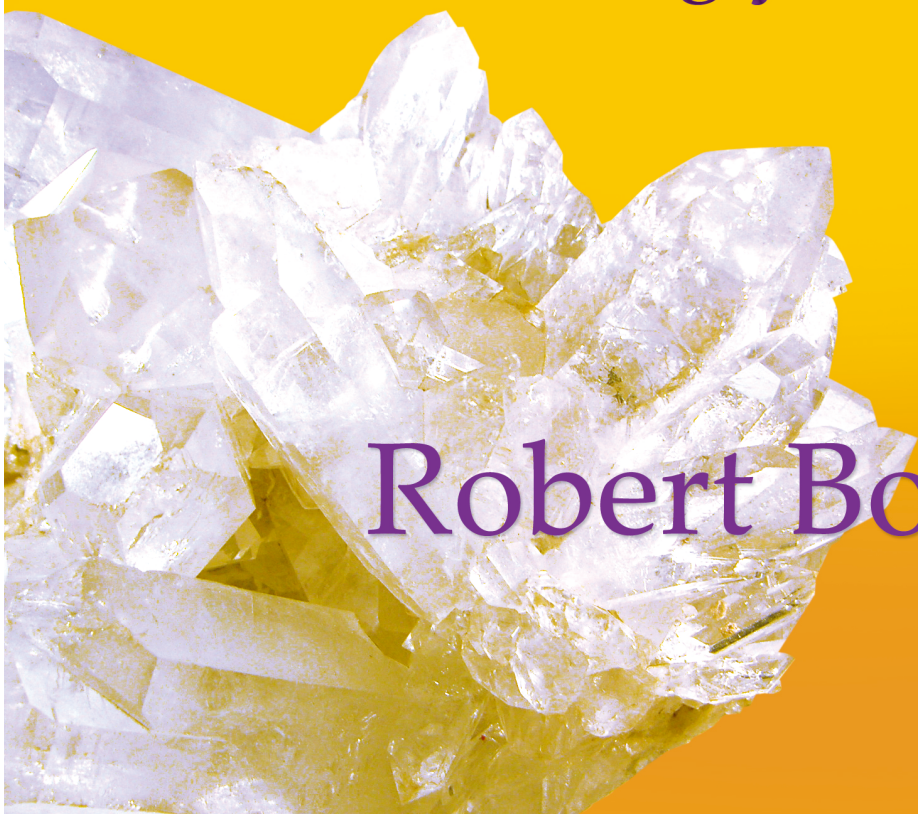


# Awakening The Essential Practice

Living from Presence  
Awakening your True-self

Robert Bourne



# Awakening

## The Essential Practice

A Revolution Transforming Mankind

Living from True-Self Presence

by

Robert Bourne



Naturally You  
Publishing

Dedicated to Mankind for the transformation of Person to True-Self

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# Awakening by Robert Bourne

## The Revolution Transforming Mankind

I want to get straight to the point with this introduction by providing a concise explanation of why we exist and what our life purpose is. I will then explain the direct essential practice for awakening and how it will transform your life's soul to merge with your True-God-Self. I have included a section containing question and answers about awakening. Finally it is best to read 'The Awakening Process' manual containing the spiritual foundation, as it will support and strengthen your awakening process. *Download Free from my website.*

Chanting the Mantra will give you the Oneness Awakening experience

## How the One Becomes the Many

The Divine One-Source Omni Present Consciousness Manifests within all Existences

The universe and all other different civilisations are created from one source through:

- Light (Pure Awareness Oneness Being Consciousness)
- Sound (Love Presence, The Rainbow Body, Various Vibrations of Consciousness)
- Sacred Geometry (The Atom, Duality, Relationship)

This forms the physical reality we encounter on earth.

Our life soul entity purpose is to awaken to unconditional love. As we do this the collective consciousness of planet earth evolves. The earth's consciousness or collective spiritual orb entity then reflects back to all life forms on earth in a more positive evolved way.

Knowing this explains why transforming your personal soul is the purpose of your life. When you change then the collective consciousness of planet earth expands, benefiting all other living beings, people, animals and the natural world.

It is therefore important to change your current unconscious identity from an individual mind-body-person to the oneness being that you really are. You have been created in the image of God. This can only happen through a direct life experience while working through the process, not just by reading or watching our videos. You will need to chant the mantra.

The Divine Light exists within all life forms and is experienced as pure awareness with a loving presence. It is this which is transformative upon mankind's lower consciousness.

The purpose of the Awakening Mantra is to enable you to experience your own Awakening; oneness with your True-God-Self. By taking part you will Awaken to who and what you really are; free from the limited conditioning entrapment identity of your mind's cultural, social and scientific beliefs you currently believe that you are.

## Introduction

With the introduction of scientific technological advancement, especially artificial intelligence, the unseen spiritual framework laying behind daily life's unfoldment is commonly being ignored in society. The younger generation have become reliant upon, even to the point of addiction, the information being presented to them through the mobile phone. They are purely living as a separate self-serving individual lacking the oneness understanding of their real identity. Living this way causes a dense unconscious mind that is blocking the light of divinity from entering the physical form. This lifestyle is causing so many people to experience unhappiness with a life that has no meaningful purpose.

This unconscious existence is causing the acceleration of the destruction of planet earth. We are now at a critical crossroads as there is a race against the extinction of our planet. Will our species become the next dinosaur extinction or will we break through the crust of unconscious living and wake up to who and what we really are? All this talk is very good but how can we overcome this possibility? I am offering a solution to this problem. Take the medicine offered and become free from the disease our species has created.

You have to wake up! When you do, it influences the whole world. We only have one mind which has two gravitational directions; one is unconsciousness that collectively we are currently living from, inherited from our ancestors. The other polarity of this one mind is to awaken to the light of our Godhead. New action is required to lift our mind to experience the higher transcendental oneness state of consciousness; freedom from the cramped bondage of our conditioned ancestral DNA bodily soul vehicle. You can awaken to love, co-operation, bliss, joy and pure awareness knowingness. This is the choice you now have to make. I promise you this state exists. The future comes down to this one choice. You now have the opportunity to wake-up. It is what they call a 'no brainer decision'!

If we carry on living from this doomsday conditioned unconscious life then we will discover upon the death of the body that our sole is eternal, as we are still alive. The risk we take by doing nothing is that we will have lived from our fated existence and then do not know where our soul will reside after death. This could be within an unpleasant lower astral realm of vibration. This is my concern for us as it is a Truth. Please don't gamble with your life. Life now is giving us all the circumstances where we can see that things are not working out very well for the majority of the population. The choice mankind now has to make could be the last opportunity for personal empowerment and soul transformation.

The physical world is now being created by the individual's mind that has been conditioned. Many people are therefore controlled by multinational corporations whose sole purpose is financial profit. The individual mind has become scattered and is conditioned towards self-interest, resulting in the majority of the population being unconscious about the spiritual nature that resides behind the physical body. Ignoring that which is the source of life results in unhappiness and dissatisfaction with daily life.

An analogy would be like this. The unconscious person is behaving like the Titanic luxuriously cruising through the sea of life without a care in the world, unable to see that the tip of the iceberg they can see in the distance has an enormous unseen part existing below the surface of the water. Yes, their life is on a collision course with disaster.

## Introduction

Because the personal egoic mind's attention span has become reduced to a very short time span the essential teaching required to rescue them from drowning into complete unconsciousness is being presented in a directly to the point one line mantra.

This is also very good news to those partially enlightened individuals who are seeking their oneness enlightenment God-Self awakening. This mantra is the direct route to merging with your eternal God-Being-True-Self.

I received this new awareness on the 9th of April 2024 at 2am. After chanting the ancient Sanskrit mantra in its condensed form I was blissed out for the next 24 hours. My daily life interactions with others the following day were no longer in my normal detached manner as I became an infectious being of radiant light and joy!

## Help from the Ascendent Masters

What I have to share is very good news. When you use this mantra it will attract the attention of the many enlightened masters who are waiting to help you make this transition. These masters can materialise into a physical form but as they are omnipresent within a state of oneness they now exist on the inner spiritual realm where they create much more value for mankind.

This means your Christ, your Buddha, your Rishi or Sufi masters etc are all waiting to help you awaken. I was raised up in love by the grace of the inner divine that is beyond the personal mind's ability to grasp. I found that real understanding only comes after the experience, when the time is right. The experience will mature through your daily life.

The mantra will awaken the pure awareness all knowing mind of the Divine Light. You will rise up from the darkness of suffering, from an illusionary separate life and enter into the light of bliss, joy, happiness, love, peace and contentment of your True-Self-Being.

The mantra acts like a telephone call to the ascendent master realm where all the enlightened masters are waiting to answer your call. They will lift you up out of your mundane lower consciousness so you too can be seated with them to experience your eternal God-Self. This experience has been confirmed as true by those many who have had near death encounters. This is the time when God has opened the gates to his kingdom giving every living being the opportunity to enter. If you were playing Monopoly you would have been given a get out of jail free card. Don't put it to one side - use it now and get out of the prison of your personal mind.

Many have asked me why I have not created an organisation with the normal structure of having some form of building as a centre, where likeminded individuals can meet and have courses offered to them? The reason is simple - that the new temple is the physical body. The individual is the centre where God manifests through the seven chakras. The five lower chakras radiate love, the sixth third eye chakra is blessed with knowingness while the soul resides upon the crown that is in a state of enlightened oneness. The six senses are then used to experience God directly from the inside. This creates abundance, oneness, bliss, joy, contentment, love, gratitude, appreciation, bringing significant meaning to life.

## What is Your Life Purpose?

I want to explain why it is important for you to awaken and live your life from the pure consciousness of your inner light. This knowledge will set you free from your limitations as it explains why you are here. However, this awakening transformation can only occur if you take part in the spiritual practices I have prepared for you.

### The importance of your Awakening - Discovering the Purity of our inner Being

The purpose of our life is to experience ourselves as 'God on Earth' within this very body that contains all our animalistic biological earthly survival desires, governed by a personal protective mind that is conditioned by our ancestral DNA and our soul incarnation.

We all have this same centre that has been named 'God' containing all the same qualities as those written about in all the pure unaltered versions of our sacred texts; the Bible, the Koran, the Torah, the Vedic scriptures and all others.

God's oneness being exists equally within all life, shining its light in love for all the manifestation of life's forms. I have great respect for all of the past teachings in preparing mankind for this time of awakening.

Today is the time to remove the veil of illusion so mankind can realise who and what we really are. To create a golden age, that is often talked about, waking up is the only solution. This will bring God's consciousness to the planet directly through the physical, mental and emotional aspects of peoples lives. Remember we are one being living out separate parts within the whole. When one person changes and wakes up it affects the collective in a positive way.

I am here to share my personal awakening experience with you. I am a messenger, a living testament of the Truth. You can read my experience in the brief biography at the end of this book. The Truth is that you too are one with this pure light consciousness that is resonating at the centre of your being. Don't waste your life's opportunity. Come out of your limited personal mind in its unconscious state and WAKE UP as it is blocking you from experiencing the light. You exist solely to experience your God-Self. Believe in this Truth and surrender your mind's illusionary belief about who you think you are.

Only your direct experience will open this eternal door. Within your Divine heart there is a life waiting to begin in a new form. This new life is mystically one with all others who have also obtained their God-Self Awakening.

This is the objective and purpose of your life on earth. Just ask for proof that there is something amazing inside you looking after you, loving you, caring for you, healing your mind, emotions, body and soul. Surrender into not knowing, drop all you think you know and send out all the love you can muster to this inner invisible being within you. I promise you that you shall receive proof as you will then inherit the kingdom of God, not after death but right now!

**WE ARE ONE BEING AT OUR CORE**

## Important Teaching

There are three problems causing the veiling of your True-Self which are; an impure mind, a scattered mind and misconceptions or illusions about our identity. These blocks prevent us from living our full life experience; that of living life in contentment, peace of mind, bliss, joy and happiness. The blocks prevent the aura of True-Self Love Presence becoming our daily life's shield, transformer and protector.

The New Awakening Process spiritual foundation teachings give you all the practices you need to overcome the blocks and attachments, also known as quantum entanglements, from residing in a lower consciousness within your individual soul-mind. 'Living from Love' breaks the karmic chains and prevents the unconscious conditioning from repeating unpleasant life experiences.

I have presented the final shortcut, direct route to God so if this new shortcut mantra is not working for you it is because you need to build a stronger spiritual body to withstand the power that the ascendent master God realm will bring to your soul. The solution is to work through the foundation teachings and develop a stronger soul body. Go to the website and download the complete awakening process and start building a stronger inner spiritual soul that can receive this direct light spiritual transfer.

When the mind is resting in the Divine Oneness Heart, the Love Presence automatically becomes active, transforming lower mind consciousness, attachments and relationship connections back to True-Self consciousness; which is Pure Awareness and Love.

Once you identify with your 'True Formless Self' then this loving presence will surround your life, transforming your illusionary attachments previously created by the limitation of living as a separate mind body person. The awakening mantra has been created to rest your mind in your oneness heart; your True-Formless-Self.

You will learn that the key to a fast transformation is to live in non-judgemental acceptance of 'what is happening in the now'; the mind's limited interpretation of what is being experienced is suspended.

Living in this way requires the ability to surrender the manifesting life moment to the Presence of Love through resting in your True-Self, instead of reacting from past conditioning which is charged in a lower consciousness previously created by the separate individual mind, social conditioning or the ancestral programs within the body's DNA.

You will discover that True-Self wisdom will naturally arise from within you in the form of a knowingness as and when it is required. This is what you see happening with all awakened Gurus in their question and answer Satsangs.

Note: As mentioned above if you discover you are not able to root your life in your True-Self easily then download the complete New Awakening Process and work through stages one and two to lay the spiritual foundation for awakening to occur.



## The Awakening Mantra brings instant Liberation

I am 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 right now to experience your own awakening to your True-God-Self.

When you know the Truth it becomes obvious that your past lower consciousness experience, your personal history, has created the present moment. 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 that happens after practising with this mantra.

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 predominant vibration back to True-God-Self consciousness.

You are unique, therefore your enlightenment is also unique in accordance with 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. 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, again this 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 chant the awakening mantra to connect to the realm of True-God-Self consciousness and it is this that will transform your life.

There is total respect and appreciation 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. If you are part of a religion this is good news. Just use the mantra to call up your spiritual leader i.e. Jesus for Christians, Buddha for Buddhists, etc.....

From an overflowing loving heart of Graceful Pure Awareness may you become a Blessing to Mankind.

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

## About the Oneness Concept of Life

### How do you live when awakened?

Well, you continue as you are but you no longer engage using your thinking mind in what is manifesting in the present moment as you have given everything to Divine Presence. This is the transformation of your life into your True-Self of Divinity. Enlightenment is the result with the oneness of body, environment and God then being experienced. You may experience some connections to other people falling away which is a result of transforming Karma that has been binding you to unhealthy life patterns. You have to be prepared to trust and accept this change. Remember you are not doing it as it happens naturally all by itself as a result of your consciousness changing vibration. Acceptance is now required without reaction, just stay resting in your True-Self awareness being.

### What do you now need to believe?

1. That you are already enlightened, that God is within you at your core. All that is required is a shift in attention to your True-God-Self; a surrender of the ego.
2. God is in everything inside and outside of you. Your current identity as a body and mind separate person is limited. This is living life from DNA ancestral programs using the six senses which is veiling your true identity as God.
3. Everything is perfect which means you have to accept all of life's manifestations. All ideas of what being good means, together with any beliefs have to be dropped. This does not mean you have licence to go around killing everyone or abusing others. The law of cause and effect are still in play.

Therefore do not act out any desire towards another without their permission. This actually stops all forms of abuse, crime, stealing, rape, lying, deception, self-interest cultural conditioning, enforced religion, etc.

It means you become accepting of 'the what is' in the present moment and unknowing in your approach to life without judgement. By embracing everything as if it is God then the Divine Presence of Love will be able to transform your life without the limitations of the mind from interrupting and blocking your transformation back into God's Pure Awareness consciousness.

## Pure Awareness ~ Divine Light

The Light of Pure Awareness comes from the formless unchanging aspect of all of existence described as God, the Source of creation or whatever name you give it.

Deep within you at the centre of your uniqueness, at your very core there is total stillness. 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 eternally constant. It is this which created the atom, you, me, the environment and everything with a physical form and spiritual nature.

When you lose your attachments created by your limited mind as the controller of your life it is exchanged for your natural mind of pure awareness and everything flows in perfect harmony. Your life is then just put before you and this happens automatically. This mind is known as the awakened mind, being awakened and then living in the presence of love. Life then just becomes a very beautiful experience.

### Preparation for Awakening ~ Know Nothing

- Drop all of what and who you think you are
- Drop all your learnt concepts about life and have no expectancy
- Do not enter meditation - just relax yourself with an empty mind

Doing this allows the alignment to reoccur with your Pure Awareness Self. You are not doing this on your own as all the ascendent masters are waiting for you to call them for help. The alignment happens through chanting their sacred mantra. When a connection is made to Pure Awareness this stimulates your true energy emotional body of Love Presence to be experienced. This unchanging pure body is common to all living beings. This is why when experienced we never feel alone, experiencing a natural quality of meditation (pure awareness), inner peace, joy and contentment. In the stillness of pure awareness our natural aura is a Love Presence. Our body from the base chakra to the third eye is then filled with love which overflows into society. This is why we then can have love for everyone.

You become the creator without needing to desire anything because everything you need is put before you effortlessly according to your unique personality. 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 eternal arises to guide your choice making moment to moment life experiences.

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. This unseen hidden core centre is your Pure Awareness, eternally existing True-God-Self. This awakening mantra will simply re-connect you to this eternal light to re-awaken a stillness within you; you will experience the oneness unmoving mind of pure contentment and unshakable happiness.

## Divine Love Presence arises from Pure Awareness

The awakening mantra connects to the highest source of eternal love. The practice opens the energy connection through the divine oneness chakra and awakens the heart chakra in the body. The pure energy will not be felt at the highest level but after you have chanted the Mantra it will manifest uniquely according to your personality as a natural aura.

The energy soon travels directly to the heart chakra causing it open, radiating pure love for all that is. Over time this causes a beautiful flowering of the heart to occur quite naturally without the need of any mind interference whatsoever.

When awakening happens your Divine-True-Self takes over your life. This means your mind will be resting in the centre of your pure-awareness being and the aura of divine love will surround you. Who would not want to live in causeless joy, bliss, peace, happiness and contentment with all your needs put before you without effort?

Your mind/soul consciousness is being transformed into the divine light of pure awareness. Your mind is going home to merge with your True-Self, allowing the Divine to flow through your being without being controlled or limited by the mind's attachments, especially those which are negatively binding you in lower consciousness unpleasant experiences.

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.

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 Spiritual God Awakened Human Being. It becomes an eternal joy to be alive, right here, right now.

## How to prepare yourself before using the Mantra

- Switch off your phone!!! Switch off your phone!!! Switch off your phone!!!
- Be somewhere where you are free from distraction or interruptions from others
- Drop all of what and who you think you are. Drop all your learnt concepts about life. Have no expectancy about what will happen after chanting the mantra.
- If you are a meditator - Do not enter meditation - Just relax with slow deep breaths
- Ask to be awakened. Use your own concept and name of what the Source is
- If you have love for a past spiritual True-Self realised master then send love to them

Remember that this mantra is the direct calling to True-God-Self consciousness; to the realm where all awakened past masters reside. This is why I call the mantra the direct route to God. Use the mantra with no preconceived ideas about the awakening experience. Have a childlike personal mind free from conditioning. Any conditioned ideas or previously held beliefs will limit the experience you will have because they are stored in the personal soul illusionary mind and it is this which is blocking you experiencing the light.

## The Awakening Mantra

### The Simple Procedure

1. To start or open your practice slowly chant 'Om' three times
2. Then chant the awakening mantra 'Sat Chit Ananda Para Brahman' repeatedly for as long as you need to. Repeat the mantra until stillness of mind occurs (pure awareness)
3. To finish your awakening practice slowly chant 'Om' three times
4. When chanted it sounds like, or is pronounced as 'Para Brahma'

Om (Aum) Om (Aum) Om (Aum)

Sat Chit Ananda Para Brahman

Sat Chit Ananda Para Brahman

Sat Chit Ananda Para Brahman

Sat Chit Ananda Para Brahman

Sat Chit Ananda Para Brahman

Sat Chit Ananda Para Brahman

*(repeat for as long as you need)*

Om (Aum) Om (Aum) Om (Aum)

**Optional Finish:** This is for those who are healers or practice Tai Chi etc.

Raise your hands above your crown, palms facing each other to feel between the palms the energy of Divine Presence (Love).

When you can feel the energy presence slowly bring the hands down and rest them on the body wherever your intuition guides you. If you can't feel the presence don't worry as it is not essential for the mantra to have worked in relation to your uniqueness.

### Commonly Asked Questions

**Q.** How long should I chant the mantra for?

**A.** Chant the mantra until you feel a connection to Divine Presence. Use your intuition.

**Q.** When should I chant the mantra?

**A.** It is best to chant the mantra every day until such times that you have fully awakened.

I suggest every morning and evening. This is not a prescription, use your intuition. I have also found that this mystical connection can be experienced instantly or sometime later.

## The Awakening Mantra Explained

<b>OM:</b>	<i>Preparation for the higher consciousness experience</i>
<b>SAT:</b>	Source of all Existence - Divine Truth
<b>CHIT:</b>	Pure Consciousness
<b>ANANDA:</b>	Bliss
<b>PARA BRAHMAN:</b>	The Supreme Creator - Absolute Being

Para Brahman or Param Brahman in Hindu philosophy is the 'Supreme Brahman' (God in Christianity) that which is beyond all descriptions and conceptualisations. It is described as the formlessness that eternally pervades everything, everywhere in the universe.



### OM

This sound is usually chanted at the beginning of every mantra. It is known as a 'seed sound'. A seed sound is extremely potent and expresses a particular energy. A translation will always fall short and is actually impossible. Om is the sound of the sixth chakra, also known as The Third Eye. Here is where the masculine and feminine energies meet. It is called the Soundless Sound, or the Sound of the Universal (God/ Divine) essence.

The King of mantras of a single syllable is 'Om'. It is the sound of infinity and immortality, containing within it all the scriptures of the world. 'Om' is often used at the beginning of meditation to focus the mind, or as a prefix to other mantras. It is the primordial sound or the Universal sound by which the whole universe vibrates. Om also means inviting the higher divine core being energy.

**Sat Chit Ananda:** The complete mantra is 'Sat Chit Ananda Para Brahman' which refers to the infinite being's state of consciousness. This state is eternal and unchanging. All those who have awakened to this state of being experience the same quality of ultimate enlightened Truth, pure consciousness at the highest enlightened state with the emotional experience of Bliss and unshakable happiness, no matter what is happening in the consciousness realms of constant change. This is the pure centre of our being and the core of all existence.

**Sat:** Truth or Absolute Being. Sat describes an essence that is pure and timeless, that never changes.

The all penetrating existence that is formless, shapeless, omnipresent, attribute less, and quality less aspect of the Universe. It is the Un-manifest. It is experienced as the emptiness of the Universe. We could say it is the body of the Universe that is static. Everything that has a form and that can be sensed, evolved out of this Un-manifest. It is so subtle that it is beyond all perceptions. It can only be seen when it has become manifest into existence and has taken form. We are in the Universe and the Universe is in us. We are the effect and Universe is the cause and the cause manifests itself as the effect.

## The Awakening Mantra

**Chit:** The Pure Consciousness of the Universe that is infinite, omni-present manifesting power of the Universe. Out of this is evolved everything that we call Dynamic energy or force. It can manifest in any form or shape. It is the consciousness manifesting as motion, as gravitation, as magnetism, the atom, etc. It is also manifesting as the actions of the body, as thought force. It is the Supreme Spirit.

**Ananda:** Bliss, unshakable happiness, unconditional love nature of the Universe. When you experience either the Supreme Energy in this Creation (Sat) and become one with the Existence or experience the aspect of Pure Consciousness (Chit), you enter into a state of Divine Bliss and eternal happiness (Ananda). This is the primordial characteristic of the Universe, which is the greatest and most profound state of ecstasy that you can ever experience when you relate with your higher Consciousness.

**Para Brahman:** The Supreme Being in its Absolute aspect; one who is beyond space and time. It is the essence of the Universe that is with form and without form. It is the Supreme creator. (Christians would call this God, Muslims would call this Allah etc.)

### Guidance for practicing the mantra

**What it will do:** The mantra has the power to transport one's mind to the state of causeless love and limitless joy. The calmness that the mantra can give is to be experienced, not spoken about. This mantra contains the key with which any door to spiritual treasure will be opened. A tool which can be used to achieve all desires. A medicine which cures all ills. The nectar that can set man free! All auspiciousness and serenity is yours simply by chanting this magnificent awakening mantra.

**Chant with Feeling:** Whenever you chant this Vedic Sanskrit Mantra, even without knowing the meaning of it, that itself carries power. But when you know the meaning and chant it with feeling in your heart, then the energy will flow a million times more powerfully. It is therefore important to know the meaning of the Awakening Mantra when you use it.

**This Mantra is like calling a name:** Just like when you call a person he comes and makes you feel his presence, in the same manner when you chant this mantra the Supreme Energy manifests everywhere around you. As the Universe is omnipresent, this Supreme Presence can manifest anywhere and anytime.

**Correct Attitude:** It is also very important to know that having a certain attitude of mind and emotions when chanting the Awakening Mantra is important to activate the best connection with your inner Divine. This approach is by having deep humility, respect and a strong emotional desire as this will create a more open mind-body-soul, making the Divine Presence stronger.

**This mantra evokes the living Infinite Being:** It provides protection and freedom from all sorrow and suffering. It is a prayer that adores the great creator and liberator, who out of love and compassion manifests, to protect us, in an earthly form. This awakening mantra has given great peace and joy to people all over the world, who have chanted to it.

# Awakening Guidance

## Life After Awakening ~ Transformation

As previously mentioned, the reason why most people are out of touch with the natural love presence from their True-Self is because today's society requires our attention to be focused on the outside. Because of society's demands, people's minds are moving too quickly, consumed with constantly thinking about the future or the past through the use of mobile phones, social media networks, work, etc. Not being in the present moment is causing them to block off their emotional body, moving them away from the universal love heart energy becoming stuck in the thinking judgmental personal mind.

Life after awakening? This is where many spiritual seekers, who are at the final stage of evolution, have so much trouble.

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 maybe have not made it?" This is the personal mind trying regain control.

The problem is that the early stage of awakening is delicate and it is very easy to be pulled back into past unwanted behavioural patterns, or other people's traumas and life's expectancies, beliefs and experiences. The personal mind is still in existence with its illusionary attachments and it is this which needs to be transformed through daily life.

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 you are in your perfect centre of your awareness-self and you are now witnessing life from this place of True Self?

The time when awakening first occurs is when you become de-clutched from the thinking egoic mind, real transformation of the personal mind then begins.

You need to stay alert so you don't react to life in a defensive protective personal way. As soon as you recognise the situation is uncomfortable you surrender your old protective defensive response to allow the presence of divine love to meet what is happening as it will transform the situation. This starts your real transformation of the mind's attachments.

Life at this stage of awakening now gets met by your inner True-God-Self which is pure love and pure awareness.

Let me repeat what you do one more time. When you meet an unpleasant life experience you immediately rest the mind, don't react in your normal automatic personhood state of mind. You now pass the experience to the presence of love which will transform the situation. Doing nothing becomes everything happening and is the transformation of your conditioned response lower consciousness!



## Awakening Guidance

If you identify with the present moment as yours, or your entangled life experience with others, (known as mind attachments) you will normally get caught into the pattern of your previous response and re-create it again.

The key to change therefore is to stay detached and become a witness to what is happening. Pull yourself back from the negative experience being presented to you. 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 with the present moment, resting in your True-Self, will allow the presence of Divine love to transform you completely. Over time the mind/soul will unfold until it completely dissolves all attachments and comes to rest as a pure enlightened being. This is the state of all enlightened masters.

Patience, acceptance of what is manifesting in your life 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 of pure awareness, an acceptance of everything as it is in its perfect Divine flowering of various states of consciousness is required, without judgement.

## Commonly asked Questions about the Awakening Process

### Awakening Guidance Background

Over several years I have been transcribing a comprehensive collection of commonly asked questions with answers by enlightened Gurus about the Awakening Process. What is interesting is that these questions have come from people who live all over the world and although from very different cultural backgrounds, such as India, China, Russia, USA, South America, Canada and Europe, the human questions about awakening and personal difficulties bring up the same issues.

This really does show that we really are one family of human beings living on this planet earth. It is only our minds' beliefs, cultural and religious differences being defended which cause the trouble for us all.

I have compiled this guide to help you with the True-Self Awakening Process. Through gaining an understanding of the key points to embrace in the process of awakening and enlightenment it can help answer the commonly raised questions which come up in the mind.

These points can be of assistance in accelerating the individual's awakening and they apply to all spiritual disciplines. These universal truths show that the human being awakening process is common to all faiths and creeds in the world.

## About the Process of Awakening and Enlightenment

The Key to Awakening is the connection with the Divine Presence

**Question:** How do we know when we have experienced the Divine Presence?

**Answer:** The Divine Presence can be sensed or felt in the aura and has various qualities which are: Acceptance, the absence of conflict, Love, Expansiveness, Timelessness, Joy and Compassion. The sensing of Presence, which is always there, becomes more apparent when the mind is still and resting in Pure Awareness.

Those who have prepared themselves, for example with Reiki Healing, will very quickly notice this Divine Love Presence. If you are having difficulty experiencing this do not worry as it is a result of the mind's consciousness being too compressed with attachments to outer life. Developing a good sensitivity is one of the purposes the New Awakening Reiki Healing process was created. Go back and work through the six modules or use the Sat Guru Sacred Mantra practice to bring more light to your aura.

1. The human being has to anchor these qualities of the Divine Presence in the body through the senses, this happens automatically by being aware.
2. Once you can feel the Presence after your Practice you will discover your mind has almost stopped. This is because you are experiencing your Pure Awareness-self which exists in a oneness state of consciousness.
3. As you keep doing this the mind will stop for short periods.
4. Finally the mind will stop completely. When this occurs then the struggle is all over and awakening happens naturally all by itself. This is when you will become one with the Presence. *(How beautiful this is.)*

The Difference between being Awakened and being Enlightened

**Question:** What is the difference between being awakened and being enlightened?

**Answer:** When you are awakened you are no longer controlled by your conditioned mind, but thoughts still flow through your mind. When you are enlightened, thoughts almost stop all the time.

What happens to the Mind when you are Awakened?

**Question:** Could you please explain what happens to the mind when you become awakened?

**Answer:** When you are awakened your mind undergoes a transformation. Thereafter, the mind finds it increasingly difficult to generate the ego. Therefore the ego gradually disappears.

## Living in the Presence, Being Awakened and Enlightenment

**Question:** What is the difference between the state of living in the Presence and being fully awakened?

**Answer:** When you are awakened your mind is no longer in control of your life. Gradually the Presence will take over. To be free from the mind's controlling patterns is one thing; to be taken over by the Presence is something else.

Initially you start living from the presence of love, just resting in your pure awareness Self and you will be detached from those daily life interactions which have caused you to be self opinionated and cause conflict with others, etc.; at this stage you may not be full of love and contentment. After a period of time living like this the Presence will transform your egoic tendencies, then all of a sudden the Presence will take over and then there will be love and joy; unconditional love and unconditional joy.

Once this happens the Presence will then take you into higher states of consciousness. When you move into higher states of consciousness you will discover that the Presence is God. The ultimate discovery is that you and the Presence are 'One'; this is your True-Self.

### Christian and Vedic teachings agree with each other

#### Genesis 1.27

“So God created man in own image, in the image of God created he him (himself), male and female created he them.”

#### Testimonial

I have experienced a union with my inner True-God-Self whereby my six senses were fully experiencing the light of love radiating from my True-Self. I could say that this is the real purpose of having the senses so that God can manifest and experience itself in the world of form. The Bible describes this as we are created in God's own image.

This state of being brought complete satisfaction to the present moment whereby there were no other desires in my personal life. I felt complete abundance from just being alive. I feel very privileged to have directly experienced this and consequently can assure you that this teaching is the Truth. More importantly, you can also experience this oneness with your inner True-God-Self.

## Becoming Free from Problems

### Overcoming Negative Thought Patterns

**Question:** How can I overcome my negative thought patterns? I always sit down with my fears and then experience them but they come and come continuously. I feel like a failure and it is getting more and more difficult to connect to higher consciousness. I ask the Divine that I want to let go of these negative patterns, but I feel something catches me in lower consciousness.

**Answer:** Your whole life is wrapped within the Presence of Love. Through your mantra practice you will acquire the 'Presence' as a direct experience and it is this which will transform your mind. The mantra in this practice has been selected to move your mind to a point of stillness which brings with it an inner peace and contentment.

You will then be able to see the mind with its thoughts. This will bring the realisation that YOU ARE NOT YOUR MIND EGO. This happens because the mantra will vibrate you into a higher state of consciousness that is not bound by the programs and conditioning of the body and past life experience, (karma) which are vibrating in a slower gross vibration of lower consciousness.

Once the mind is stopped, acceptance automatically happens. These teachings are not practiced but experienced.

These teachings will automatically happen to you and for that to happen you must have the Divine Presence. Once you have connected to the Presence you must ask or request the Presence or pray to the Presence to stop your mind. Once your mind has stopped being in control all things happen naturally.

### Overcoming Negative Emotions

**Question:** You say we have to embrace with love that part of us we want to integrate. I am not sure I know how to do it? For example I am envious. I became aware of this and do not reject or judge it, but it does not disappear. What do I do to practice and strengthen my inner integrity more efficiently and effectively?

**Answer:** The solution is again to move into the Divine Presence. Ask the Presence to stop your mind. Once the mind has stopped, whatever teaching you want to happen, will happen. This is how all spiritual teachings become a reality. The Divine Presence has to make them happen; you, the person, cannot make them happen.

## How Can I cultivate Love to those I Hate?

**Question:** Have you or could you elaborate on unconditional love and the concept of boundaries? For example, I do not and will not ever love Donald Trump. However, I can respect the Universe for putting him at this place and time to be the causation for making positive changes in the world and United States, if we survive him. To be able to love him unconditionally would be testing the patience of a saint, which I don't consider myself. This is an extreme example, but I need to ask. Thank you.

**Answer:** It is impossible for a person to cultivate a love for every living being based upon their behaviour. Trying to do this requires a different approach, one of True-Self discovery to awaken the eternal ocean of love that your life is wrapped within.

To see life only from the mind through the limitations of the five senses will by nature cause separation to be seen. From this place of experience you cannot fail to judge the gross from the altruistic. I love your seeking spirit which shows that you are close to realising the solution to your dilemma.

My advice is to 'Accept All That Is' and rest the mind in not knowing, just be with what is without reaction or trying to live up to a lofty ideal and discover the silence within you. When you stay with this pure awareness silence the thinking judging mind is transcended and the presence of love that surrounds you can come to the surface. This then becomes your protector, your shield and your transformer. Be the presence and you will become world peace within yourself.

Transformation of others is then an automatic phenomenon without you doing anything, in fact God is influencing everything without controlling anything. This is just by the way pure consciousness comes into duality. Because consciousness is vibrating at different frequencies all phenomena can be accounted for. This then is controlled by the law of cause and effect which is an automatic process; what one person creates then one experiences.

Also remember that the Divine is within everyone and guiding their life in their own unique unfoldment. So be at peace with this understanding and leave everything up to the Divine only dealing with what is put before you directly as this is your only responsibility; to transform your own life.

## About Feelings of Hopelessness

**Question:** Why does this state of deep, melancholy grief emerge, when the tears come down when I see that nothing changes. It seems that I am good for nothing, that all my hope for awakening is just a fantasy. How do I overcome this experience?

**Answer:** You are in fact now ready for awakening as your life is being transformed by Presence. The more you rest and surrender your mind the quicker you will experience your True-Self. Don't give up you are really close.

## About being Released from Fear, illness and Problems

**Question:** Is awakening possible only if we experience all the negative charges in us?

**Answer:** You do not have to be free of all traumas to be awakened. At the centre of your human being body/mind is fear. Though I use the word fear, it contains thousands of fears. One fear may translate as cancer. Now if we dissolve that fear, cancer will be gone. If we dissolve that fear in one minute cancer will be gone in one minute. If we take six months to dissolve that fear it will take six months for the cancer to disappear. The same thing applies to all ailments; not only that but to all problems. A particular fear manifests itself as financial problems. Another fear as relationship problems and some fears prevent you from becoming awakened.

These fears are nothing but charges. We do not have to be free of all charges (fears) to be awakened. We have to only be free of that fear that is preventing you from being awakened. Once that fear has become dissolved, you would become awakened.

Once awakened, transformation continues. Many limitations in relationships for example have their roots in childhood upbringing. A lack of love or nurturing can bring emotional pain as a child which then gets trapped within the lower chakras. This condition wanting release will attract unhealthy relationships later on in adult life as a way to try and see itself for release. After awakening when the time is right, this misguided trapped energy pattern will be seen and once it is seen from the awakening state of love presence it will dissolve under the Pure Light of God's Awareness. So life is a very beautiful transformational evolving experience.

### I would rather Someone else be Awakened

**Question:** Awakening is a wonderful thing but I would rather it happen to someone else rather than it happen to me. Can you talk about this please?

**Answer:** This is a fear most people have. It is essentially the fear of losing the known. As the process intensifies you would naturally overcome this fear.

## Guidance for your Practice

### About Integrity

**Question:** With regard to integrity, it is quite clear. But about inner integrity it is not completely clear. You say that if you practice inner integrity it will help to become enlightened. What is inner integrity? Is it not to lie to ourselves, not to break some rules? Could you tell us about inner integrity?

**Answer:** Inner integrity is to see what is going on inside of you without the mind justifying things.

### Your Spiritual Evolution affects Close Relations

**Question:** Does my spiritual evolution influence my near and dear?

**Answer:** Your spiritual evolution not only influences your near and dear ones, but also a large number of people you may never know in your life. It will also have an affect on your ancestors, re-write your DNA and so affect your grandchildren and other family members.

### How to Practice when your Work is taking all of Your Time

**Question:** I am very busy with my work which does not give me much spare time to go to meetings or my spiritual practice. What can someone like me do?

**Answer:** You must convert your work into a spiritual practice. For example when you brush your teeth, you must brush your teeth with awareness. It does not matter what you are doing. What matters is that you are aware of what you are doing. If you are aware of what you are doing then you are being spiritual.

Chanting the mantra before you go to work does not take very long, only five to ten minutes for it to be very effective. The more awakened you become the less you need to chant for example just chanting the mantra three times is enough for me to feel blissed!

### How often should you ask the Divine for something?

**Question:** When we ask about fulfilling something in our prayers is it enough to ask the Divine just once, or should we ask over and over again until the question has been answered?

**Answer:** It is enough to ask once. It is important that you maintain a notebook (keep a journal) and then you can see if the prayer is being answered or not. If the prayer is not being answered, you should not repeat the prayer. Create a new prayer in a new way as it could be that your mind is going to manifest something that hinders your awakening.

(Read pages 78-79 in 'The Awakening Process' manual as it the best guidance about manifesting and creating abundance. Trust in the process, your Divine knows what is best for your life.)

## The difference between having a Vision and allowing life to Unfold in its own way

**Question:** How should we approach our lives, should it be by having a vision or should we just allow everything to happen in its own way?

**Answer:** When you are not awakened you need to have a strong vision. When you are awakened you naturally flow with all that is.

The same answers apply to the Law of Attraction when you are intentionally using your mind to create outcomes. This is required for the person who is not awakened. The awakened person does not need to use the mind to create outcomes because the universal mind manifests, creating knowingness in the moment. Therefore in the awakened state the limited personal mind is not required in this process.

## Gaining Benefit from Connecting to the Presence

**Question:** What is the best way to practice the sacred mantra, Sat Chit Ananda Para Brahman? How can we get the most out of this practice and what is its importance?

**Answer:** You must be very clear about your intent before starting your Practice. Your intent could be for health, wealth, relationship or liberation. It could be anything but you must focus on that. During the Practice you must drop all thinking to allow your Divine-Self to manifest.

Automatically your life will start to transform through the raising of consciousness which will release you from unhealthy mind attachments without you making any effort whatsoever. The key to this transformation period is that you recognise unhealthy attachments knocking at your door and just don't engage with them, just become aware. A good way to handle this is to immediately surrender and apologise for whatever you have done to create this. There is a lot of help in the Gateway to Enlightenment about this.

The Divine Presence will be there for you, it will come to the front and become your shield and protector, it will also transform the attachment into Divine Love. Your consciousness will be set back into the stillness of your Divine centre and over time your life will become totally free. Patience is the key, together with a regular practice and study of the teachings in the Awakening Process manual.

## Attachment and Love

**Question:** How does attachment differ from love?

**Answer:** Attachment and love are very different. When a person/mind is there, there is attachment. When you (the person) is gone there is only love Presence. You cannot try and get this love as a person. This happens naturally when the mind stops then the Presence arises within and around you. You will then feel and discover you have been love all the time! This is your natural state of True-Self-Being and is without the need to look or search for someone else to activate love in you. This is why it is called non-dependent oneness love. This is the purpose and function of the Practice to awaken those natural aspects in you.



## Different Religions cause part awakening of God

**Question:** Could you please clarify why Religions hold different views about God which can be the cause of so many worldly conflicts and even war?

**Answer:** When the Divine energy is awakened and brought into a chakra, a particular part of the mind changes and with a certain focus in relation to what God is. This also creates an attachment to a belief within the mind. This belief is a partial spiritual truth. The believer then will tend to be unable to embrace a different approach from another person who practices a different spiritual truth (different religion) which again is partial in nature. This can then be the source of conflict.

Different spiritual religions and their practices will cause different divine chakras to open:

- If your Heart chakra is activated, then your experiences will be completely Christian in nature.
- If your Throat chakra is activated, then that part of the mind is activated whereby your experiences are Islamic in nature, a surrender of the ego to God.
- If your Third Eye Brow chakra is activated, that part of the mind is activated whereby your experiences are Buddhist in nature.
- Similarly if your Crown chakra is activated, your experiences are Hindu in nature.

Awakening to your Divine True-Self requires a letting go of limitation and beliefs to enable the whole to be experienced. When this occurs the Pure Awareness self will see the beauty and limitation of all religions. It also explains why different religions have a very important part to play in awakening you to your full enlightenment.

## What does staying with 'what is in the now' mean?

**Question:** Would you please explain the teaching staying with 'the what is in the now'?

**Answer:** When we say you are awakened, what we mean is that you can stay with 'the what is in the now' without effort.

If you stay with 'the what is in the now' with effort that is not awakening. Since the mind is constantly interfering, you cannot stay with 'the what is in the now' without effort.

When you get awakened, the personal mind generated within the brain and soul consciousness changes, it is then released from its conditioning all of the time. When you become awakened to the oneness higher mind your personal mind will be then resting in the Divine Heart. It is then you will be able to stay with 'the what is in the now' without effort. You will experience a no-thinking pure awareness state of consciousness.

This must happen naturally, just like breathing. Otherwise you will be staying with 'the what is in the now' with effort and that would give you some clarity, but for awakening it is of no use. Just keep up your daily practice and this naturally happen.

## How does awakening influence our life?

**Question:** Would you please tell us how awakening influences one's financial situation, health condition and relationships?

**Answer:** We are all controlled by a program which was inherited by the DNA, creating information in the cells which produce the proteins which make up the body. Your family ancestors now come into play and have given you a start with your life experience. The emotional program consists of what happened in your past lives, what happened at the moment of conception, what happened while you were in the womb, the actual delivery. Whether it was a natural delivery or forceps were used or it was a caesarean delivery. Then the first six hours, whether you are touched or not, or whether you are put in an incubator. Then the first six years; this constitutes the program. This controls your life as a person. It controls your finances, your health, your relationships and everything in life.

The personal mind has two main programs, to stay alive through survival and reproduction. Most people are running on these two aspects of existence. What most people do not know is that proteins move in direct response to thought and vibration. This means the personal mind is like the government of your body in terms of behaviour, health and relationships. It stands to reason that until your True Divine Self is awakened you will always be limited to the automated programs in the cells of your body that are using the unconscious personal mind in how to survive and behave.

The programs have positive aspects as well as negative aspects. When you become awakened, it switches off the negative aspects, because of that, you become free of your financial problems, you have more success in life, your health improves, your relationships improve, everything starts improving. For example, if you're having financial problems, you will develop wealth consciousness, and as you develop wealth consciousness, wealth comes to you.

When the Divine Self is awakened the Presence will look after your life through your Divine love aura which will meet all your life circumstances, as it now comes to the front of your life as your shield and protector.

You will have now become complete within yourself. This means the need to balance insecurity, power, attachment, neediness, etc with others in all your relationships will be over. You can now enter into new relationships based upon love, mutual respect and independence as you are now complete within yourself.

Several of these points are based upon science so I would like to share the findings of Dr Bruce Lipton in relation to my own added contribution in relation to True-Self consciousness that you can read in The Awakening Process supporting spiritual foundation manual.

When your consciousness evolves as you experience the Pure Consciousness of the oneness mind your desires naturally change. What you thought you needed when trapped in the programs of the personality tend to fall away. When you become more contented discovering inner peace and love, the less you will need.

## Follow Your Heart

### Inner Awareness and Inner Love

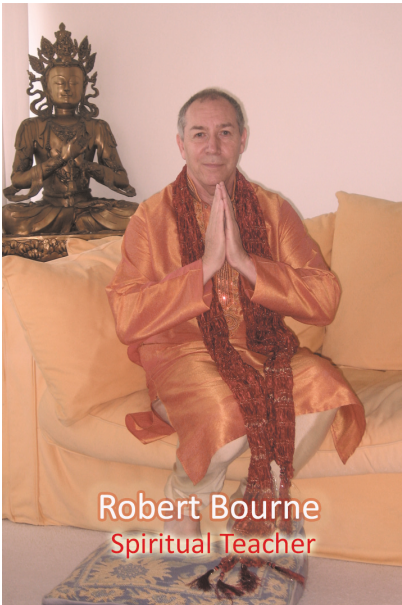
- It is natural for others to tell you what they want you to do
- Listen to others' points of view and respect their view
- Only act on your inner awareness and not what others are telling you
- You will know when it is right for you as you will get a nice feeling somewhere in your body, normally in 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

“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 Founder

### Robert Bourne

Robert Bourne is a Spiritual Teacher, Reiki Master, Sports Psychologist, Musician, Author, and a multimedia course creator. He began his career in sports psychology, hypnosis and NLP gaining an honours degree for his thesis on Auto-suggestion in 1986.



Robert's life's purpose is to offer teachings and energy experiences to bring about a change in higher consciousness for the individual. The creation of value was always the first consideration when creating interactive courses. The vision is to help support a new self-awakened age, wherein society becomes a loving spiritual experience for the whole of mankind.

Robert was the founder of Reiki-party International, which was a friendship organisation uniting like-minded people. The Spiritual Organisation flowered in the spirit of Unconditional Love, whereby individuals united with like minded friends with the view of helping and supporting each other on their spiritual journey. Reiki-party quickly evolved into a less structured organisation promoting the expanded spiritual process 'New Awakening'. This new spiritual holistic process is the compassionate flowering of the True-Self heart chakra

within Spiritual Awakening. New Awakening offers love, healing and friendship, providing guidance for individuals who wish to hold group events expressing the joy of Life. Because of the understanding that total freedom for the individual's personal expression of the Divine experience is embraced, no specific structure has been created as to how to hold events or support meetings. New Awakening supports individuals in the form of providing FREE access to all the multi-media Courses in 'The Awakening Process'.

### Why the Sacred Teachings Emerged

I wondered why I was selected to receive the sacred teachings called 'The Divine Message About You' contained in the True-Self awakening module. I have provided a background about my life experiences which culminated in me having this experience. The full biography about my life's experiences can be read in 'The Awakening Process' containing all the foundation spiritual teachings.

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 help awaken them to their True-Self. This True-Self awakening is freedom from suffering created by the limitations and illusions of the personal mind constructed life.

## 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 2015 that the 'Awakening Practice' is the purpose of my incarnation. My role has been to create and share with you The Awakening Process, the spiritual foundation for awakening.

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. The Awakening Process does exactly this as it offers practices that will awaken you to your own inner True-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 that 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'. Without doing the work when a person returns home their entangled life attachments in lower consciousness return them back to where they were before visiting the ashram.

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 awakening practice of Gentle Touch. This was launched on Valentine's Day, the day of love, February 14th 2015. It took one year to establish the best format for the practice to take and at our first anniversary February 14th 2016 everything was ready for the formation of practicing in groups.

It is only since the completion of all the courses can I look back and see a beautiful whole to the process many years later. The sharing of this beautiful Divine gem through the emergence of the New Awakening Groups.

In April 2024 the essential fast track practice for awakening was realised. This is a direct route to God connecting to the Ascendent Master realm of consciousness. This is the infinite unrestricted Pure Awareness oneness mind within the eternal ocean of Unconditional Love Presence.

Today I have nothing else to do except to share these teachings with the whole world. My role is now one of helping awaken 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.

## Online Support is Available

If you want a boost I can also help speed up the process by providing pure light transfers.

These sessions can be booked through my online support at:

<https://www.naturallyyou.co.uk/awakening/online-support>

## Robert's Awakening Experience

My own sharing of awakening is unique to me in order to carry out my life purpose, therefore do not expect awakening to be the same experience for you, as you are also unique.

### Buddhist Treasure Tower Experience and Sending Devotional Love to God

In the early nineties I was confronted with a schism in my Buddhist organisation NSUK. I was asked to continue my practice with the lay society or with the priesthood structure. I declined them both as I loved them both equally.

This gave me the perfect opportunity to search deeper within myself for this idea of enlightenment. I surrendered my life and everything I thought I knew by letting go of any idea or concept of life's workings, allowing my mind to become open to the new.

If the Buddha said The Lotus Sutra is the cause for all enlightenment then up to that point in my life I had not experienced it.

### My objective was to have a direct experience of what Buddha and Christ were sharing

I became a recluse and took down my Gohonzon (the mandala I used within my Buddhist practice). To establish the authenticity of 'The Lotus Sutra' I obtained two copies of the book sourced from opposing sects. I then chanted over each chapter of the sutra until I had a direct realisation of what they were sharing. I then passionately embraced everything as God with as much personal love emotionally I had to give to this hidden enlightened Buddha or Divine God Being.

### My Buddhist Treasure Tower Awakening (The Lotus Sutra)

1. Sitting beneath a Niagara falls of love I was filled slowly from the base upwards with love until my rainbow body was overflowing within each chakra. It stopped at my third eye where I met my inner divinity.
2. As I was being raised up in this ocean of love going past the questioning personal mind into a state of peace and contentment, the questioner had been left far behind.
3. This place of ascendent masters was where I was told I would come to after leaving my body. There were some masters at this place in service to mankind and some had moved into other dimensions in a state our earthly mind knows as God. Life continues in a non-physical form once union with the state of God consciousness occurs. You could say that becoming one with God is the entry point to this new existence.
4. I then saw in my mind the whole of mankind within it as it is holographic in nature. There is only one mind which contains every unique living being on the planet. This mind acts just like a telephone exchange, when someone puts their attention on you it rings your own inner mind exchange number; this explains telepathy.

## Authors Biography

5. Being outside of the dualistic realm of lower consciousness I also saw the world in the shape of a globe that was made up of all our bodies on earth and that my body and life, although unique, was just like a very small grain of sand within this one earthly body. This explains that how one being in higher consciousness effects the whole of mankind.
6. At this place of perfect stillness all desires had dissolved. There was only one desire left within my life which was to share this love presence with the world. My only role was to help the world in the Awakening Process. I felt like a fountain of love which was eternal in nature. Come and drink from this fountain until you are drunk with its sweetness, healing and transformation of your life; become whole again.
7. After the experience had finished I then became a resource for mankind. I could open and close the portal of purity, like opening the blinds on the window to allow the sunlight to shine through. When I did this a presence emerged which had the properties of transformation of consciousness, healing, love and enlightened wisdom.
8. Wondering if I had deluded myself on some inner mind trip I invited several people who wanted to experience the presence of God to establish if this phenomena was real or not. Yes, it was very real and tangible as everyone in the room had experiences. One person started shaking all over so I guided her to lie down and upon letting go of her fear she went into a blissful ecstatic state of love. Another person went and sat in the corner of the room and upon leaving said she had been very ill and when the presence was released she was wrapped in a blanket of healing which acted like a miracle as she was then completely healed. Another person started asking seeking questions which I immediately had a knowingness arise but knew the truth was working through my life experience which was different from hers so she might not understand my sharing. What happened was quite amazing 'The Presence' held her mind still so it could not attach to another question or move away from the enlightened truth that was about to emerge. It then used her life experience to bring a knowingness to answer her question. She shared her knowingness saying I see it like this..... Which was the perfect enlightened answer to her seeking question. This shows that intellectual knowledge is not required to gain enlightened wisdom as the light source in its full vibration uses the life experience of the individual to bring answers to seeking questions. This is only available when the mind is still and single minded. In the case of this person they had no choice as the personal moving mind was held still when meeting the presence of God - their True-Self.

After this meeting one evening I went to a local dance and decided to let out 'The Presence' so that everyone would have a wonderful evening, or so I believed. What actually happened was a shock to me as the room started to divide into two groups one consisting of mostly women and the other made up of mostly men. The women were starting to shake and feel the presence of love while the other group were getting very angry wanting only to find the source of this disturbance and stop it. This explains why the saints, prophets and sages throughout the past have been killed. I quickly stopped letting out 'The Presence' and left the venue. When I got outside my inner master told me that I can't do that as it is too direct and strong a vibration for this karmic world. I then said I had better set up an ashram and put up notices outside 'Only enter if you leave your mind

behind and you will become transformed in the presence of God'. I was then told "No you can't do that as you have been a Guru in a previous life and there are others here now doing that". I asked then what am I to do? My reply was to support the Gurus and those helping others seeking awakening and just enjoy your life.

This left the Robert personality depressed; what a situation! God is doing everything in daily life. Letting out the presence is too strong and quick a transformation for mankind. Well, I had achieved my own enlightenment but we are a community of one species on earth? Enjoy my life I was told but I have to live in a society which has its values and collective consciousness based upon illusion and separation, not love and co-operation. Yes, I am always happy and contented living a humble small footprint life as I have no needs apart from daily life existence and that is always put before me.

### I was then shown daily life by my inner master

For a long time I was outside my body, resting on my crown chakra as my inner divine dweller was showing me life in this earthly realm and how God consciousness is doing everything.

What the mind creates always has counter balance which binds your life to karmic existence. In other words you may use the light of pure consciousness using your lower mind for personal accomplishment through your individual desires, however you will always have a hidden consequence to your life experience some time in the future or future life because your projected desire has been created out of a personal self-interest lower karmic (dualistic) vibrational frequency.

When you are existing in your high non-thinking mind of pure awareness everything is within a perfect wholeness. When in your True-Self there is no future and no past only a golden perfect present moment of existence within all of life; everything is perfect just as it is.

Only when there are many people who are pools of  
peace, silence and understanding, will war disappear.

When you change so does the world

Osho



## Testimonials

### What others say about Living from Presence

#### Awakening Experiences

"I am just very grateful that you have done all the hard work to bring something this exciting for everyone to use in such a simplistic and easy way. Just a short note to say that I finally finished reading all the notes on Gentle Touch and Gentle Mind - It's BRILLIANT! You have managed to put everything together in such a simple and succinct manner, that it all reads easily and beautifully." *Corinna UK - June 2015*

"Thank you! I have recently felt more expanded and have more clarity in my work since reading your materials and listening to the audios. After studying the learning material you came to me on the astral and sent me a golden ball of light. You are also teaching us on the astral side as well, although I can't remember the exact teaching, but it's in there somewhere and will come up when needed, so thank you for the extra class ✨ Blessings of light." *Margaret US Feb 2015*

"I started the practice last Sunday and weirdly enough I had a dream that evening in which I was chanting and holding my hands above my head and got the most incredible tingling sensation in my hands and down through my crown chakra??? Yesterday I did my chanting in the car as I drove up a fabulous stretch of countryside. I just love the words and what they represent and the fact that it works towards helping everything that is connected to me as well as me." *Corinna UK - June 2015*

"I am so so so full of love at this moment to be a part of Gentle Touch, I have started reading the 'About Gentle Touch' pdf and i am already in tears. I want to express how grateful I am that you have given me this opportunity for your Gift of Love and transformation to earth. I honestly can't find the words to express my gratitude. I feel the compassion, the love, the giving of everything you are. You inspire me so much! I feel an overwhelming sense of Love by you! Thank you! I bow down to you in your efforts to help transform and help others find the love and peace that you have. I am eager to continue learning from such a great influence of Love and Light. I am truly blessed by your presence. In love." *Adriana US Feb 2015*

"Thank-you for the meeting last night, it was enlightening and very helpful. I'm amazed how different I feel today, very positive, confident and calm - almost a different person! The extra energy you gave us must have really helped too. I look forward to seeing you next week." *Gentle Touch Group Meeting ~ Angela UK - Oct 2015*

## Testimonials

I deeply appreciate your connection and wisdom earlier, Robert. Thank you. I thought it was an excellent session. The connection was powerful: Golden light flashed on an off - quite dazzling, even with my eyes closed, as if the sun was shining through the window then hiding behind a cloud for a few seconds before repeating the process. I had to open my eyes to check what was going on! My witness now feels much larger, more prominent and more accessible. I will maintain and nurture my connection with the divine presence as much as possible, work on my appreciation and see if that opens my heart. I look forward immensely to our next session. *Ian France - Sept 2015*

"I just wanted to share something with you. Yesterday, when I was getting ready to go out for the day, I was gazing out of the velux window in the bathroom and looking at the clouds. All of a sudden I saw the shape of what looked like a foetus in white cloud and then as I looked behind it there was another foetus-shaped cloud cocooned around the first and then to my amazement, there was a dark, rain cloud behind that one, also in the shape of a larger foetus. Behind these clouds was the sun and I could see golden light above the heads of these shapes but in addition to that, there was a rainbow coloured light above the golden light. As the clouds continued moving, the first foetus sank back into the second one, which in turn, sank back into the dark foetus. What came to mind was, The Three Bodies and that the light bodies had sunk into the denser, physical body. The sun shining above them seemed like the crown chakra, and the rainbow light being the rainbow chakra bodies. Anyway, it seemed very significant to the point where I felt compelled to share this with you as I felt that you would understand. Something is happening! Lots of Love." *Corinna UK - July 2015*

## The Vision for Future Development

My vision is that an app be created containing the spiritual foundation teachings in the Awakening Process that can be used for questions and answers.

An artificial intelligence would be used in the app that suggests what practice will be helpful for your evolution and what section you need to study to move you closer to full awakening.

To do this it requires an awakened entrepreneur to provide the funds to enable this future format to be created. If that is you I look forward to hearing from you.

Thank you in advance

Oneness Love

Robert Bourne

On the page below you will see the overview of the complete set of spiritual foundation teachings. Download the FREE manual to study when using this Awakening Mantra.

The Spiritual Foundation

# The Awakening Process Spiritual Foundation

The New Awakening Process Video

Click on the image to watch the video on YouTube



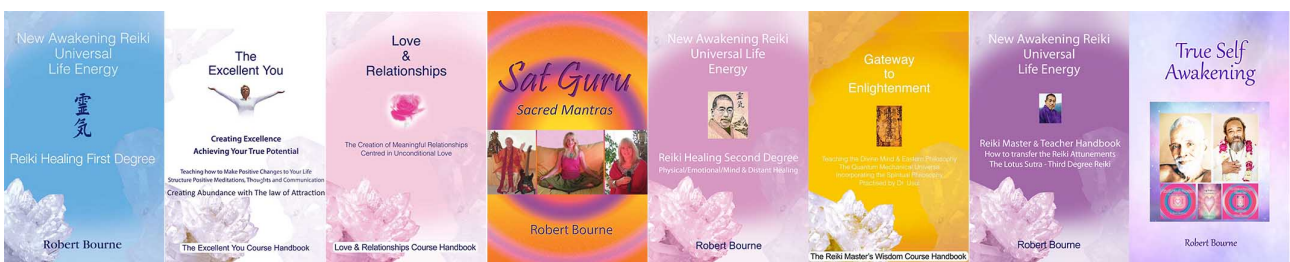
The video shows you everything that is contained in the spiritual foundation

You can also watch this video on our website home page

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

The spiritual foundation teachings in the Awakening Process can be directly downloaded to a laptop or computer

For phone or iPad users etc all courses can be viewed on Youtube



Finally please share 'The Awakening Process Manual' with your friends