakra which is what this practice will do for you.

**Part One of the practice: Mantras 1-4** The journey begins with Ong Namō inviting the inner Guru, the Divine Mind into the heart through the surrender of the ego (*limited conditioned personal mind to accepting not-knowing*). In mantras 2-4 a going home experience happens by moving down from the head to the heart chakra (*divine love intelligence*).

**Part Two of the practice: Mantras 6-9** The journey in part 2 starts with Sita Ram inviting the Divine into the heart. The heart has now been prepared for the dissolving of soul illusions through embracing Shiva in mantra 7. The final step is to awaken the inner Sat Guru ~ Mantras 8 and 9. I have also provided a passive mantra (5) to listen to that allows an integration of that which you have just chanted to occur within the soul body.

You will use this practice to join our synchronised monthly sacred mantra - Sat Guru Practice group within our New Awakening community. This practice is a transformational experience to achieve 'Freedom from the limited conditioned self'.

## 5. The Gateway to Enlightenment



This course contains a combination of all the different past Eastern mystical teachings regarding how life works in accordance to the spiritual laws of creation.

There is a comparison to quantum physics in a simple form to show how science and Eastern mysticism have come to basically agree with each other.

When you want spiritual bliss and unshakable happiness that are not based upon personal circumstances then you need to learn the spiritual laws of creation. This course will become the foundation to your enlightenment providing you answers to seeking questions. This module is essential in awakening your higher mind Spiritual Truths. When you are chanting the sacred mantra - Sat Guru Practice and reading and listening to these truths you will transform your soul from illusion into enlightenment. This course provides the spiritual wisdom foundation to The Gentle Touch Practice.

## 6. New Awakening Reiki Second Degree



The New Awakening Reiki healing second degree deepens your Reiki healing experience. This second stage of your spiritual development will bring your awareness to the 3 spiritual bodies.

These three spiritual bodies are; the physical body anchored in the base chakra, the emotional body of love anchored in the heart chakra and the divine mind body anchored in the third eye chakra. Mantra is used to awaken these aspects.

This is very profound to awaken this understanding through a direct experience. The 'New Awakening Reiki Healing 2nd Degree' integrates beautifully with the 'Gentle Touch Practice'.

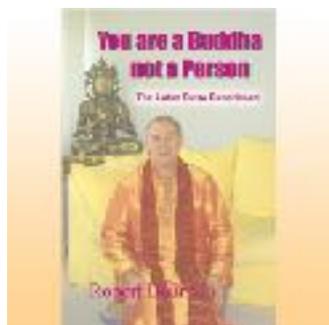
These three courses (modules 4-6) will start transforming your soul body to a higher vibrational frequency or consciousness. For those on their spiritual journey who want to leave no stone unturned the combination of these three courses will make the final stage of awakening into living life from a state of divine love, very easy.

# The Final Stage is Spiritual Awakening

## The Gentle Touch Practice - Living Life from Divine Love

All the previous courses are teachings from a past enlightened master. The Gentle Touch Practice is rooted in divine truth from the universal enlightenment mind which manifested through me in 2014, therefore it is a teaching not attached to a past interpretation.

The eternal truths are always the same however this age requires a modern approach for the awakening of many human beings, not just a few individuals. It is this which you now have the opportunity of practicing.



I have included in this section The Lotus Sutra Practice because it contains a prophecy from the Buddha relating to this time and how enlightenment is always present but hidden. It refers to life as a no-person state of existence which does not make sense to a person. It is at the perfect place of life where everything is whole and complete. Everything happens by itself in an ever changing moment to moment experience of perfection.



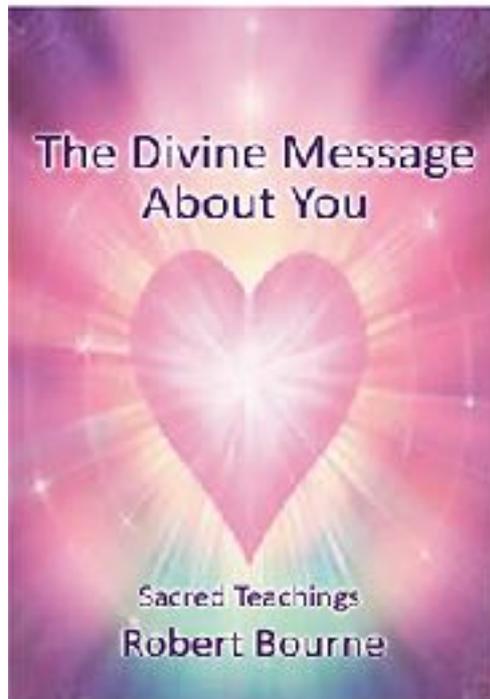
The Gentle Touch Practice is a modern practice for awakening your true self and living life from a state of divine love presence. It is in this state that your soul-body will be transformed into a state of enlightenment or ascension. This is the essential group practice for the New Awakening community.

The main difference at this stage of evolution is that you are practicing to awaken the divine presence of universal love. Once you have a direct experience of this then you give your daily life experience (normally your past creation) to the conscious love presence to transform and direct your life actions. Divine wisdom will arrive in a knowingness as opposed to knowledge about what to do in essential life moments. This is an advanced stage of spiritual evolution whereby you are being the unique you in your true divine self; it is a mystical state of being.

The Key Difference: Please re-read the section on page 7 which explains the difference between this practice and all other religious and spiritual practices available in this world.

# Gentle Touch Practice

Stage 3 of the New Awakening Process



You will receive a 'Gentle Touch Awakening Guide' which contains the channelled divine truths.

- The Divine Message About You - Book
- 17 MP3 Audios for those 'aha' moments - 2 hours 6mins

You will also receive a comprehensive 'Gentle Touch Practice Guide' that explains how to use the mantras and what everything means.

- Gentle Touch Self-Awakening Practice Guide
- Question and Answers on the awakening process
- 6 Tracks - 2 Sacred Mantras - 1 hour 2mins

Note: There will come a point when the mantras are no longer required as you will be living from the all-knowing presence of divine love!

# Robert Bourne

## My Life's Mission



The creation of the  
'New Awakening Process'

New Awakening Reiki Healing  
The Seekers Guide - Creating Abundance  
Love and Relationships - The Gateway to Enlightenment  
Satsang Vedic Sacred Mantras - The Lotus Sutra Practice

The manifestation of the 'Gentle Touch' and 'Gentle Mind' Practice

# My God-Self

## How all our daily life experiences are divinely created

To make the statement that I am one with God or that God and I are one, could create an outrage within society. A society that is full of individual people living their lives from the beliefs they were born into.

Having fully experienced the wonder of divine love and seeing life from what I perceived at that time as having a living ascendant master or a living guru incarnate in my body I was blessed by divine grace to witness life from a place that all enlightened masters talk about.

I could see God in everything and that all of life was perfect 'exactly as it is'. I was seeing everything with a golden glow, producing a thick rich atmosphere within each living moment. There was no past, no future only a perfect present nowness radiating in a golden glow of divine brilliance.

I could see that within every day life how every living being is engaged within a divine workshop without personally having any awareness of it.

For example one day I was walking along the high street on a busy Saturday behind a family of four, a mother and father with two children. The situation was a common sight to see, the father was going along without much interest, the two children arguing, the mother trying to resolve the disharmony.

What I could see was amazing! I saw God in the middle of this bound-up connection of unique human-beings; there was a spiritual workshop taking place right there in a busy high street. I was amazed and realised that daily life is the spiritual truth. However most people are engaged purely in their own personality, which is vibrating at a lower, denser, slower frequency that they are unable to see this divine truth.

It was back at that time in the mid nineties that I was shown that God is doing everything and there is nothing for me to teach anyone because all beings are with God. God is doing everything even if they do not know it. My role from that point was changed from being a spiritual religious teacher to one who was a resource and guide to those who also wanted to awaken to their God-Self.

A new question arose within me as to how on earth do I do this? The spiritual teacher personality aspect became redundant leaving an emptiness and depression as I was witnessing the death of many treasured lifetimes that had been engaged in self sacrificing and teaching others. I had no idea what to do with my life if I was unable to share this ocean of divine love as a living example because it was too much for people to experience as a direct connection?

Can you imagine the vocation you love and know so well had suddenly died. However over a period of ten years the Divine presented me with instructions in the

form of unmistakable knowingness as to what I had to do. In fact it was impossible to not follow those directions.

You could say that God was my new employer and when the time was right instructed me to carry out certain projects. I would never know what was going to come my way but when it did there was no mistaking when it was divine intervention.

## The First Set of Divine Instructions

I remember the first instance when this occurred and I challenged it! I was instructed to learn the Reiki system of healing. I asked the question why bother with a part when you have unconditional love which contains healing, why not just share divine love?

The reply was immediate, because Divine Love removes free will and dissolves illusion which the mind has constructed. Divine Love is too much for most people to initially experience as a direct experience. This is because it is transformational in terms of awakening the person to their true God-Self. When this happens who they think they are as a separate person is exchanged for the presence of Divine Love. Ask yourself could you let your life go at the snap of your fingers? Most people would be horrified and be in a state of extreme panic. I realised that this was true.

Before I practiced Reiki healing when others would ask for a Divine Love sharing as soon as the flow of Divine Love would start they would all ask me to stop because the energy was too strong for them to experience.

Those people had a romantic design in their imagination about Divine Love and expected that they would experience the fantasy they had created. Of course the difference between imagination and reality is Divine Truth. The mind cannot control this and their fantasy would start to dissolve. The mind left in control can make up all sorts of wonderful settings about love. Truth and Divine Love cannot be controlled and when a person experiences this as a living presence it will deconstruct any walls and illusions the mind has created. This is why all our saints and prophets have been killed. They tried to kill the Buddha and they did kill Jesus.

I asked the divine why should I learn and teach Reiki healing? The response was that this divine connection is comforting to the person and allows them to change gently over a period of time in a unique way that suits their personality. This is of course provided they take action by continuing to share this healing with others and continue to give themselves self-healing treatments.

I was told that this was an angelic compassionate connection to Divine Love. When people learn the pure healing connection of Reiki Healing it acts as an essential preparation practice for God-Self awakening. This first divine intervention of my God-Self has now become the core of the first stage in the 'New Awakening Process'. Reiki healing is one of the core group sharings within a New Awakening Community.

## The Second Set of Divine Instructions

A dear friend of mine told me about a man called Mooji who lived in Brixton, London and was rapidly becoming known as the Buddha of Brixton. I found his website and knew I had to meet him.

It was in November that I went to a weekend Satsang retreat with my editor and dear friend Mary. As soon as I walked into the building to register I received another divine message. I was told I was going to create a sacred mantra double album. I shared this with some of the Mooji helpers and they were very interested. As we talked about this I suggested that as this happened here, could I meet with Mooji to hear any suggestions about what mantras he would like to have on the album?

During the weekend I had a knowingness that I had been a guru holding Satsang in a previous life, however in this life I was to pass the torch to Mooji and take a supporting back seat role.

I did get to have a meeting with Mooji and he was wonderful, of course being the True-Self Sat Guru he was beyond the need of mantras. However he said he enjoyed Sri Ram Jai Ram and gave his blessing for the creation of the album.

I went on to be guided as to what mantras to select for the album and of course dedicated it to Mooji with the album's name Sat Guru. This second divine intervention of my God-Self acts as an essential preparation practice for vibrating the soul at a higher spiritual frequency. It has become the key practice in the second stage of the 'New Awakening Process'.

## The Third Set of Divine Instructions

I had a lovely get together with a dear friend of mine, Kate who is a Buddhist. Over our afternoon tea in a beautiful garden setting she told me about some of her friends who to her surprise were changing very fast ever since they were receiving something called Deeksha, the Oneness Blessing. This divine energy transfer was taught by the Oneness University in India with its founder Sri Amma-Bhagavan.

I wanted to know what this Deeksha was so I arranged to meet with a Oneness blessing giver and attend a meeting to have the experience of this energy transfer. I knew instantly that there was something very powerful and transformational in this phenomena and in some way I had some connection with this.

After that meeting I remember experiencing higher states of consciousness and so to discover more about the phenomena I ordered two books and a DVD set. The Oneness temple in India at that time was still under construction. As soon as I saw Sri Bhagavan on the DVD I knew him, he was like my brother and I just wanted to go to India and be with him. In this initial connection with Sri Bhagavan I immediately received the power of Deeksha.

I had quite a mystical experience where Sri Bhagavan was inside of me had awoken within my heart chakra. This also attuned me to the energy transfer so I could give this to others. In fact it was very mystical because Sri Bhagavan had awoken inside of me so the Deeksha came from the both of us because we were one.

I know I had known him in a previous life and we were destined to meet each other at the right time. Because Sri Bhagavan was inside of me I had no need to go to India for any training course. Whenever he introduced changes I experienced them.

To share this attunement experience I had received directly from Sri Bhagavan I placed my hands on someone and in about 30 seconds quickly realised that this was enough. I immediately stopped transferring the energy knowing what had happened to people in the past when they were sitting in the aura of the divine love presence.

I knew that this energy transfer really was the real divine ancient masters bliss body awakening energy that is given to disciples within an ashram. I expect you are wondering what happened to the person who received the Deeksha? Yes, the person who received this blessing from me went into a state of bliss which lasted for the whole day!

To gain acceptance from the other existing Deeksha givers I attended two courses in the UK to become an official Oneness Blessing Giver. Just like in the situation of learning Reiki healing I remember thinking here we go again I can already do this, however to be respectful to those leading the movement I appreciated that I needed to go through the official training process and receive a certificate of training.

Having had contact with these two masters Sri Mooji and Sri Bhagavan I was happy that they are the living Gurus who are alive on planet earth who are openly sharing the truth about who we really are, the God-Self. This eventually will be the new shift in mankind's thinking.

After a few years of seeing people coming back from India in awakened states I was happy to be part of this Oneness movement and thought that this was the vehicle for enlightening the world. I could see that the phenomena was moving very fast.

Those who had been to India to attend an awakening course came back in a very high state of consciousness. I noticed however that there was a tendency for a sort of backsliding to occur within a lot of those people. I believe this to be because there was a lack of after course support in the western world about how to deal with daily life upon returning home to a more dense consciousness.

I had interviewed some of these incredible awakened human-beings for my book 'You are a Buddha not a Person' and in my observation they appeared to not understand about the process of transformation of their soul body which was about to occur within their lives and what to do with their daily life experiences especially when difficulties emerged.

I remember the general idea they had was that after awakening everything would be immediately perfect all the time. This showed a lack of wisdom in terms of the

transformation of the soul body, that was required to happen, before total freedom from the conditioning of their past existences was fully experienced.

The supporting book to the Gentle Touch practice 'You are a Buddha not a Person' was written at that time. It was the Lotus Sutra that caused me to have my treasure tower awakening experience.

Many Buddhist organisations use this sutra as the foundation of their practice. The problem is that this sutra is the most difficult to understand because it is mystical in nature. It is a conundrum as it states that this reality can only be understood and shared between Buddhas. This means you have to have had the enlightenment experience to understand the sutra!

Why should I be the one to write a book about this sutra? Even though the sutra had awakened me, I was lacking in courage to share this. In the end it would not go away and through compassion for Buddhists who are told don't worry about understanding the Lotus Sutra it is too mystical to understand, just keep on chanting your mantra, I went ahead and put pen to paper.

I could also see that there was a parallel between the prophesy in the Lotus Sutra revealing the time for the enlightenment of mankind and another Hindu prophesy regarding Kalki coming to awaken mankind, the two are telling the same story. The story is that the time will come when an army of past followers will emerge and lead mankind to their enlightenment. One is Hindu, one is Buddhist and they both come from India.

I could see that the Deeksha energy transfer was the way to complete the awakening process as the way to obtain enlightenment talked about in the Lotus Sutra. I therefore regarded Sri Bhagavan as the Buddha of the Lotus Sutra for this time, although his oneness followers regard him as Kalki.

Apart from a modern interpretation of the Lotus Sutra I have included in the book interviews with Oneness awakened ones after they had returned from India about how life is different now living from divine presence. This is really useful to read if you are practicing Gentle Touch as it helps you understand the concept of 'no person any longer being there'!

A change of teaching method arose in the Oneness movement as Sri Bhagavan was unable to get across to his followers that 'You are God'. Most followers at that time were then worshiping him as God and as a result the movement stopped in the form it was in and Sri Amma-Bhagavan retired, leaving the temple to be run by a small group of young spiritual guides.

They have left a new process called a sacred temple whereby you make an appointment to attend and enter the sacred temple to gain transformation from Kalki and develop a deeper connection with your divine.

To me this is a step backwards for a couple of reasons. The first reason is that you are now in separation from the divine and are visiting somewhere else outside of

yourself, that is a sacred temple to gain a divine connection. You are not merging with the divine within your own life wherever you are. This process is fine and effective for those who enjoy that type of worship, however becoming one and discovering that you are God requires the original process and teaching.

At this stage I noticed that a lot of the Oneness groups were closing down and people were going their own way and with many not to be seen again. For me mankind will never enter the new age of awakening unless God awakening occurs and is shared with others like a beautiful virus of love infecting all of mankind. It was at this point that I stopped going to groups.

When I attended the Sacred Temple nothing would happen to me as I am always in inner silence and stillness. The other thing I noticed over the years was that the deeksha was getting weaker.

I thought that was it, my part was all over because there are two key spiritual leaders in the world teaching that we are God at our core. That was not to be the case because the divine intervened in my life again to download 'Gentle Touch' into my conscious mind.

This time there was no reference to a past teaching such as in the previous interventions of Reiki and Sacred Mantras, no this sharing of divine truth stood alone within a modern context. I believe it is for the youth of today.

This new practice is fresh, yes it does have the teaching and pointings of Sri Mooji and Sri Amma-Bhagaven plus all the past enlightened masters but it is free from any attachment to a past tradition or enlightened master.

This is fantastic because you can make it uniquely your own process. Because your personality is unique the truths have to fit your life exactly to awaken the unique God-Self you are. This new practice truly is for the Aquarian age whereby individuals awaken to their true God-Self as opposed the Piscean age where followers orbit around an enlightened Guru or Spiritual leader.

This third divine intervention from my God-Self has now become the third and final stage in the 'New Awakening Process'.

It is now only after looking back over the last ten years that I can see the integration and connection of what has happened to me. The three key obvious divine interventions relate to the three stages of a person's spiritual evolution.

The New Awakening Process will take someone from no awareness of their God-self to fully awakening into the experience of the oneness of unique human-being-ness.

## Life After Awakening

Life after awakening? This is where so many who are the third stage have so much trouble, just like the awakened ones who came back from the temple in India.

It goes like this, "I have experienced bliss, causeless joy or have experienced the sense of freedom from the mind but unpleasant things are still happening, or the mind is still chattering so I have not made it?"

The problem is that this state of awakening is delicate and it is very easy to be pulled back into past unwanted patterns or other people's traumas and life's expectancies, beliefs and experiences. The soul is still in existence with its illusions and vibration of lower consciousness and it is this which needs to be transformed.

At this time when awakening first occurs, when the person is de-clutched from the thinking mind is when the real transformation of the soul begins. This is providing you can stay with the divine presence at your perfect centre of pure awareness self.

Now a person has learnt for many lifetimes that they have to be the 'doer' because they are all alone in this world. How can this habit be broken when you are told that when you are in your perfect centre of your awareness-self and you are now witnessing life from this place of True Self?

Life at this stage of awakening then gets met by your inner God-Self aura which is pure love. This is where love becomes transformational because the daily life experience you are experiencing is normally your past. The creation through cause and effect of the past is relived in the present moment.

You are free but if you identify with the present moment as yours, or your entangled life experience with others, you will normally get caught into the pattern of your previous response and re-create it again.

Now what most people do not talk about is that each present moment is charged with a vibrational frequency that is also associated with a certain consciousness which has by its divine nature, limitations of awareness.

The key to change therefore is to stay detached and become a witness to what is happening. When you do this, provided you are in your pure awareness self, the divine presence will greet the moment and transform it into divine consciousness.

Staying as a witness is also something that has become a hip term for meditators, however if they are not truly in their true-self again this will be charged with a lower 'egoic spiritualised personality' state of consciousness of a dualistic nature.

Therefore this is not something you can practice or do as a person but it will naturally occur to your life after the practice of Gentle Touch, together with working through the courses in the New Awakening Process. It is for this reason the Divine has made me create this beautiful process leaving no stone unturned no matter where you are at.

Staying with the present moment, resting in your true self, will allow the presence of divine love to transform you completely. Over time the soul will unfold until it completely dissolves and becomes transformed into a pure enlightened being. This is the state of all enlightened masters. From this state of life, rebirth is a matter of choice rather than something that is outside your control. Most souls rebirth is automatic when the karmic situation fits the soul body.

Patience, acceptance without judgement and most importantly trust are the keys to establishing faith in your true God-Self. Until such times as a stability occurs and there is no-thinking-mind, an acceptance of everything as it is in its perfect divine flowering of various states of consciousness is required, without judgement. A daily practice of Gentle Touch is the solution to a rapid transformation.

Continue to attend the three groups to support others. You may say I am beyond that stage so I won't go, however it is only through helping others make their transformation is the way to obtain full enlightenment. There is no self-interest in this approach which is why I maintain a non-profit community.

With this structure of no power leader all that remains is love and compassion through supporting others with their spiritual development. Supporting others by attending the group shares does have a self-interest because when others awaken and become happy you have new friends to play with and enjoy the divine beauty of each other. This is the truth because there is only one being at our core.

## An Ordinary 'Extraordinary' Daily Life

### How life is organised by the Divine for our happiness

Finally to share the experience that I was given by my divine self to illustrate how everyday life is given to us for our happiness, when one with our divine self.

Most people have been told or have read about an idea of what God is. This concept of God is normally an unreachable aspect of our life and in many teachings it is taught that God is outside of us. In some regions there is the idea that God exists in some sacred place therefore the person is led to believe that the closer you are to this place the closer you are to God.

If you consider that all the enlightened masters have taught you that God exists within you and everywhere, this idea becomes crazy.

These ideas about what God is has caused most individuals to dismiss everyday life as mundane, something to put up with and not spiritual. This is even true if people are non-believers in a God because of the social conditioning they are born into, which lies at a subconscious level of their mind's awareness.

It is also quite often true that spiritual seekers who have had some spiritual or supernatural experiences, some glimpses of God, some bliss experiences, flashing

lights etc. tend to divide life into some 'amazing spiritual world' and this 'mundane life' which has now become mechanical and boring.

The mystic law is amazing, therefore to attract people to believe in something greater than the personal self, supernatural experiences and spiritual experiences are provided. This aspect of the divine exists to create trust and belief in something greater than your own individual identity which is limited to the sense organs of the human body.

The other point is that within the mind, energy dynamics can be seen through the third eye which provide colours that are outside the normal limited light spectrum that is seen through the physical eyes. Therefore experiencing anything beyond the commonly shared persons life experience will appear spiritual and daily life is not.

The problem lies in that the human being is a God, a Buddha at its core but has the person ever asked or investigated into 'Who am I, who is the one seeing all this life'?

Within the Gentle Touch practice when individuals experience the gentle shift into their true self, a contentment is experienced. The spiritualised personality often says "Is this it then"?

All of their minds preconceived ideas will rush forth about this connection. They will reflect upon the idea of resting in their true God self. These ideas which have come about by reading about others descriptions have left a fantasy enlightenment to which the mind is now still looking for. It is quite common for those people to dismiss this more simple state because it does not live up to their preconceived imagination and ideas about their experience of God.

The starting point therefore is always to rest in the place where you already are existing, not some realm away from this world and daily life.

It is reasonable to realise that when you are resting at your core and meet life as boring and mundane then it has to be your past meeting you, your soul body which has been vibrating in illusion about what life is.

The wise person who realises this will just accept that there is more to come once this past soul being has been transformed. Only when it has lost its grip will the master's seeing really come into full experience.

I know the shared reality between all spiritual Masters is the same. There is only now which is experienced from their body of eternal love. There is only God in all things which is here and now not in some other existence or other place in the universe.

Wisdom or knowingness arises in the moment and is dependent upon all things, it is therefore also ever changing. There is a resting in their True Self being which never dies for this eternal knowingness to spontaneously arise.

There is an understanding that the body and mind and all phenomena is always going through its stages of birth through to death and therefore no phenomena can be the True Self, but it is the ever changing creation and expression of the True Self Being.

This moment is then perceived as enlightenment or illusion all depending upon the place in consciousness that each living being is vibrating and experiencing life from.

In my book 'You are a Buddha not a Person' I share the Buddha's Sutra of Innumerable Meanings which reveals the workings of all phenomena. This Sutra agrees with the modern findings in quantum physics and is an introduction and key part of the mystical Lotus Sutra.

Because seekers only want the mystical and supernatural teachings many organisations who practice the Lotus Sutra have left out this Sutra of Innumerable Meanings and now wonder why they find the Lotus Sutra too mystical to understand.

If you want to go further into this all has been carefully explained in this modern interpretation of 'The Lotus Sutra'. I now provide a copy of this book with its mantra free of charge in the complete set of teachings for the 'New Awakening Process'.

Back to the experience of how the mundane is actually the profound. The difference from knowing this Truth lies at resting in the being-ness of your True Self, as opposed to experiencing life from the ever changing soul-mind body of the person.

It is May bank holiday Monday 2016 and I am interested in watching the final of the world snooker championship between Mark Selby and Ding Junhui. The last session is running into the late evening as it has become quite a marathon, it comes to the last frame and I fall asleep on my sofa. I wake up when the cup is being presented so I decide not to listen to what is being said and switch the TV off and go to bed. I have recorded the program so I will watch it in the morning.

The other sport I have an interest in is the premiership football league. I have been keenly following the possibility of the underdogs Leicester football club winning the championship. The situation is that there are two matches left to play in the league and Leicester are seven points clear at the top of the table from their closest rivals Spurs.

On the same night that his snooker final is being televised the football match that Spurs are playing will determine if there is still a challenge for the football championship title or not. It all depends on the outcome of this match; if Spurs win they could still win the league, but if Spurs draw or lose then Leicester will automatically have won the league with two games in hand.

You must be thinking what has this to do with divine enlightenment and living life from not knowing and trusting in your God-Self to give you everything for your happiness?

After going to bed around 10.30pm I woke up after four hours sleep. Being wide awake after having had enough sleep I decided to watch the football match and the last frame of the snooker. I watched the football first and Spurs drew their match against Chelsea which meant that Leicester had won the championship, I was delighted.

I then watched the last frame of the snooker and the presentation, in which the presenter shared that Mark's home town now had two victories to celebrate, because he also came from Leicester.

I love the surprise of watching sport without knowing the outcome and presenters are really insensitive to this common fact and often share results about other sports or games that could still be watched by the viewer.

My God-Self knows this therefore the body-mind was put to sleep when watching the snooker in time for me to miss the announcement about Leicester winning the football championship. I was directed to bed and given enough sleep to refresh my body-mind and woken up around 2.30am full of morning freshness so I could watch and fully enjoy the football and the snooker in the right order to maintain my personality uniqueness of enjoying my sport without knowing who will win.

The following day I was informed about what had happened and was informed to write up the experience to illustrate the point.

## Mundane Life or Mystically Amazing?

This may appear very mundane but it is how the God-Self works in daily life; it is doing everything for our happiness. The question is "Are you aware of it?" Many seekers on the spiritual path wanting the awakening experience think life will be all glossy in a constant state of Bliss etc. This is not the case but what does happen is that the person who does not know the best action to take in each moment is replaced by the all knowing divine God-Self.

It is at this point when the transformation of the soul body really begins. Every individual is unique therefore the time that this transformation occurs varies. You can be assured if you continue to rest in your true self being-ness then the false self will eventually dissolve completely in a gentle daily life way. This is just like the analogy of sunlight shining upon a block of ice.

It is from this transformed state of being that everyday life therefore becomes very, very, very spiritual. There is no separation with daily life and some spiritual life in another place. It is all here all of the time in every waking and sleeping moment. The true God-Self is eternal. It never changes. It is invisible to our senses but reveals itself to us in the ever changing moment.

## Acceptance and Gratitude

What a magical life we can lead. Faith and surrender are the greatest assets in obtaining this connection plus the all most important requirement of dropping all preconceived ideas about what God is, or what being a spiritual person is like.

When you rest into yourself then you are it now. It is from this surrender of the limited mind, the experience of not trying can initiate your real transformation. The real key is in the acceptance of what is manifesting without interpretation or judgement, and most difficult for many, including other people's behaviours.

### I am no greater than you - Because we are one-being

Finally it is important to share that I am no greater than you because we are all one being. I have awoken to who I really am which is why my part is to help you also experience this same existence. This is why I have not released the presence of Love worldwide. Otherwise I would just become another worshiped Guru on an Ashram or most probably would have now been killed by those in power.

I love all those Gurus that are here to show you life from a state of becoming one with their god True Self, but I am here to provide you the opportunity to transform yourself into your own living God Self Guru!

This what the 'New Awakening Process' will do if you work through all the modules contained within it. The divine gave me three gems to share with you and these are Reiki Healing, Sacred Mantras and Gentle Touch. This is why these three gems are the foundation key group practices in creating a Divine Light of love for the New Awakening Community.

It is Love that will transform this world together with many individual human beings coming together to shine this light to create a new peaceful human revolution for mankind.

We are one being at our core and until the multitude of us can awaken to this truth and start living from the aura of our divine love body instead of living life from the conditioned personality, this planet is doomed to become consumed by the madness of greed and power which is all based upon insecurity, separation and personal survival.

I have another possibility, another vision. If you like it then come and join me in this beautiful life choice.

Blessings of Love

Robert Bourne

# About the Author - Robert Bourne

## Why the sacred teachings emerged

I wondered why I was selected to receive these sacred teachings. I have provided a background about my life experiences which culminated in me having this experience. Many people have asked me about my life's experiences, so here it is.

When the unconditional love awakening was experienced in 1995 I knew the only purpose of my life was to share this divine nectar with others; to awaken them also to their true-self. This true-self awakening is freedom from suffering created by the limitations and illusions of the personal mind constructed life.

When I originally released the presence of love in 1995 those in the room either received healing, love or Divine Truths in answer to their seeking questions. When a person meets directly with the presence of this universal divine love there is no mind choice it just transforms everything it touches into divine truth existence.

When I saw that this presence was too much for people to bear I said the only thing to do is set up an ashram. Immediately knowingness arose from my inner-guru that I had done this before in a previous life and there others here doing this.

I was told that my role was to support the living Gurus.

## Robert's Role

We are now entering a new age where it is time for individuals to awaken and live directly from their Divine True-Self. It became clear in 2016 that the 'Gentle Touch Practice' is the purpose of my incarnation. My role has been to create and share with you the 'New Awakening Transformational Process'.

For many years before my awakening I used to pray to be able to create the maximum value with my life for the benefit of others. Gentle Touch does exactly this as it offers a practice that will awaken you to your own inner God self, your inner Guru self. This creates much more value than just allowing you to taste the flowering of the presence of love on an ashram, no matter how beautiful this divine nectar is.

There is a place for this, however the pitfall is that no matter how the Guru states 'You can be like me' the disciples or visitors just end up worshipping the Guru.

Again a separation has been created in the follower's mind of 'You are the God-being and I could never be like this'.

Once you start practicing Gentle Touch I offer support on a one-to-one basis in your awakening process. I do this using Skype sessions which you can book whenever you need them. This means that no matter where you live in the world I can help you with your awakening to love process.

Ever since this new knowledge of divine truth was downloaded into my mind at the end of 2014 I have been aware that a sort of completion has happened to my life in terms that this has been the purpose of my incarnation. All previous courses and processes have been a preparation to support the new essential practice of Gentle Touch and Gentle Mind, which was launched on February 14th 2015.

It has taken one year to establish the best format for the practice to take and on our first anniversary February 14th 2016 everything was ready for the formation of Gentle Touch Spiritual Communities.

I know that I now have nothing else to do except to share these teachings with the whole world. My role is now nothing else but one of attuning others to their own inner divinity. I am here in the role of helping support others who also wish to experience this beautiful state of existence. This is why the Gentle Touch Practice has been created.

In the book 'The Divine Message About You' it talks about the three stages of a person's evolution and transformation of the soul body. It is this which I will share with you in context about my own life's experiences.

By reading what happened to me you will be able to see how the 'New Awakening Process' offers courses to develop and transform each of the three stages of a human being's evolution.

My higher divine self gave me the following instruction in terms of what I was to create to help others which were three distinct parts. These were Reiki Healing, Sacred Mantras and Gentle Touch. For this reason it is these three elements which make up the Gentle Touch group sharings.

It is only since the completion of all the courses can I look back and see a beautiful whole to the process some ten years later. Now we begin in the sharing of this beautiful divine gem through the emergence of the New Awakening Communities.

The three stages of Robert's evolution can be read in the following FREE book  
*'The Divine Message About You' - this book is 'The Gentle Touch Awakening Guide'*

## The Mind of Enlightenment

It is a great miracle that a human being,  
confronted with so many challenges,  
can rise like the lotus flower above the murky waters of the mind.

Though the lotus grows in muddy places,  
its flower remains immaculate throughout its life.

Even in heavy rainfall when the waters rise,  
the lotus will always be found above the surface.  
Beloved one, in the same way, live above the worldly mind.

*Mooji*

# Robert Bourne

The Awakening Process Creator  
Gentle Touch and Gentle Mind



My role is to get you through, to help you awaken

Because I have made it

Because I have fully experienced  
Unconditional Eternal Love

Because I am resting in Contentment

Because happiness is always present

I am here to help you, to reassure you

Because you are perfect now

Because I live in Abundance

I wait 'in love' for you

Because emotions come and go in the moment being cleansed by love

Because knowingness arises in the moment within me

I am here to guide you to fully experience all of what I have obtained

I will tell you the truth because 'I love you'

I will point you to the many great enlightened beings on the planet

This awakening process is about 'all of us'

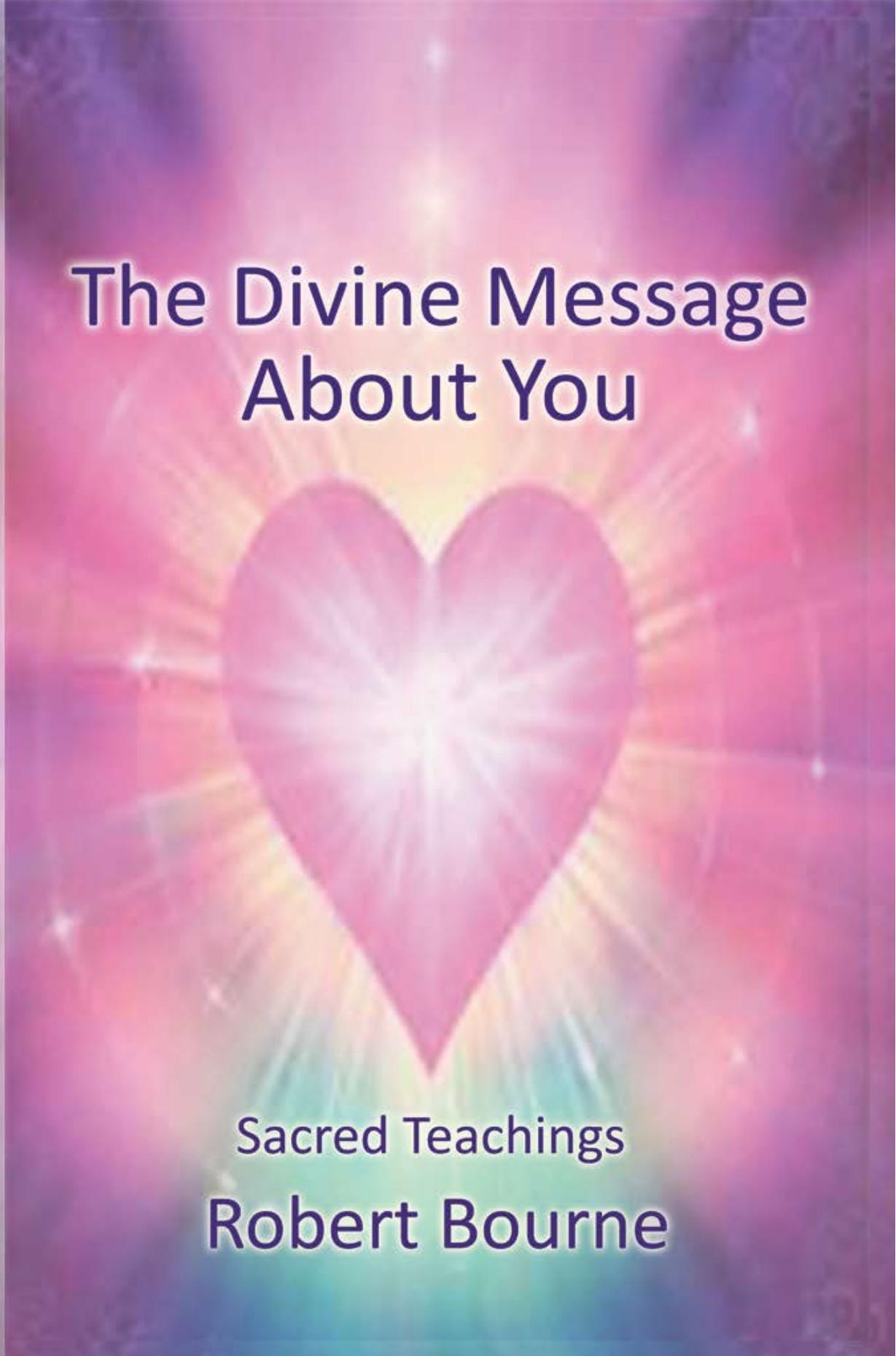
We are in it together and together we will transform this world into a divine existence; full of love, co-operation, uniqueness, blissful happiness, contentment, abundance and peace

This process starts and finishes with you

The Beatles said 'Love is all there is'

The truth is, all there is, is 'Love and the Light of Pure Awareness'





# The Divine Message About You

Sacred Teachings  
Robert Bourne

# The Awakening Process

‘Gentle Touch’ and ‘Gentle Mind’ Guide

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## The Divine Message About You

Sacred Teachings Supporting all Faiths

‘Gentle Touch Awakening Guide’

by

Robert Bourne

United Kingdom



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Publishing

For information about our multimedia home study courses  
New Awakening Reiki Healing, The Seekers Guide, Sacred Mantras and Oneness  
please visit our Naturally You Publishing and Robert's original website

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# Introduction

There have been many books written by individuals who have reported conversations with God or clairvoyants who have received information channelled from other worldly spiritual beings' communication. In most of these cases there is a sort of question and answer process between the separate person and the spiritual knower which results in guidance about specific things about life on this planet, life after death etc; all of these books are fascinating and are very helpful in leading us to take faith in some concept of a God.

The sacred teachings in this awakening guide are different as they reveal the truth about who we really are. It is the right time in mankind's evolution for these truths to be revealed to everyone on the planet. It is these teachings that are at the core of every living being on the planet.

It is often said by many religions that The Truth will set you free. These eternal truths have been revealed for this very purpose, to help set mankind free from the limitation and illusion about what the human race for thousands of years has collectively believed that we are.

Of course these sacred truths have to be believed in to give them full power. More importantly, a person reading these truths needs to personally realise them for themselves as the unique human being that they are. This is the purpose of providing a supporting 'Gentle Touch' practice; for those who wish to directly experience an Awakening to Divine Love through the light of pure awareness.

In this guide the divine consciousness has presented a bullet point statement of sacred mind truths about who we really are! There is no connection to any religion because the universal truths you will read in this guide are the source of all religions.

You could say that this a new starting point, however the truth is that these sacred teachings are eternally present so they have always existed at the core of every one of us. They are the foundation source of all enlightenment throughout time. For example Christ was not a Christian, Buddha was not a Buddhist, Guru Nanak was not a Sikh. What did they awaken to? They were all enlightened to the same mind of God; the same eternal consciousness where there is only 'The One'.

You could then ask, "So why are there so many different religions in the world; the cause of so many conflicts about correctness of ideology?" This is very simple to explain. It depends upon the differences of culture and the collective consciousness of a group, or a nation of people as to how the divine manifests spiritual teachings.

The interpretation within all religions of their enlightened source also tends to lose its mystical awareness, as a more literal sharing according to the mind's understanding of the Master's teaching becomes taught. This then becomes a religious text.

The enlightened truth in these texts is often missed because the ordinary lower mind is unable to understand it. By nature a person is at a certain soul stage of evolution; their mind and soul is in a lower state of vibrational awareness consciousness than that of the awakened enlightened Master; it is as if they cannot see the Master's pure light truth because they are filtering life's experience through wearing coloured glasses.

Having said this there are many believers of different faiths and religions who gain great divine connection and receive miracles in their lives. The reason for this is in their absolute FAITH in God or their divine. It is this innocence and humility which creates the mind to fall away allowing the energy of the divine to manifest. How true it is when it is said the humble or innocent will inherit the kingdom of God.

Today I am aware of living enlightened gurus and masters who talk about these truths but they are very concerned not to provide any teachings for us refer to, because of this fact.

In my case it was different. I did not set out to create this set of divine truths or communicate with God; they just spontaneously became a direct knowingness within my mind. To give an example, using the analogy within the modern world, it would be the same as a new software program being installed on your computer.

The sacred teachings revealed themselves to me around December 2014 over several nights. I would go to bed about 11pm and then wake up feeling amazing, refreshed and full of life with the room full of golden light, thinking that it was morning, only to discover that it was only around 1am.

Then the download of the sacred teachings into my ordinary mind would start. My mind at the time was not thinking as it was completely still and at peace, it was in this golden state of pure awareness that I had a knowingness arise.

Looking at this a different way you could say I became one with what is eternally existing in relation to where mankind's evolution is today.

Having an understanding of how sudden inspirations and knowingness can disappear as quickly as they arrive, which happens as a result of the mind's consciousness falling into a lower state of awareness, I quickly got out my iPad rapidly typing away to capture what I had just received.

When the process had finished I started writing them up to create a new book to share with the world (*The Divine Message About You*). The awareness then guided me to also create a spiritual practice which people could easily do to awaken these teachings within themselves.

After completing this new practice called 'Gentle Touch and Gentle Mind', the awareness then guided me to create a membership to form a community of people throughout the world who wished to live their lives from unconditional love, living in the divine presence of universal love.

The amazing thing about this new practice it is easy for anyone to do, and those who wish to run a group do not require any training apart from an attunement to the divine healing energy.

# The Awakening Process

## 'Gentle Touch' and 'Gentle Mind' Guide

### Introduction

We are constantly in an ever changing process of evolution with all of existence. It is important to understand that you are enlightened now, however the two pure oneness bodies of 'Eternal Love' and 'Pure Awareness' are not normally fully shining in your life. You do however connect with them at times without realising that it has happened, but for most of the time they are laying dormant, just waiting for you to put your attention upon them; this is what the practice of 'Gentle Mind' and 'Gentle Touch' will do.

This means most people are blocking off two parts of themselves from being experienced. Therefore an adjustment to what you believe about yourself is initially required. In truth you are perfect now because you are these two bodies plus your own unique human body; the three create your true being self. These two pure bodies are regarded as oneness bodies because they are the same within everyone.

The First belief to embrace - The two pure oneness bodies create an equality within the society of the world. They exist equally in everyone alongside the differences that each human being uniquely expresses.

The Second belief to embrace is that you are connected to the two unchanging pure bodies. It is your body which they are trying to manifest through to enable you to have your unique human being existence.

It is these two pure bodies you are going to reconnect and open, through your practice of 'Gentle Touch' and 'Gentle Mind'.

The first body of pure unchanging oneness consciousness is the body of pure awareness. This is male in nature and as such its light shines out throughout the whole of existence and is the light of pure awareness. It is this light which creates all of life. As it shines it creates form. As it slows down it changes into a waving form which becomes the second body of Love. As this light comes into the duality of life it creates all life forms. This light is the 'Gentle Mind' practice to reconnect you to inner contentment and stillness of mind, Pure Awareness.

The second Body of unchanging eternal love is connected to your heart through your emotional body. It is this energy which is very gently waving in form and is reflected inward, being feminine in nature. This is the 'Gentle Touch' energy practice to reconnect you back to the universal emotional body of love.

# Three Stages of the Human Being's Evolution

1. The First Stage of evolution we all know and experience. It is living life as a separate person with a physical body containing an inner emotional and mental self awareness; the person tends to be guided by religion or just relies upon their own mind. At this stage we have free will which is limited to within our conditioned personality.
2. The Second Stage of evolution happens when the person realises that they are not separate from others in the world and become responsible for their own experiences, instead of blaming others for what happens to them. The person then enters upon a spiritual seeking journey to discover their higher or inner spiritual self; the person tends to choose their spiritual teachers instead of the religion they were born into, this can be the same.
3. The Third Stage of evolution happens when the person experiences that the divine and the unique human being are one; this is known as Mysticism. The conditioned person with its inherited genetic family tendencies of positive and negative are transformed and transcended into a state known as Awakening. In this state the person no longer exists and 'free will' is replaced with acceptance of the perfect ever changing moment in a blissful, joyful, loving all-knowing state of life; this is awakening into the enlightenment of being-ness.

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## We have Three Different Bodies

1. Physical Body (containing our emotions and mind): This body expresses our behaviour and will reveal where our consciousness is within the three stages of evolution. Where we are within the three stages of evolution determines the state of emotional life experience; whether it be suffering or contentment, joy, bliss or happiness.
2. Energy Body of Love: This acts as a bridge connecting our physical human selves to our pure Spiritual Formless Body. Many spiritual and healing practices or martial arts teach us how to connect and become aware of this comforting beautiful energy, which the person's mind can block and ignore.
3. Formless Spiritual Body: This is the unchanging pure source of all creation contained within all things. In religion it is known as God, in spiritual teachings it is known as our higher self and in Mysticism it is fully experienced and flows through our physical body.

# The Nature of the Three Different Bodies

The First Body is the Physical Body (mind and emotions). We all know this with the mind's thinking, having very fast movements of thoughts. The various emotions that we feel through our everyday relationship experiences.

The Second Body is the Gentle Touch Energy Body. This energy moves at a slower rate and is pure in nature, it is the energy of love and healing. Therefore to become aware of this energy the mind and body has to slow down. For many people this is quite difficult but it is quite easily learnt or awakened in you through another awakened one who provides an attunement to this pure energy body. It is feminine in nature and transforms the emotional body, which is inward, into love. It is compassionate in nature and provides healing to the physical body.

There are many ways to experience this, such as healing, martial arts, tai chi etc. The problem that always emerges when this energy is first experienced is that the mind will require an explanation about what it is. Because of this, many explanations have been presented to us which become a sort of teaching to be believed in. Over history this multitude of various teachings and explanations have come about because of the different religions and cultures in the world. This has had the effect of giving the mind something to believe in which has caused a limitation to the true purpose of the energy body. Holding beliefs about this energy has had the effect of over complicating this connection and causing arguments about what it is.

The truth is that this energy is a bridge between our physical body and our still pure eternal self.

The Third Body is the Pure Eternal God Consciousness Body. This third body is in complete stillness. This body shines outwards so is creative or masculine in nature. This is where the concept of the light comes from. Therefore most people are never aware of this state of awareness because their minds are never still, because their mind is always thinking.

Having fully experienced pure stillness of the mind, experiencing life from a no thinking fully aware mind and the loving healing beauty of the Gentle Touch energy body, I realise that two approaches are required to share this experience with others, so that you can fully empower your life with all that is universally possible, enabling you to have the ability to express your unique human being-ness in daily life.

Learning to connect with the 'Gentle Touch' Energy body is the first step as this will bring comfort to you in the form of love to your emotions and healing to the physical

body and mind. This will have the effect of slowing the mind, preparing it for the greater awareness of pure awareness stillness.

The Gentle Touch Energy Body will gently bring the qualities of the Pure Awareness body into your mind, body and emotions, freeing you from personal limitations, emotional suffering and limited mind-conditioned awareness.

Pure Awareness 'Gentle Mind' stillness practice is learnt to bring the body, mind and emotions together as a whole unit. A perfect alignment of the Physical body with the emotional pure body of love and the Pure Awareness body occurs. The three become integrated and become one unit working together. Once this integration has occurred your life will become fully awakened and transformed into who you really are. You will become a living God! Just like all the enlightened masters we have known in our planet's history; Christ, Buddha, Mohammed, Guru Nanak, etc.

You have these three bodies exactly like these examples only you have not integrated them. You may have heard about the idea that 'being in the now' is important and that the future and the past are not alive but just memory or imaginations of the mind. Why do all enlightened beings make so much about this? Because of the teaching you have learnt about the three different bodies, it becomes very simple for the mind to grasp.

To live fully integrated in the three bodies you have to be in the moment, as it is the only place where complete stillness and alignment exists. Therefore learning stillness is the key to this experience known as enlightenment.

I hope you now understand and start to believe that you are enlightened now. The reason you don't fully experience this state of being is simply because you are just out of line with your three bodies and because you miss it and are running on conditioned programming - you start believing that is not possible for you.

When I say that you are enlightened now and that you are God, this is true once you align and integrate your three bodies. How could you be anything else? Right now you are God in potential like the caterpillar not yet transformed to the butterfly. 'Gentle Touch' accelerates the transformation process. You cannot escape this process of transformation. Many Masters say: "You are it. Just awaken to the God within you" and wonder why in three years time their followers are still asking the same questions from the person's mind state that they did when they first accepted this truth. Then a supernatural miracle approach is presented to help them make the leap. To me this only causes more separation as they enter into another relationship with their inner God and themselves. This has a wonderful place but what I am offering is a direct awakening with a process of transformation. The time it takes to

transform you will vary according to the lifetimes the person has had plus their ancestral conditioning of the body they have inherited.

If your three bodies are disconnected or not aligned you remain a person trapped in the first body, just experiencing life through your physical, emotional and conditioned mind body.

Without awareness of your 'Gentle Touch' energy body or your Body of Pure Awareness you will believe you are a separate person living for survival in a jungle of other separate people all competing against each other for a larger share of the pie. It is this disconnection which causes you to feel isolated, experiencing suffering, emotional pain, the need for self protection, and self interest for survival. This person state of isolation is the cause of all the world's problems we experience on earth today.

In the light of Pure Awareness we are one. The light shines forth into this world and the whole of existence bathes in a sea of eternal love. The physical separate body is intended so we can meet each other as unique different human beings enabling us to dance and play together, bound together in a oneness body of love and compassion, being guided by the light of Pure Awareness in each single moment of our togetherness.

- The Pure Awareness Body is one with all of life at the core all of existence.
- The loving Gentle Touch energy body is one and the same within all living beings.
- The physical body is separate and expressing life uniquely individually.

This explains that we are all connected together by love and pure awareness as one being, known as oneness but expressing its nature differently according our uniqueness.

The purpose of life is to enjoy the relationship of each other in the qualities of the two oneness bodies. It therefore is obvious that life cannot be enjoyed if we are not connected to our two oneness bodies.

Once this realignment occurs life is a dance of ever changing moment to moment love, bliss, contentment, peace and pure knowingness. When this is experienced sameness and uniqueness fully express themselves.

The natural world automatically supports us and is healed as it changes as we change in consciousness. This is like the analogy of the body and the shadow, wherein we are the body and as we move through changing our consciousness the shadow or environment follows.

# Equality and Difference

The first belief to embrace: The two pure oneness bodies create an equality within every living being in the world. These two pure oneness bodies exist equally in everyone within the physical body which reveals the differences that each human being uniquely expresses.

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## Creating inner peace and contentment

- The highest awareness in the whole of creation exists inside of you
- The highest awareness in the whole of creation exists equally in everyone else
- You are unique
- Everyone else is unique
- Everyone is different from each other
- Accept the differences between everyone
- Respect everyone as they are because they have the highest pure awareness inside of them
- Believe this truth and your life will flower into the unique human being you are meant to be
- We are one being displaying different unique aspects

# Three Understandings to Liberate Your Life

There are three key things you need to know that are the main causes for preventing your pure bodies from freely flowing into your life. Understanding these three key points will bring a new opportunity for you to change your attitude, belief and thinking in your life. This will have the effect of aligning your beliefs and thinking with the truth of the universal mind of pure consciousness.

Just by changing your beliefs and knowing these three truths you will automatically align your personal conditioned mind to the pure body of Pure Awareness and your emotional body to the body of Pure Love.

What happens when you do this is that you are now ready to activate these two bodies when you practice the 'Gentle Touch' and the 'Gentle Mind' practice without any internal resistance held by illusions and past hurts stored in your limited computer mind. When you practice "Gentle Mind" and 'Gentle Touch' it will immediately clear the internal memory of its negative patterning program, which has been causing you limitations and suffering in your life, without any effort or probing around any of your life's problems.

The first understanding is that any problems in your relationship with your Mother will cause problems in your relationships with other people.

The second understanding is that any problems with your relationship with your Father will cause you problems in your material life, such as work money and possessions.

The third understanding is that any problems of guilt or personal identity about your sexuality can prevent your connection to pure awareness and pure love to become blocked.

I would like to give some known examples about these three understandings with explanations as to why I am saying they hold the key to your liberation.

Tantric Yoga uses sexual union as a practice to fully activate the pineal and pituitary glands in the brain to cause the awakening of the inner dormant state of enlightenment within the mind. This method is used and known in some Indian Tantra and Taoist practices. This is about the kundalini/pineal gland activation spiritual awakening. It is therefore crucial to be free from guilt in relation to orgasm.

Having read many eastern explanations of the three bodies, although practices may vary, there is a common agreement that the human body is connected to the spiritual enlightened body by the energy body known as chi or prana. This is fantastic news because this chi energy body is so easily accessed by anyone who wishes to

experience it. The chi body is connected to in the 'Gentle Touch' practice. This Universal Love Energy is the basis for all meditation and enlightenment. The practice of 'Gentle Touch' and 'Gentle Mind' have been created precisely for this purpose.

The good thing is that no faith, religion or spiritual practice is required to practice it. In fact it will enhance any belief you may already have. If in doubt ask your religious or spiritual leader if they object to you experiencing more love in your life, developing a clear and still mind so you are able to experience life in the present moment with perfect clarity, being held and comforted by a loving guiding energy. How can they say no? They might secretly wonder how you can achieve this, which is a state reserved for saints and enlightened masters!

Unfortunately in western society it is based upon science and neuroscience. Alone their methodology is unable to access this energy connection because it is not of the mind, because it is emotion of the Universal Love Energy. This energy is then left to be explained and experienced through faith, religions and spiritual practices.

This leads onto three very important solutions to personal suffering which are caused by not understanding the main reasons that block the person from connection with their two pure bodies. I have written another book that goes into this more deeply *The Seekers Guide for a New Awakening* - Robert Bourne ISBN: 978-0-9561159-7-3

The first point to learn is that it is important to understand that the Universal Body of Love is inward and feminine in nature. It is represented as our Mother.

The second point is that the body of Pure Awareness flows outward and creates existence and is masculine in nature. This is represented as our Father.

The third point to learn is that our sexual energy is the source of our awakening in the brain connecting the two pure bodies of love and awareness.

Our body is not our body, it is the combination of our Mother and Father through sexual union. Any problems or issues with our Mother or our Father or our sexuality are reflected in our daily life more than we realise. For example our relationship problems can be the result of problems with the Mother, and work and material accomplishment can be the result of problems or issues with the Father. Problems with our sexuality generally keep us locked into our conditioned self and can prevent awakening from occurring. This produces inner guilt, inner conflict and emotional suffering.

When you see that your physical Mother and Father are just a reflection of the two pure bodies you have incarnated inside of you, your attitude needs to change. Change your attitude to acceptance of your Mother and Father with deep appreciation for giving you life.

You may say that you have been mistreated by your parents, or they have abandoned you, or that you have not been supported by them. For these reasons you say that they are not nice people. Society will do everything it can to support this truth, however for you to experience liberation from this hurt a new approach needs to be taken. This solution I am offering is the fast track to freedom from personal suffering and ancestral conditioning.

- I am saying yes, what your parents are is most probably true therefore the first thing to do is accept their suffering and limitations.
- Now give thanks to your parents for giving you life. Because of this life you have the opportunity to become free from the negative conditioning and programs you have inherited and awaken to your two pure bodies of Love and Awareness.
- When you see you Mother as an energy which represents the pure body of Love, to reject that energy rejects all female energy. This is why it causes problems within relationships.
- When you see your Father as an energy which represents the pure body of Awareness, to reject that energy will cause you problems in your daily life with your career and finances.

Knowing this it becomes even more important to accept these truths. Then the inner pure bodies will react accordingly. Remember the pure male and female aspects of Love and Wisdom are waiting to guide you. They are waiting to flow through your body so that you will flower into the unique human being that you are meant to be; not the conditioned programmed person you have inherited from your ancestors. The other side of this coin is that not all of your conditioning is negative, therefore gratitude towards all your ancestors, including your parents is required for the positive aspects that are naturally within you.

Regarding your sexual gender, again you are a mix of both male and female aspects. These two beautiful energies combine and create a unique expression for your relationships with others, especially on an intimate sexual basis.

I know many people who struggle with being in a male or female body as they express the opposite inner sexual energy or both equally. We do not fit into a certain box. We are all unique combinations of male and female energy.

There is a lot of conditioning about this issue which is limiting and therefore not the truth. Regarding your liberation or your enlightenment and contentment just embrace the attitude of knowing this truth and embrace everyone with acceptance, without questioning. Having this attitude will accelerate your freedom when you carry out your daily practice of 'Gentle Touch' and 'Gentle Mind'.

# Ancestors

## Friends and Family who have died

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- You never die, life is always changing and evolving
- Upon the death of your physical body your mind/soul continues to live
- Without your knowing, some family and friends are still connected to you and are still influencing your life choices
- This proves that your body is a vehicle gifted to you for you to live and experience your life.
- The body contains behaviour conditioning known as programs; many of these were created by your family ancestors and not you
- Some inherited conditioning and programs in the body are positive and some are negative
- The body you have now is a gift from your family; your ancestors - be grateful to them for your life opportunity
- Having a physical body gives you the gift of having the power to change anything in your life's mind/soul
- When your ancestors die they are still connected to you through your body and mind/soul
- When you change to a higher awareness you can 'Liberate Your Ancestors', your dead family and friends. This is achieved through your daily practice of 'Gentle Mind' and Gentle Touch'
- When you change or switch off the negative programs you pass this on to your deceased family and friends, this is known as mind-body-soul evolution

## Clearing a Nation's Negative Karma

- The best way is to ask forgiveness of your ancestors - *Sri Bhagavan*

# The Purpose of Life

The purpose of life is to live. There cannot be any purpose. But what does this mean? The practice of 'Gentle Touch and 'Gentle Mind' is to help you to live. You most probably are not living now from your oneness love consciousness. You think you are alive but in a sense you are dead to the full potential that you really are.

Only when you become awakened do you really start living, until then you do not know what it is to live. So why or how did you come away from the light? The light created the separation so we can start playing and enjoy our existence. The problem is that no one appears to be playing because everyone has become serious.

The solution is for you to become awakened as a direct experience then you will know the contrast, the difference between a separated life from your two pure spiritual bodies. When you are once again fully connected you will be living in fullness and completeness.

Separation is empty with a constant struggle with yourself and others. Oneness is the integration of your three bodies. This state creates a life of play, of love, of dance, of completeness, totally happy and content, this is being alive and living your true potential effortlessly.

# Freedom from Guilt

It is important to realise that nobody is responsible for what we are. In a society where the collective consciousness is low there is blaming and judgement about those unfortunate people who appear negative and who are behaving in a negative way.

Once you stop slandering and putting down others who behave negatively you stop adding to negative low consciousness. Yes, just by putting others down who are less fortunate than ourselves you add to a lower state of consciousness, causing even more negative behaviour to appear in every day life.

When the level of consciousness rises then the by-product within society is that unwanted behaviour changes and even stops completely. The way to raise consciousness is with your own life condition. This is the purpose of your daily practice of 'Gentle Touch' and 'Gentle Mind'. It is very liberating to know that in just changing yourself you affect everyone in the world in a positive way.

The reason for this is that we are all one. We are living in a collective consciousness whereby different people live out different parts according to the collective consciousness we have all created.

This explains that the most important contribution to mankind you can make is to change yourself. One great step is to stop judging others and accept that what is here and happening is perfect.

It is judgement that is causing all the problems. This is the result of your mind being the communicator which causes noise. Once you develop the pure awareness state of mind you are communicating in the divine consciousness of silence, which is transformational upon society.

# Dropping all Concepts and Beliefs

What prevents awakening from happening is that mankind's mind has been filled by too many ideas and different beliefs about life. Once you can empty yourself of everything you think you know and believe in, Awakening and Enlightenment is naturally there.

Continue to practice daily your 'Gentle Touch' and 'Gentle Mind' to clear your mind of all beliefs. This is where attending a group will help by receiving Love from another as the power in the room is amplified by the square root of the number of people attending a share. Awakening will happen naturally, very fast, and all by itself.

I remember that my own awakening came about because of saying that whatever I think I know is limited and in truth I don't know if anything I believe in is true. I then had a direct experience of unconditional love and pure silence. My person dissolved and I have lived in a state of mind where there is no thinking, an inner mind silence without trying. For many years I attended development group meetings where everyone was having experiences except me. I always had the same no thinking mind of silence. Only recently have I fully realised what had happened to me.

## The Mind, Beliefs and Imagination

Without the imagination there would be no horror! The personal mind of the body tends to work in an earth bound past, present and future basis. This is what gives us the idea that life is linear and is set upon some time line. When this mind has aligned itself with the mind of Pure Awareness then only the present moment exists. This is known as living in the now. Most people's suffering comes from emotional and mental torture as a result of having experienced past negative experiences. How many people are unable to have positive loving relationships because of past hurt? How many people are unable to trust others because of past betrayal or deception? This personal mind is protecting you to its best ability but is unable to do anything more than create limitations for you to live your life from. Building protective barriers is all well and good but they prevent you from living in love and contentment; you are handicapped from living your life to the full potential.

Aligning your three bodies will protect you by moving your mind into contentment, confidence of living, blissful joy with the gift of knowingness or universal wisdom. This gives you the confidence to know you will always make the right choice for your life in every single moment of it.

To help you live in the now a very powerful teaching for you to practice is this. Whenever you are feeling past pain of a bad experience become aware that 'It is not happening now' but only in your memory. Because your Pure Awareness body does not know time it creates anything you ask it to create, so it creates the memory again for you, hence the painful emotional experience is re-experienced.

**Help Practice:** Catch your mind dwelling on a problem or past trauma and ask yourself **"Is this Happening Now?"** Then snap yourself back into what is happening now and you then say **"This is not happening now - so it is over."**

Beliefs are one of the most difficult to overcome as they are lodged in the deepest part of the computer mind. What tends to happen is you are having a daily life experience and to make meaning of it you revert back into the computer mind to find out if you have anything there that relates to what you are experiencing. Then the beliefs will come forward to judge what is happening, turning your experience into good or bad. This disconnects your life from your pure bodies of Love and Awareness and causes unpleasant emotions of agreement or disagreement, anger or rapture to be experienced in the emotional body. To go a step further you may then take some action according to your reaction to what you have encountered. All of this is based upon illusion caused by the beliefs that you hold.

How to deal with this is very simple - acceptance of what is happening. To accept, although you may not understand at the time of the experience, will realign you to your two pure bodies of Love and Awareness. In time as you continue to live life by accepting what is happening without interpretation, higher awareness will naturally arise and you will intuitively without thinking gain an understanding of the perfection of what is happening.

**Help Practice:** Accept what is happening as perfect. Drop all interpretations about everything and accept that your knowledge is limited. Understand that your beliefs have come from what others have taught you or are ancestral inheritance and may not be the Truth of 'What is'.

By doing this together with your daily practice of 'Gentle Touch' and 'Gentle Mind' you will speed up the transformation process for your total alignment of your three bodies. In truth the two pure bodies are already in harmony and aligned together; it is your physical body that needs to come into alignment with them.

**Help Practice:** This is where surrender of our limited mind's conditioning to the universal knowingness of Pure Awareness is practiced. It makes sense to create a space in our mind, to quiet and slow down our mind so that the inner silence and contentment comes forth. The Deeksha energy transfer from Awakened beings or 'Awakening Trainers', our spiritual guides will also accelerate this process together with your daily practice of 'Gentle Mind' and 'Gentle Touch'.

# Wealth Consciousness

“What is meant by wealth consciousness is not just about money. For example your parents are wealth, your children are wealth, your husband or wife or partner is wealth, your house is wealth, all that you have is wealth and you become aware of that.

It is just like the practice of gratitude. This you must do on an individual basis. By doing this you are developing wealth consciousness which causes the inner pure consciousness to create more of what you have or what you desire.

Understanding this is a very powerful practice to obtaining inner contentment. Doing this in conjunction with ‘Gentle Touch’ practice will create miracles.

As you develop wealth consciousness this will also have a positive effect on your family and country which will cause a positive change in society.” *Sri Bhagavan*

## The Difference Between Awakening and Enlightenment

Question: What is the difference between Awakening and Enlightenment?

Sri Bhagavan’s Answer:

- Awakening is when you can stay with the 'What Is' without effort. This refers to the level of awareness. How aware you are determines the amount of changes that have happened in the brain. This is why Awareness is referred to as a journey to awakening.
- Enlightenment is when all day dreaming has stopped.
- Transformation is the flowering of the heart where you no longer see yourself separate from the other.
- Complete transformation is the disappearance of the self, the senses getting disjointed and the self is gone, being replaced with the pure presence of unconditional love.
- Transformation happens very easily when you experience the suffering of others and start helping them.

# Pure Awareness

## The First Pure Body

‘Gentle Mind’ Practice connects with this Pure Body

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### The Vital Source

The Light of Pure Awareness comes from the formless unchanging aspect of all of existence described as God, Universal field, The Void etc. I call all previous reference to God etc. the Vital Force because there are mind references for this term. If I mention God many will start arguing about what God is. The vital source now can take on the meaning you give it. Its name suggests it is the life giving centre of you and me and all that is in creation. It is Pure Consciousness, Pure Awareness coming from the light of truth.

When you lose your limited mind your limited personal mind is exchanged for your natural mind and everything flows in perfect harmony. Your life is just put before you and this happens automatically. This mind is known as the awakened mind, being awakened and living in the presence of love is this experience.

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### Pure Awareness Practice

- Dropping all of what you think you are
- Accepting yourself exactly as you are
- Accepting that you can never be understood as the unique being that you are. This relates to personality, body mind aspect. Because of the two oneness bodies we are the same as everyone.

Doing this allows the alignment to reoccur with your pure body of Pure Awareness. When a connection is made to Pure Awareness this stimulates your true energy emotional body of Love to be experienced. This unchanging pure body is common to all living beings. This is why we are never alone and can have love for everyone.

The enjoyment of the other then emerges in appreciation for their unique expression or flowering of Love.

Connection with this oneness body of love is achieved through the practice of 'Gentle Touch'.

Deep within you, at your very core, the centre of your uniqueness is in total stillness of the universal mind. In your third eye you may see the light that never goes out, the eternal flame within all of life. In fact it is life before Love. It shines from nothingness outwards hence it is the creator of all that is. It is untouchable hence it is constant. It is this which created you, me and everything.

Pure awareness practice is simply re-connecting to this eternal light to create a stillness unmoving mind of pure contentment and peace.

You become the creator without needing to desire anything because everything you need is put before you effortlessly. In religion it would be said you have inherited the Kingdom of God. All our past prophets, our past enlightened gurus have awoken to this truth. It is at this point of stillness that the thinking mind stops and the questioner disappears. In its place arises the contentment of not knowing, however when required in the moment, the wisdom of the external now arises to guide your choice making in the moment. The external light is the knowingness of all that is.

From this state of centred stillness or emptiness of mind everything is perfect as it is. This perfection is experienced in its many different expressions of lower consciousness which are constantly moving. From this state there is no duality, although duality of cause and effect still exist.

It is in the stillness of being that you experience the golden coming together of cause and effect so that the moment is expressing cause and effect at the same time. This is living beyond the person's conditioning, beyond the personal mind which is in constant movement.

Living from the personal mind is what causes problems and creates trouble as it is always reflecting upon known memory before taking action to live your life. It is this thinking mind that draws upon and misuses your creativity to project some future security, wherein one day everything is going to be alright.

It is this mind that knows nothing about the perfection of the now, because it exists outside of what it is! You could describe it as a computer calculating machine, which only knows what has been experienced or learnt and borrowed from others.

If you are to live in freedom and express the beautiful unique human being that you are you have to place your attention upon that which is at your very core right now.

Only when your awareness becomes still are you experiencing the core of your pure awareness, unfiltered, non restricted by ideas and concepts about life. It is then you experience causeless joy and bliss of the golden perfection of all there is!

The intended purpose of all meditation is arrive at this experience

- You are the peace in silence
- You are the silence in peace
- You are the light of consciousness that causes all things to be seen
- You are the perceiving love devoid of objective identity
- You are the wisdom and love which shines from the source of existence
- You are Unborn Awareness Self

~ Mooji

To clarify this statement I understand the Oneness of True Self to be known as We instead of You. This is because the two pure oneness bodies of Love and Pure Awareness are the incarnated same in all life forms within the whole of creation. It is the uniqueness of our human being which is the You - the I being expressed in total alignment with the two bodies; this is enlightenment. The conditioned person is no longer there, however uniqueness still exists. Suffering or lower consciousness is known as the mind ego, a state of existence out of alignment with the two pure bodies of Love and Pure Awareness.

A lot is made of spiritual practices to cause transformation of the mind's ego but all you need to know is the truth that you are it now and return to stillness; expressing love for all mankind and existence will naturally follow.

I have included a mantra used in healing called Cho Ku Rei. A full explanation will be given in the essential practice technique section. This mantra has a symbol which describes the light coming from pure awareness through our crown chakra into the perfect moment. This energy is rising up through our rainbow body through the seven energy chakras from our feet. This happens in a spiral which is represented in the symbol. This creates the physical body to enable the two pure bodies of Love and the Light of pure Awareness to be experienced in this world as a love play.

Most people are not aware and have been conditioned to believe they are separate individuals without spiritual pure bodies. This causes the blocking off from pure awareness which reverts the person to become reliant upon the lifetimes of memory including ancestral memory stored within the limited personal mind. The emotional body is now restricted and separated from pure limitless love and becomes dependent upon a person's love experience coming from another person, instead of being in a constant state of love, which is not dependent upon a single person.

I have repeated this truth several times because I want you get the concept even if you have not yet experienced it. Once you can have a realisation that this is a truth you will be able to transform any previous illusionary beliefs that your mind is holding your life as the prisoner of conditioning. This is a get out of jail card.

As you carry out your daily practice of 'Gentle Touch and Gentle Mind' with the simple belief that YOU ARE pure love and pure awareness, although currently your conditioning is blocking you off from fully experiencing this integration, you will discover a very quick transformation taking place in your life. Very soon you will awaken to, and be living in the presence of love as a daily life experience.

You are the light of all understanding. The light comes from within you at your very core. The very fact that you can communicate in some way proves this to be true.

There have been a lot of teachings which go into great detail to explain the experiences we have in life and what we are to do with them, but all this misses the very important point that it is this Pure Awareness, the light that is always there within all things but always missed. It is missed because it can't be this simple. The mind wants something fantastically distorted away from reality with fireworks and all those supernatural bells and whistles.

To fully experience this unchanging eternal light of truth and understanding first of all requires an openness in your attitude, in your approach to fully experiencing the joy that spontaneously arises when you are one with this pure body of awareness that is at the core of all within creation.

The difficulty comes in the way we experience the manifest creation that we see before us. This apparent reality is unstable in nature because it is always changing and once we know what something is it becomes stored within our computer mind memory, thinking that it is fixed and permanent.

One of the mind's beautiful functions is to help us identify with what we are experiencing, what is happening in our lives. The object we meet is identified along with our past emotional relationship identification. The computer mind is trying to be helpful by protecting our life at a basic survival level of living.

We know that living in this way causes a tendency of life being divided into two categories nice or good and unpleasant and bad. This is fine as a basic level of life where you need to survive and reproduce as a separate person who is living in competition with all other people on this planet.

You are reading this because you are looking for more than the limitation of separation with the loneliness that it brings with it.

Yes, you are looking for more, for freedom to discover contentment and love therefore it is essential to be able to recognise this way of thinking and living. Once you do this you can approach your moment to moment experience in a new way. This is what to do.

- Whatever is happening you need to stay in the moment and just observe it.
- You need to first of all discover if it is really happening or if your computer mind is distorting the real truth of the moment by bringing a past memory to the situation and hence distorting it and turning the experience into something positive or negative.
- Remember you are enlightened now and if you can see the present moment from your Pure Awareness without filtering it through your computer mind then a Beauty will arise as you will be seeing the truth from your highest consciousness. The light of truth of all knowingness is shining out of you all the time.

With this understanding you will start transforming your past hurts and memory into happiness and joy. You will set yourself free from your limitations and computer memory. Of course it will all still be there but the emotional effect on you will not be there. You will be free from suffering because you will be living in the now of Pure Awareness. This is pure seeing from the eyes of what has been called God. This is enlightenment.

The thing to be aware of, which can cause people to say this is not true, is the issue of the time for transformation of your soul, of your mind and lifetimes memory. This also brings in your inherited conditioning from your ancestors and the genetics within your body. It is this which has created a memory program that is running automatically in your life. This explains why we feel trapped and are unable to free ourselves from these limitations. This program has positive and negative aspects. It also has a certain consciousness to it which means you will be vibrating in a certain frequency of consciousness. Your objective is to realign yourself to your Body of Pure Awareness and live from the stillness experienced from your very core.

The light of Truth will then shine in the present moment transforming the past which is being put before you now. Yes, your current life moment when living as a person from your conditioned memory is a past event trying to be set free and transformed in the light of your core truth which is shining upon it. This is why the guidance of living with the 'What is in the present moment' is so often used but no one has really taken the time to explain why it is so important.

When you do this the conditioning may be very strong, so this is where your 'Gentle Touch' practice will rescue you. It will anchor you in the present moment emotionally with the emotion of Love energy; any pain or past suffering will now be dissolved.

The divine Mother of compassion and healing will bless you, liberating you from your suffering. This is the place all miracles happen. It is all within you. The other energy of pure awareness will anchor you in the present moment, for this light of transformation will bring bliss, joy and contentment to your experience.

This practice transforms the past memories and patterns not only for you but for your ancestors as well. This is how you liberate your ancestors. This is how you liberate others on the planets who have a connection with the same issues.

How beautiful for you to know that through changing yourself you are also helping so many others. This happens because we all draw upon the collective thoughts and memories from mankind's existence. You transform that which is flowing within you and you enlighten and free yourself from its bondage.

How long this takes depends upon the unique individual. Do not be concerned about this but you rest in the assurance that it is taking place. The time will come when this program has been completely dissolved.

When this occurs Awakening arrives whereby you have aligned your emotional body to the body of Love and you live from the presence of love which guides your daily life. Your Pure Awareness body now transforms the illusion of ideas and concepts in the thinking mind into the pure truth of eternal knowingness. In this state enlightenment occurs naturally. This is very beautiful.

It is this state of awakening to the presence of love when you allow love to run your life. You go into automatic pilot whereby your uniqueness can flower into daily life without effort or the need to plan or strategise your future. This point changes from the limited mind running your life giving you choices based upon past knowledge, to living from no choice and having everything you need put before you for your happiness. This change in living only comes about once the transformation of your mind conditioned program has occurred.

In truth this state is what masters refer to as 'no person there'! They are referring to the limited conditioned separated self which in truth is just a collection of past memory experiences.

# Mooji

I wish to quote Mooji who eloquently explains this very important truth, the fact that you are already the truth, that you are already enlightened.

"The light of understanding dispels the darkness and this is already within you. There is a joy which arises when this light hits its mark and dispels the darkness of ignorance. It cannot give you the light because the light is already present within you.

You are here, what more can you say? Whatever you describe will only be another phenomenal thing. We know that all phenomenal manifestations are impermanent by nature. Something inside of you knows not to pursue that, don't get involved or stuck into any of that because it is not reliable. Moods are changing, feelings are changing, thoughts are changing, identity is changing.

Everything is changing, everything just comes and goes. Has anything ever changed? No, it comes and goes but when we have a particular fascination for a thing it is as though you give it longevity, you give it life which it doesn't naturally have. We impart life to it because that life arises from your own aliveness, your own sentient-ness, it gives life or apparent life to even inanimate things. Such is your power. It is largely unrecognised - we are still naive about ourselves.

When you discover what actually is, your mind cannot argue with it. This is the purpose of staying with the What Is. This is not a promise about the future, this is about showing you what is here now. The mind is the instrument of comparing, of measuring, of interpreting, but how can it evaluate that which is formless? Where is the location of that which is perceiving inside and outside simultaneously, where is its location?"

Mooji explains - "That which goes out and comes back, which presently you are referring to you as yourself, is not yourself it is your ATTENTION. It is the idea you have of who you are, it is your self image that goes out and comes back. When it returns to you it is happy, it is complete. When it goes out, an energy goes with it, an energy goes with it, an identity goes with it, it has the power to create a secondary identity and reality and that is what we are taking to be our self.

Your real self is that which is here. It looks like it is behind this secondary identity, the ego self. Your true self does not know behind or in front it is so pure, it just Is!

Behind and in front happen in the realm of consciousness of the mind, the dynamic consciousness which is always changing.

There is only consciousness. Even the ego is consciousness, however it is consciousness which is severely limited by identifying with the limited body and obviously the limited conditioning. It is residing in a narrower or lower state of consciousness. Because of that it embraces the limitation, as a part of what it is and believes that to be real.

What gives the person the sense of reality? The feel of reality is the vital force and the fact that consciousness is always there. This makes the ego feel real because it is also consciousness. Much of its reality is a construction of changeable or impermanent elements. It is afraid of those elements because it cannot keep them to be permanent because they keep changing and dying. Every time something dies off which is natural for that thing because the consciousness associates and identifies with that thing, it feels the pain. Oh this is going, it is dying, but it is only natural for it to go. You must find the thing that cannot go!”

To understand anything in these teachings you don't understand you have to go over and over it again until it awakens within you. This is the purpose of learning the 'Gentle Touch' loving energy connection because it will become a bridge between the limited mind and body and the pure truth of your core being.

This transforms you by dissolving the limited understanding to awaken the inner eternal light of truth within your being. You will return home to your core. You will know when this happens because you feel a freedom like a space opening up. Then you have got it. You will know you have got it because you become so totally content, so totally present, life becomes very sweet in this space of freedom from the conditioned and limited personality.

# What is God-Infinite Being?

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## Awakening Your True Potential

- The truth is everything is Infinite Being!
- This means you, your friends and family, in fact every living being is God.
- You will probably have a lot to say about this. I would be very surprised if you didn't.
- The Ultimate Truth is that You are God/Infinite Being!
- Life comes into existence from a formless God/Infinite Being.
- The physical, mental and emotional You is the ever changing part of the pure, loving, all knowing, formless, eternal, unchanging inner you, which is God; the two aspects make the total God!
- The daily experience you have in your life plus the condition of the natural environment, nature, depends upon how you create your life experience.
- This is because you are the creator God-Infinite Being!
- For example, what you are now inside of you is what you get. What you believe about yourself is what you get back to you from the outside, others in the world.
- This inner conditioning you carry affects everything in the world, not just people and animals but the natural world, trees flowers, water, rocks, air etc.
- Why? Because you are God the creator!
- Believe, think and feel poverty and yes you get and experience poverty!
- Feel, think and be abundance and yes you get and experience an abundant life!
- For example I am not rich, in fact I am considered poor, but I live in abundance and always get what I want! I live in total contentment, inner Love and Happiness. Because I am God-Infinite Being I receive contentment, love and happiness.
- You are not able to just think this, you have to become this on the inside!
- Many questions will come now if you are living or vibrating from the first or second stage in evolution out of the total three stages of evolution.
- To learn more about this start with 'Creating Abundance' contained in 'The Seeker Guide' because you need to understand this to be able to change where you are now. The question is, "Who wrote the Program you are living from?"

# Relationships and Love

'Gentle Touch' will help awaken and transform the heart into a deeper awareness and most importantly a direct experience of universal love. Once this is experienced you will notice a profound transformation in yourself where it will affect the way you relate to others on a personal level.

After a short while you will not be the same person you are now in so many ways. You will have a profound effect upon how you relate to other people, on the way you communicate with other people without making any effort or trying to be different, it will be natural, without making any effort. This is a very beautiful transformation.

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'Gentle Touch' is Pure Love

Gentle Touch is common and within all forms of life. What is it? It is the connecting or bridging energy between the unchanging Pure Awareness body and the moment to moment ever changing physical body of the Human Being.

Every living being on the planet knows very well about the physical body which allows us to experience our daily lives. Mankind has become extremely aware through scientific discovery as to how this body works.

The life giving unchanging aspect of life, which gives life to all that is, has only been known throughout history by a few enlightened human beings on our planet. These handful of human beings have left a message through their lives which has displayed beautiful behaviour in terms of love and compassion towards all of life. They have displayed a profound wisdom towards life and the whole of existence having within them an ability to magically heal others, providing life changing experiences to those who come into contact directly with them.

These special beings have left mankind a memory of their living proof of what the human being is capable of being. You too can have this experience once the human body is directly connected to the Pure body of its creation.

Today we are seeing the early stages of mankind awakening to a new evolutionary phase in our known history. We are seeing many people living in a new way, whereby they have awakened to the third stage of our evolution through becoming directly conscious of the Pure unchanging eternal body.

# Relationships

## Love and Suffering

- Love is always trying to emerge between all people, in fact it is your natural state
- When two people experience this love, a form of overwhelming occurs
- Each person will feel a sort of losing it
- Two people decide they both want to experience more of this emerging
- It is natural for a person to regain control to set rules and conditions wherein this love is allowed to be expressed
- Love knows no rules or limitations it just knows love through total acceptance
- Suffering occurs when the agreed rules are broken
- Two reactions are typical, expression of hurt towards the other, expression of hurt towards oneself
- To become free from suffering first recognise that any projected nasty words or behaviour are purely an expression of pain in the other or you
- You are not that which they say you are, therefore allow them to express their pain without reaction!
- Total freedom from emotional suffering is experienced when you become the love you experienced from another without them being there!
- The Love you seek is seeking you all the time because it is at the centre of your heart
- This Universal Love is the Divine Mother. Ask her to comfort you when you are suffering and she will
- Ask her to feed you love and it will be given
- Ask her to open your heart and it will be opened
- Ask the inner Divine Mother of Universal Love to heal you and she will. This is the source of all miracles and this source is always within you, eternally
- The key to this transformation is in your surrender, Om Namoh - Namah (to bow)
- To accelerate your experience of Love, give love to the Divine Mother because Love attracts Love, Become Love and you will only experience Love in all things

# Sex and Relationships

- Personal emotional security is the secret to fulfilling relationships
- When you are dependent upon another for your fulfilment and happiness you are emotionally vulnerable
- It is a beautiful thing to enjoy the experience of being in love with another
- To enhance your relationships emotional security is required, this is only achieved by a connection to inner love
- When you feel love then acceptance of the other is automatic
- No matter what they do you will not be threatened or project their behaviour upon yourself believing you are the cause of them being the way that they are
- The inner love connection achieved through the practice of Gentle Touch will bring emotional security to your life and the creation of happy relationships

Personal issues in relation to orgasm often are related to childhood conditioning. Discovering that masturbation creates a beautiful emotional experience of orgasm is often in conflict with what parents or teachers have warned you about having sex. This is of course based upon their concern for the young child or teenager about the possibility of them getting pregnant in the case of a girl or in the case of a young boy fathering a child.

Many people suffer from conflicts with having an orgasm, brought about by themselves or within a relationship. The conflict is in the fact that the orgasm is a beautiful experience, bringing a lot of pleasure to the body. Having been told not to do this, for whatever reason, creates an emotional conflict causing the person to have emotional feelings of guilt and even self hatred etc.

The truth is once you have emotionally entered into a relationship, intimacy is required to maintain a natural exchange of love. It is this area of relationship where the orgasm is required to be accepted for the truth of what it is. When the heart is open orgasm is required to take the experience of sex to the experience of pure universal love and Bliss.

The sex drive is a life inbuilt program to maintain the continuation of the species. An orgasm is therefore natural and in a human form the coming together of the three spiritual bodies in one moment of creation. To deny or repress this as unclean, bad,

dirty etc. is to repress your emotional inner life of Love. This causes all sorts of problems of intimacy within human relationships.

Accept orgasm as being natural and experience this from love. The experience then becomes very blissful with your partner, if you both approach sex from love. Use your practice of 'Gentle Touch' to share love with another in order to experience something greater than the personal orgasm. This is the subject of Tantra.

Basically the woman's element is like water which needs to become warm before sex takes place, this is why often there is the requirement of loving foreplay 'Gentle Touch'.

The male tendency or element is that of fire which bypasses the heart coming straight from the mind, having been stimulated by the woman's bodily form or sexual images, causing sexual excitement. The tendency for the male then is to get carried away by passion or lust wanting only to penetrate and ejaculate. The male sexual drive is just nature's need to procreate. Men who are only rooted in their human body have a tendency to get overwhelmed for the need to have sex, without the consideration if the woman is receptive to receive him at that time for the sexual act.

To fully overcome conditioning about sex being negative, a strong, inner security is required in both partners. This is achieved through the practice of 'Gentle Touch' to develop inner love in themselves first.

The other requirement is to accept that sex is natural and very beautiful, it is creation itself in play; at the highest level of consciousness, it is Love.

When a person is locked into their conditioned self, two things can happen with sex, it is either used to release negative personal insecurity issues or for providing the ego with a sense of power and domination over the other. For example common place issues like relief of past hurt and inner pain, personal insecurity and anger.

This is the case for both male and female but the behaviour is very different in the way it is lived out.

Another point of consideration in a male and some females is that when survival is threatened lust tends to manifest. For example a man who has just lost his job can experience overwhelming lustful thoughts and desires. This is nature raising the sexual energy to recreate itself, as the body feels threatened therefore may die. The need to reproduce the species comes into play. In today's society however we do not die with this type of threat but the primal instinct still exists and behaves accordingly.

The solution to these issues is the inner emotional security being rooted in love.

# Love

## Opening the Heart

- To support another is more important than telling them what to do
- You already know Love, for you are that Love at the centre of your heart
- The more you surrender to that inside of you the more your heart will flower in universal unconditional love
- Love only knows love therefore love attracts love
- To experience love from others you must first discover love inside yourself
- You are Love, therefore You are precious - Experience this and you will fully experience freedom from all emotional suffering!
- To fully awaken to Love, to fully experience Love you have to learn 'Acceptance of everything as it is, or has been'
- Acceptance comes when you 'stop judging others or yourself'
- Catch and stop your mind talking bad about others, stop gossiping and spreading rumours about others, accepting them as they are
- Allow others to be what they are
- Start by being grateful for everything in your life, no matter how painful your experiences may have been
- Live in the present moment as this creates freedom from past suffering. This is because the event that caused the suffering is not happening now
- Surrender to the 'Love inside of you' that only exists in the now and ask the inner pure love to give you the experience of its unchanging Unconditional Love
- Love does not possess
- Love does not Judge
- Love only attracts Love
- If you want Love, become Love
- Within the energy of Love radiates the energy of Healing
- When the Heart opens, your inner knowingness or intuition of the great universal wisdom mind, 'Pure Awareness Mind' will arise in the present moment and guide your life on it's unique path

# Uniqueness

A distressed woman goes to see a marriage guidance councillor. To try and reconcile and re-create loving intimacy the therapist suggests "Why don't you go on a vacation?"

The woman being annoyed at the suggestion states "My husband does not go on vacations!"

The truth of this situation is that the therapist acting on knowings from her own position or training she had received about relationship counselling, offers general advice that is supposed to be the solution to make a couple happy and rekindle their relationship.

The truth is that this does not help whatsoever and has the opposite effect by getting the client wild and feeling misunderstood.

Because all living beings are unique no one can offer advice to another. You can listen and ask questions to discover what the other already knows about themselves. In truth the wife has no understanding about her husband because we are uniquely different, although she might have invested a lot of time in trying to know him.

All human beings are unique therefore no one can offer advice to another

The only commonness between human beings is the inner love and the source of light which created our life, pure awareness

All solutions to problems come from reconnection to universal love, once this is again felt no matter how the other is, all is right with the world

If the person is not connected to their own inner source of love they will compound the suffering of not being able to be understood by their significant other

The solution is 'Gentle Touch Pure Love' and 'Gentle Mind Pure Awareness'

This is the root problem for all relationships. The only solution is love and awareness. The amazing thing is this universe is full of love. It is very close and very personal. Once you are open to your inner love, then uniqueness becomes beautiful, not something to be understood but something which you share with others in a beautiful way, because we all become very, very special. There is no one exactly like you, this uniqueness then becomes your gift to mankind.

Please be mindful that you do not do what so many do and beat themselves up because they want to be like someone else. This is impossible. The answer is in nature. Go into a flower garden and look at a flower. Does the rose try and be anything else? Is one flower more beautiful than another? Ask people and everyone will have a different choice as to what they prefer. This is beautiful. One thing is for certain you will never see a flower in therapy!

### The Love which you are seeking is seeking you - Right Now

Please remember this, so many seekers of God, of divinity, of pureness frantically enter the spiritual journey to escape the loneliness felt within the personality, denying their uniqueness because of the suffering they are feeling, because of the loneliness they experience. In truth once your connection to universal love and pure awareness of true self is established, your understanding and perception will change completely. At this point in your life you will get out the champagne, scream "Hooray" knowing that you have escaped from the limited separated self.

Just imagine the other side of this, if only the pure self was felt and experienced how boring existence would be then; just sameness, no contrast! I know that when I first had my awakening experience being bathed in eternal love, my mind was still asking questions about the beyond until a point of stillness arose and the questioner disappeared, being replaced by total contentment. After that a Golden perfection of everything in my daily life, in this world, was experienced. I am unable to tell you about life after death because to me there is no such thing because I am always eternally existing, right here, right now. The only change I experience today is in my body which is what creates the beauty of all this life experience.

Therefore the answer lies in awakening to love, awakening to your pure awareness self and living life uniquely for a lifetime. Yes, the truth is you need both because you are both. One without the other is emptiness without juice. I cannot tell you about your experience because you are unique. We are so privileged to have this short life containing everything of purity in our unchanging self connected to our uniqueness self, flowering into life in perfection.

In truth there is no separation between anything. Once the controller leaves the body/mind you flower in the radiance of the divine naturally. There is nothing to obtain, there is nothing to achieve, there is nothing to do. Once you become one or should I say you reconnect with the love that is seeking you, everything happens by itself and you just become 'the seeing' of the ever changing paradise of the moment to moment perfection.

What an amazing life we have! Let go and wake up to love and then everything will happen automatically, perfectly for your uniqueness. *Oneness Blessings of Love*

# Follow Your Heart

## Inner Awareness and Inner Love

- It is natural for others to tell you what they want you to do
- Listen to others' points of view and respect their view
- Only act on your inner awareness and not what others are telling you
- You will know when it is right for you as you will get a nice feeling somewhere in your body, normally in your Heart
- Inside your body-mind-soul there is Pure Awareness which will guide you in your daily life
- You are perfect as you are
- Connect with this inner pure awareness
- Happiness and Love come from pure Awareness
- Pure Awareness does not think of what to do, it just knows the perfect thing to do in every moment of your life
- Love and Happiness exist within you, right now and never leave you
- This is known as inner heartfelt feeling or inner listening without thinking
- 'Pure Awareness' replaces thinking - it is experienced more in the head area
- 'Pure Love' comforts and transforms all emotions and is felt in the heart or throughout the body
- "The sacred flame in my heart burns eternally, it never goes out so I am forever warm in the hands of my Beloved". *Robert Bourne*

# About the Author - Robert Bourne

## How the Sacred Teachings Emerged

I wondered why I was selected to receive these sacred teachings. This chapter provides a background about my life experiences which culminated in me having this experience.

Ever since this knowledge was downloaded into my mind at the end of 2014 I have been aware that a sort of completion has happened to my life in terms that this has been the purpose of my incarnation. I know that I have nothing else to do except to share these teachings with the whole world. My role is now nothing else but one of attuning others to their own inner divinity. I am here in the role of helping support others who also wish to experience this beautiful state of existence.

In this awakening guide it talks about the three stages of a person's evolution and transformation of the soul body. It is this which I will share with you in context about my own life's experiences.

### The First Stage of Robert's Evolution

This first stage of our life's existence we all know and experience. It is living life as a separate person with a physical body containing an inner emotional and mental self awareness; the person tends to be guided by religion or just relies upon their own mind. At this stage we have free will which is limited to within our conditioned personality.

Within eighteen months of my birth I was adopted by a working class family, providing me the privilege of being brought up in a small village in the delightful West Sussex countryside. One of the conditions of my adoption was that I was brought up with the Church of England religion. My Mother was an old fashioned 'upstairs downstairs' cook working in service to the gentry; as such she was obedient to the letter. As a result I became an Altar boy, became part of the choir, attended Bible classes and was receiving Holy Communion.

As a small boy I remember having conversations with the local Vicar about God and when he could not supply a suitable answer I would inform him that he did not know what he was talking about and what he had said was not true. I then lost respect for him in terms of my source of spiritual guidance and became disillusioned with what the Church could offer me.

Thereafter the highlight of the church service always used to be watching the snuff-taking organ player leave when the Vicar was starting his sermon and returning just in time before he finished talking. It was only years later that I discovered he had gone to the local village pub, the Anchor, to consume a quick pint and rush back in time to play the organ after the sermon had finished.

I had no awareness of my spiritual nature but in my late teens was fascinated with creating an Altar, lighting candles and burning incense, much to my adopted family's realisation that I was unusual, not fitting into the family life activities very well.

I left home around the age of seventeen after my parents separated, having dutifully stayed together purely for the sake of the children. My upbringing was within a loveless marriage. This lack of emotional love experience caused me to fall in love with the first girlfriend I met and eventually marry just one year later. We moved to Manchester, had two children and lived an emotionally unstable relationship; we were both damaged emotionally from our previous lives' experiences. Needless to say we soon parted, eventually to become divorced.

During this time between the ages of 20 to 30 I worked very hard to make something of my life, ending up with several businesses, achieving all the material trimmings of owning a couple of properties and a fancy car with enough money not to have to work.

Everything was roses apart from my love-life! In my mid twenties I remarried, but within a few years my second wife left me for another man. My material life was fine but my emotional life was a nightmare. During these ten years I was a musician and a business man until one day my limited company went into liquidation and overnight I lost everything.

At this time I had gained a good reputation in the Manchester area for running several successful businesses and was invited to become a director of a friend's company. It was at this point I decided, "Enough, no more business. I need time out."

Looking back on this time I can relate this to astrology and can see that I had the classic Saturn return, wherein a person is able to look back and review their life's experiences.

I then asked the question about how society had conditioned me. If I have achieved all the things we are told to do, get a good job or become successful by running your own business, make loads of money, get married have a family, take a good pension and live happily ever after, why wasn't I happy?

The happily ever after did not happen for me as I had achieved all of this dream by the age of thirty, only to lose everything society tells you to do to be fulfilled and happy.

As this was not true for me I blamed myself and thought there was something in me that must be causing all the problems in my life. I realised that I needed to change this program on the inside. Alongside this realisation I also went into the mode of asking many profound seeking questions like “What is this world all about?” “Why are we here?” “What is this life really about as there must be something more than what we are told to become?”

## The Second Stage of Robert’s Evolution

Having asked the question, “What is the meaning of life?” I never realised I had set in motion the inner spiritual aspect of my being to start guiding me. I was set on a path towards spiritual awakening. The person Robert had now become a spiritual seeker.

The Second Stage of evolution happens when the person realises that they are not separate from others in the world and become responsible for their own experiences, instead of blaming others for what happens to them. The person then enters upon a spiritual seeking journey to discover their higher or inner spiritual self; the person tends to choose their spiritual teachers instead of the religion they were born into.

At this time I was living with my girlfriend who was a professional singer. I decided to form a band around her as her lead guitarist. This was the first time in my life I became a full-time musician.

After being on the road with the band for a couple of years the band won a resident contract at a Swiss ski resort leaving my girlfriend and myself to continue performing on our own as a duo. Before the band disbanded we went into the studio and recorded backing tapes of our stage act.

The duo went on to become a main supporting act to big stars at private functions. It was at one of these functions we were working with a famous Hypnotic act. I was fascinated by this phenomena and that evening chatted with the Hypnotist backstage to discover that he taught hypnotherapy professionally at a famous Harley Street Clinic. I undertook his training and qualified as Hypnotherapist in March of 1986.

I went on as many courses I could to gain mastery of my new profession. I also studied many complementary therapies. I had my first spiritual awakening experience in Scarborough when attending a week's intensive master hypnotist training course. The course consisted solely of experiencing hypnotic inductions, where a small group of students spent a whole week going in and out of trance.

I remember that evening calling my girlfriend to share that I had changed emotionally and that we could resolve the relationship difficulties we were then experiencing. Unfortunately she was not interested in change, hence eventually leading to our separation.

After our parting I was living on my own within a large shared house in Manchester. One Sunday evening I was feeling sad about having separated from my girlfriend and was watching the television. A documentary about Krishnamurti was being shown and everything he was saying I was saying. Yes that's right, yes this man was describing the experience I had just had. At last someone else understood. He was the first person I heard describe the inner experience I had just had on my course. My sadness immediately vanished and I no longer felt alone. I felt that at last someone knew what I was talking about.

After that experience I was obsessed with spiritual awakening, specifically in healing and the helping of others. I went through some unusual experiences which I would like to share with you.

My first unusual connection started happening when a crow would come and sit in a tree outside my bedroom window and talk directly to me; he used to give me messages about what I had to do. I never questioned this and regarded that this was a message from spirit. I therefore followed whatever he had to say.

One of the abilities that had spontaneously awoken in me was that when I met someone I could instantly see all their past lives and their future lives to come. I now know this as transfiguration where the person's face changes rapidly showing all the different people they have been in previous lives. I did not do anything about this spiritual phenomena.

One day a crow arrived with another message informing me that I had to move to London. I somehow had a knowing that this was true but was reluctant to move. Eventually I did and made the appropriate arrangements to set off for London. I left what little personal possessions I had with a friend and set off on my new journey to discover what fate had planned for me in London.

When I arrived in London I went to the clinic in Harley Street to say hello to my hypnotherapy teacher, only to discover he was not there. The owner of the clinic

took a shine to me and after a practical interview I was given the position as their consultant hypnotherapist and sports psychologist at her famous Harley Street clinic. Until I found somewhere to live I was allowed to stay in the clinic.

With this new work position I engaged a professional secretarial phone answering service so my clients could leave a message to a person and not a machine. One day I received a message from a lady living in St Johns Wood, London. After calling her back she said she had no knowledge of leaving me a message. The conversation went something like this “Hello it is Robert Bourne, consultant hypnotherapist. Thank you for your message, how can I help you?” “I have not left you a message. Are you calling about the flat we have to rent?” “No, but I am looking for somewhere to live”.

We went on to share about our mutual spiritual interests where she revealed that she also was a spiritual healer. At this point we were still confused about how I received her message but were now much more interested in meeting each other.

I arrived at an impressive luxury block of flats, got into the lift, walked to the door and rang the doorbell. I was greeted by a beautiful lady with long dark hair. We were both speechless as we gazed at each other for a short while. I was then invited inside to a large reception area and was quickly told that she had been waiting for me to arrive for a long time.

She was a spiritual healer and ran a regular psychic development group. She informed me that at the group messages were coming about this man that was going to visit them. All they were told is that this person had previously been one of the Middle Eastern master’s disciples. To prepare for the visit to come they had to provide a gift of a dishdasha gown for him to wear. *(The dishdasha is the traditional Arabian clothing for men.)*

We both entered into a deeply spiritual connection and our sharing went on for ages. It was apparent that there was much more to be discovered between us so I was invited to stay in the spare room. I did stay with her for about two weeks without leaving. I made arrangements with my friends and my work that I would not be available for a time unknown.

It was that evening that she brought the gown to my room and was rather embarrassed to ask me if I would please put it on. She told me that two days earlier she was told by her spirit guides to shorten the gown as it was too long. Well, I happily obliged her as this experience was very exciting for me. The gown fitted me perfectly. This confirmed to her that I was the man that was prophesied to visit her.

That evening when we eventually got to bed the gown was hanging up on display so I put it on again and had a strange experience. I looked down at my feet to see them disappearing. Yes, it looked like a bodily dematerialisation, something only normally seen on 'beam me up Scottie' on Star Trek. Anyway I cannot say how long this dematerialisation happened for but I did come back again.

Events like this continued to happen. For example we were taken by spiritual guides to visit the old healing home of the famous healer Harry Edwards. Another time we were sitting in Regents Park watching the geese flying backwards!

Although this was fascinating our coming together had created something quite supernatural. I was still emotionally feeling unhappy as I had become infatuated with this girl, which was not returned. I soon left her company to continue my spiritual journey to find inner love and happiness.

It must have been around 1987 when I went to my first Buddhist meeting and started chanting Nam Myoho Renge Kyo. This chanting practice was taught by an organisation called NSUK, Nichiren Shoshu United Kingdom with the sole purpose of creating world peace through the change of the individual.

I devoted myself to this practice for many years and had realised that I had a past life connection with the priesthood and the first president of the SGI, Soka Gakkai International. As I chanted I felt like I was a priest and this is all I wanted to become in this life. I was also very interested in Education for Creative Living, a system of value creating education based upon direct life experience through creating valuable human beings. I had a strong desire to visit the head temple at Taisekiji in Japan based at Mount Fuji. I had no money for this venture but started chanting a million mantras to achieve this goal.

A Japanese foreign student visited one of my Buddhist group meetings and was so impressed with my faith and determination that she offered to host my visit to Japan. This led to staying with her in Tokyo and visiting her family in Osaka. She made all the arrangements for my week long visit to be filled full of experience; typical Japanese organisation style.

It was November 1990 when I was greeted by Mariko at Tokyo airport where she took me back to her office which was at a merchant bank. She then sent me off in a taxi to her flat to wait for an SGI member to meet me and look after me until she had finished her work.

The Japanese lady arrived at midday bringing a variety of food for me to eat. Not speaking Japanese and she could not speak English I was taken to a large gathering of Japanese SGI Buddhists at their main Tokyo cultural centre. I was the

only foreign person at this meeting. The centre was huge and after some time the meeting was about to start and we were taken to a large hall with a stage. I was ushered to the front to discover that the leader of the SGI had summoned all the senior leaders in Japan to a special meeting where he announced that the SGI lay members had separated from the priesthood as they had fallen out about various issues, thereby a schism had occurred.

After the meeting I said my goodbyes to everyone and set off on my own to another part of Tokyo where I was meeting one of the priests at his temple. Before my visit to Japan I had known about this arrangement to meet the priest and having had the skill of intuitive aromatherapy was spiritually guided to make a special blend of oils for the priest I was about to meet.

The priest and myself had a lovely meeting and exchanged gifts. I received a lovely set of sandalwood prayer beads and to his surprise I had a gift for him. It transpired that he had a chest infection which he was not able to clear; yes the oil was his medicine. He mentioned that I was like his brother and that I had been a priest in previous lifetimes as Buddhism was not new to me.

That evening he took me to a restaurant in the middle of Tokyo where my host Mariko rejoined us after she had finished her work. I could not believe what an eventful day I had had.

Later that week I visited the head temple, again I was the only Westerner to attend the ceremony. When I saw the original Gohonzon, an inscribed scroll that Buddhists use in their chanting practice, I had this overwhelming desire to stand up and remonstrate, as my inner knowingness knew this was not the original Gohonzon as it was reported to be.

After the experience the final part of my week was spent with Mariko's lovely family in Osaka. A school visit was arranged to see the Soka schools because of my known interest. A member of Mariko's family attended a junior Soka school which enabled the visit to happen. I was very fortunate being in the right place at the right time, as it was the end of term and all the heads of the schools system were present for the end of term closing ceremony. After this had taken place all the children went home and I was privileged to meet the heads of the school system and had a question and answer session about Education for Creative Living.

It was at this meeting I was invited by one of the teachers to visit a nearby senior high school in Osaka. My hosts were excited at doing this so we went and had a lovely tour of this very special school. Whilst I was there the head of English offered me a job with them for a three year contract teaching English. I willingly accepted and said I would get my teaching qualification on my return to England. This was

an opportunity to learn about how the school system worked and bring the knowledge back to Europe with the view of opening new Value Creating Schools.

When I was back in England a year later in 1991 it was announced to the world the schism of the Buddhist organisation was official. The members at that time were asked to choose to practice with the priests or stay with the SGI. I could not choose either as I loved them all. I then took a step back not knowing what to do.

I studied my TEFL qualification (Teaching English as a foreign Language). I was living in Cheltenham at the time so I rented out my house to move to Bournemouth to gain some teaching experience in some language schools in 1992 before I set off to Japan.

I never went to Japan as the offer was withdrawn and I was left in Bournemouth but did not see myself as a TEFL teacher. I remember one evening looking out to sea as I stood on the pier wondering "What was that all about?". Hello here was that question arising again. Anyway I decided to go back to my music, formed a duo and enjoyed living in Bournemouth.

During this time I was disappointed with the Buddhist organisation as I felt that they had let me down. This caused me to look deeper and investigate what The Lotus Sutra was really about. If the Buddha said it is the cause for all enlightenment then I had not experienced it. I wanted to have the same experience Christ and Buddha had had. I then retreated to my flat, took down my Gohonzon, and studied two copies of the Lotus Sutra chanting for weeks over each chapter. I was having mystical knowingness experiences of divine wisdom arise and could verify The Lotus Sutra contained the mystical truth of enlightenment.

I then spent my time in another spiritual practice of loving everything as if I was meeting God. I mustered what amount of love I had and embraced everything if I was in a deep love affair with the whole world. If anyone would have seen me I would definitely have been described as a madman. One day I was sitting contentedly sending out love. It was then returned a million fold and I had a kundalini awakening experience. I experienced an ocean of universal love which never stopped; it was an eternal omni-present source. I discovered that I could connect with this source at will, just like opening and closing the curtains of a window that were blocking out the light. The year I had this experience was 1995, some 20 years before writing this guide.

## The Third Stage of Robert's Evolution

The Third Stage of evolution happens when the person experiences that the divine and the unique human being are one; this is known as Mysticism. The conditioned person with its inherited genetic family tendencies of positive and negative is transformed and transcended into a state known as Awakening. In this state the person no longer exists and 'free will' is replaced with acceptance of the perfect ever-changing moment in a blissful, joyful, loving all-knowing state of life; this is awakening into the enlightenment of being-ness.

I certainly had experienced this state of being. In this state I only had one desire which was to help others also experience their own awakening. I got people together first of all to share the loving presence that emerged from within me whenever I opened the curtain to the light. This was verified as true by the experiences others automatically were having such as; spontaneous healing, connection to inner love and receiving divine answers to their seeking questions.

One evening I went out to a dance where I decided to let the love presence out for everyone to enjoy. A big mistake as it caused chaos. Some people started shaking whilst others were getting very angry. In the Gentle Touch practice guide I talk about this phenomena and why this can happen when divine love is experienced.

Anyway at the dance I stopped letting the presence out and left immediately. I was then very confused about how I was going to share this universal love. My inner divine master told me that I am not to let this out in public. I replied "Then I had better create an ashram with warning signs outside." I was told that, no you have done this before in a past life and there are others here playing this role; you are here to support them.

You can imagine I was confused. I had had a divine love awakening experience, fully experienced the Buddha's mystical divine wisdom Lotus Sutra but was unable to share it because it was too strong a connection for people to directly experience.

Just getting on with daily living it was in 2003 that I was informed that I was to learn and teach Reiki Healing. I was surprised because healing is a very gentle easily accessible energy that comes out of divine love. I accepted this direction and was informed that I was to provide a foundation of teachings to help people awaken. I was told that healing is a pure energy connection with the angelic realm and will start transforming a person to prepare them to experience unconditional love. This was to be a preparation for something else for mankind's evolution.

Today you can get a copy of all the three degrees of New Awakening Reiki Healing from my Naturally You website. I have created home study courses in full multimedia containing the Reiki manuals, audio tutorials and videos. There are also self attunement videos which you can use to attune yourself to the inner divine very easily.

Alongside these teachings a set of companion wisdom courses are available called 'The Seekers Guide for a New Awakening', which was published in 2009. I was informed that the introduction in this book was to present an overview of the Oneness phenomena being released in India by Sri Amma Bhagavan. The book also contains three courses to help with the three stages of evolution. The truths in the book will prepare a person for stage three of their spiritual journey, full awakening into divine presence.

In 2011 I met with sat guru Sri Mooji in satsang on a retreat course in London. When I arrived at the venue I was informed that I was to create a double album sacred mantra CD. I mentioned this to Mooji and asked him if I could dedicate the CD to him and record any of his favourite mantras. He agreed and said Sri Ram Jai Ram was one he enjoyed. In 2012 the album was released.

This CD has a transformational experience to achieve 'Freedom from the Conditioned Self'. For those who have obtained this awakened state of freedom from the conditioned self, a deepening of the enlightened state will occur until the final transformation of Buddahood when the Sat Guru awakening manifests.

**Part One of the CD: Mantras 1-5 The journey begins with Sita Ram inviting God, the Divine into the heart. In mantras 2-5 a going home experience happens by moving down from the head to the heart chakra.**

**Part Two of the CD: Mantras 6-8 - The heart has now been prepared for the dissolving of soul illusions through embracing Shiva in mantras 6-7. The final step is to awaken the inner Sat Guru ~ Brahma Nandam ~ Mantra 8.**

You can use this CD to hold your own sacred mantra singing group. To create an awakening experience the sacred mantras have been carefully selected from direct feedback of many Sacred Mantra circles I have held. The mantras only contain the original root Sanskrit words; all additional wording has been removed; in doing this the mind is not engaged in the experience, leaving an emptiness for the Divine to become reflected in the mind.

It was in 2013 a modern interpretation from my direct awakening experience of 'The Lotus Sutra' was publishing in a book entitled 'You are a Buddha not a Person'. For those wishing to experience this as a practice, an ancient Chinese melody has been

used to create a Mantra which can be chanted when reading the book to awaken divine universal wisdom.

'You are a Buddha not a Person' is a modern easy to understand interpretation of the Buddha's mystical teaching of enlightenment 'The Lotus Sutra'. It was this Sutra which brought about my own enlightenment of the 'Buddhist Treasure Tower' experience which occurred over 20 years ago.

This book is written from the inner guru of Buddha Wisdom and will reveal how all spiritual teachings in the world have been created by the Divine (Buddha Nature) as a way to prepare and lead people to the Awakened state of 'No Person Existence'.

The book goes on to reveal how Sri Amma Bhagavan from the Oneness University in India are behaving like the Buddha in the Lotus Sutra and how the 'Oneness Deeksha Blessing' is a means for awakening the spiritual preparation inside mankind in this age. Yes, now is the time to Awaken to your True Self.

It was now 2015 and believed that everything had been created that was required to help others. I felt I had finished with this role as I was empty from past known phenomena and had done a good job in helping those who were interested in their own awakening process. It was February 14th, 2015 that Gentle Touch was born.

I wanted to share the experiences in my life because I can see looking back how everything has been perfect. I can see that from my enlightenment experience I was guided to prepare practices that fit together to support the awakening process contained within this guide.

The Gentle Touch practice starts with the healing energy before a sacred mantra is chanted to quiet the mind to evoke the pure light of awareness to come forth. Chanting this mantra enables the karmic mind to transform and for you to experience a calmness and stillness of mind which is the universal oneness mind, common within us all.

From this state of being the Deeksha energy of unconditional love is invoked by chanting the Moola Mantra. I have now released a download version of the Moola Mantra by Robert Bourne which is available from all suppliers like iTunes, Amazon etc.

The Gentle Touch practice uses the method of bringing down a golden ball of energy from the divine crown chakra to the personal heart chakra in the body of the human being. Pure divinity and duality become one at this point. The Divine presence becomes anchored in the body.

The final aspect of the practice occurs when the love energy Golden Ball guides the individual around the room in a Tai Chi like movement. When the mantra is finished everybody in the room stands still and shares their golden ball of love energy with each other.

I could not have created this without over the last eight years first creating the parts which are required within the new practice of Gentle Touch.

The amazing thing is that everyone who practices Gentle Touch has it easy as the pathway has been created by myself, all the Oneness Deeksha givers, Sri Mooji and Sri Bhagavan.

Finally thank you for reading this awakening guide and for joining us at Gentle Touch.

Don't worry you will not be conditioned by Gentle Touch, quite the opposite because this is all about setting you free to blossom into the unique human-being you are meant to be.

# Robert Bourne

The Awakening Process Creator  
Gentle Touch and Gentle Mind



My role is to get you through, to help you awaken

Because I have made it

Because I have fully experienced  
Unconditional Eternal Love

Because I am resting in Contentment

Because happiness is always present

I am here to help you, to reassure you

Because you are perfect now

Because I live in Abundance

I wait 'in love' for you

Because emotions come and go in the moment being cleansed by love

Because knowingness arises in the moment within me

I am here to guide you to fully experience all of what I have obtained

I will tell you the truth because 'I love you'

I will point you to the many great enlightened beings on the planet

This awakening process is about 'all of us'

We are in it together and together we will transform this world into a divine existence; full of love, co-operation, uniqueness, blissful happiness, contentment, abundance and peace

This process starts and finishes with you

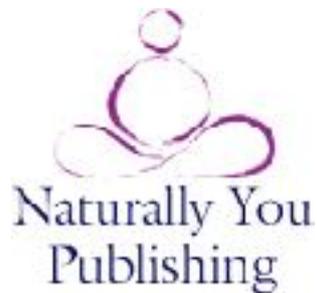
The Beatles said 'Love is all there is'

The truth is, all there is, is 'Love and the Light of Pure Awareness'

# The Divine Message About You

Sacred Teachings Supporting all Faiths  
'Gentle Touch Awakening Guide'

by  
Robert Bourne



To download the Gentle Touch Practice

visit our website at

[www.naturallyyou.co.uk](http://www.naturallyyou.co.uk)

## The Divine Message About You

This book contains modern sacred teachings informing mankind who they really are. These messages were put in my mind to share with you by the Golden Light of Pure Awareness.

Freedom from personal suffering is about awakening to an everlasting source of love which is within you right now. When you know who you really are you will unlock a hidden source of Love at the centre of your heart.

It is this eternal love that all spiritual masters throughout mankind's history have shared with us. Now on earth is the time when we can all awaken to this source of eternal love.



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