

New Awakening Reiki Universal Life Energy



Reiki Master & Teacher Handbook

How to transfer the Reiki Attunements
The Lotus Sutra - Third Degree Reiki



Robert Bourne

The Reiki Master & Teacher New Awakening System

**This Home Study Multimedia Course Teaches Universal Wisdom
The Reiki Masters Sacred Symbol as used in all Reiki Attunements
How to Teach Reiki and Transfer the Spiritual Attunements**

Home Study Multimedia Learning Material available for this Course

Course Book Manual and Tutorial Audio Course CD set
Free Healing Treatment Tutorials and Self Attunement Videos

“Welcome to your complete multimedia home study course.
I wish you every success in every area of your life”

Robert Bourne

Reiki Master Teacher



United Kingdom

The Reiki Master-Teacher Manual

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The Reiki Master

Deepening your Reiki Experience with Master's Wisdom leads on to Teach Reiki

Welcome. I honour your decision to become a Reiki Master and I thank you for choosing me as your Master and teacher. It is an honour and one I value highly. By choosing me as your Master, we have created an unbreakable bond and I will always be there for you. This is not a guru/disciple relationship; it is, however, a lasting relationship formed by two equals, who support each other's endeavours.

Once you have obtained the Master level, you assume a larger responsibility for your life's actions. In order to teach Reiki and Divine wisdom you must live it; you must have absolute trust in Reiki's energy and the mystic law of life. You are now starting on your voyage to become a Reiki Master and Usui Reiki Teacher. You will soon receive the Master attunement and be given the Master symbol.

New Awakening Spiritual Teacher Training

The final stage of an individual's development is to ascend to the crown chakra. The Master's wisdom resides in the third eye chakra and is in fact 'The Mystic Law' of creation – 'The Avatar'. I shall remind you of the seventh spiritual opening to occur within the New Awakening system of enlightenment.

Seventh Spiritual Opening: This attunement completes the journey of the soul by ascending to the crown chakra. The heart chakra compassionately radiates the Reiki Master Energy of Dai-Ko-Myo, the soul transcends to the crown with the higher self moving down from the crown to reside in the third eye. Healing and Wisdom now combine, being expressed as the Unconditional Love of the Source of creation. This is the stage of mysticism, of becoming. Life becomes the experience of bliss, wisdom and Oneness with all existence. The individual moves beyond religious, race and national prejudice. It is at this stage that the 'New Awakening' spiritual teacher is born.

The Divine manifests into all phenomena ‘How the one becomes the many’

I would like to share a Vedic Yoga explanation of how the Divine manifests into existence. This concept is at the heart of the Eastern Mystical Teachings and is at the core of the teachings learnt on the New Awakening spiritual teacher course. The following five stages explain how the core of existence manifests into all phenomena, ‘How the one becomes the many’.

1. The source of all things, of creation is ‘Intelligent Pure Divine Consciousness, Bliss with the experience of Truth’.
2. As the supreme creator the Source manifests into all creation, the cosmos and The Universe.
3. Unity Consciousness, Oneness Consciousness occurs where one Divine being is created which incarnates as an Avatar to guide us in the realm of duality.
4. This Divine being incarnates into everyone as the higher self to guide the process of creation which is carried out by the self. A creative relationship now exists between all of life and the Divine.
5. The female aspect of creation is in communion with the male aspect of creation and is celebrated. The human being, once awakened to this connection becomes ‘The Avatar’.

The Reiki Master makes a Commitment to be in Service to Others

A Master healer requires the following four qualities: trust, faith, love and humility. As a Reiki Master you are now the pathway of the healing energy called Source. In order to effectively function as the guardian of such tremendous energy, you must have absolute trust in the Reiki healing power as well as the faith that you are capable of working with and teaching others how to do likewise.

Although different healers may channel the energy by a variety of different methods, none can teach or heal without compassionate love and humility. You must learn to love and

accept the hardest person in the world to love - yourself. There is no ego in using or teaching Reiki. This aspect will be easier for you as you will have had the benefit of understanding and practicing the universal mind laws of Divine Wisdom.

You are the co-creator of the healing process, allowing the Source within to join the Source without and exist through you, thereby balancing all it comes in contact with.

The Master is an Inner Experience of Divine Connection that Becomes Eternally Indestructible

Congratulations. I know that you are ready for this transition and I offer my deepest heartfelt support but in reality you are now one with the Source.

The teacher is within and you will be connected to the consciousness of The Ascendant Masters and will continue learning from your direct connection with enlightened beings.

I wish to remind you of the key points of this beautiful state of existence. You will experience the Bliss Body of the Divine; Pure Unconditional Loving Presence. It is from this union that:

1. Unconditional love and healing flow eternally from your heart chakra
2. Universal wisdom is accessed in each moment of existence
3. Unconditional Love, Healing and Divine Wisdom automatically become available for the benefit of others without effort

These Three Aspects Become One

Unity Consciousness

NASA astronaut Dr. Edgar Mitchell came to this conclusion on his return trip from space: "In one moment I realised that this universe is intelligent. It is proceeding in a direction and we have something to do with that direction. And that creative spirit, the creative intent that has been the history of the planet, comes from within us and it is out there – it is all the same

Consciousness itself is what is fundamental and energy-matter is the product of consciousness If we change our heads about who we are and can see ourselves as creative, eternal beings creating physical experience, joined at that level of existence we call consciousness, then we start to see and create this world that we live in quite differently.”

The Third Degree Reiki for Personal Growth and Service

The Third Degree Reiki attunement and symbol take you further on your journey of growth and expansion. As more light becomes your life, you share this light with others automatically. The more you share this light the more light enters your being. It is as if you have now entered into a win-win situation; the more light you give the more light you receive.

Your life path is accelerated and supported by the totality of the Reiki energy. In a way, there is more work to do in the sense of letting go and taking on new challenges, however we access more guidance supported by a kind and loving universe with the help of the Master symbol and the Master's energy.

The Heart Centre is the main focus of the third-degree attunement. We unfold in love as we blossom in our unique way dancing with the benevolent forces of the universe, to the music of our life force. When you are ready many obstacles melt and frontiers disappear. Every moment can become an opportunity to express light as kindness towards oneself and towards all others.

Wrapped in the loving blessing of Reiki we might find the path steeper sometimes, but also easier, as we take on more responsibility and learn to love more.

You are ready, you are love. Live that love more and more every moment of your life in all the little things of daily life. Remember Light and Reiki is with you - always.

The Master's Level of Consciousness

All problems are solved and dissolve by entering into a level of existence where no problem exists. (Beyond Karma – beyond confrontation). Sitting on the Lotus flower.

A problem is solved not by confrontation but through going to a level of consciousness where no problem exists! Unity consciousness – The Oneness of life – Unconditional Love.

Becoming Non Change in the Face of Constant Change is ‘The Master’

The Lotus Sutra - Masters Wisdom

Dr Usui - The Founder of Reiki Healing

The Buddhist Wisdom Sutra not taught in Reiki Healing

Dr Usui's original quest was in search of his personal enlightenment. His enlightenment can be attributed to establishing a foundation, a pathway within his soul by embracing the correct Buddhist Wisdom teaching. To discover the true story and history of Dr Usui's life established Reiki organizations have recently discovered that the fundamental practice that he embraced, before his enlightenment, was with the Buddhist sect known as The Tendai school of Buddhism. I am most grateful to them for their research because this explains to me that the cause for Dr Usui's fusion with the Divine, the establishment of unity consciousness can be attributed to his practice of 'The Lotus Sutra'.

Over the last 20 years I have been most fortunate to have studied and practiced in depth numerous Buddhist philosophies among which was 'The Lotus Sutra'. This was also the cause for my own enlightenment, my fusion with the Divine and the establishment of the wisdom body within my own life. I was aware that an aspect for personal enlightenment was lacking within the Reiki training syllabus. This aspect is the wisdom body philosophy which is the cause for enlightenment.

The traditional Reiki training teaches the effects of Dr Usui's enlightenment, the flowering of the Divine heart. This is Reiki as taught and practiced today. It was approximately fifteen years ago when I experienced a fusion with the Divine Beloved Universal Consciousness. My only desire at that time was to share the unconditional love, healing and wisdom with the whole world. I quickly learned that the life condition, the presence of the Divine was far too powerful to be experienced directly by most people. This enormous life condition was the effect, the flowering of Divine presence.

I have patiently waited for the right time to be able to share my experience with others. I was guided to study Reiki healing in 2003 and through my training it became apparent to me that no wisdom philosophy was being taught within the Reiki syllabus. The year was 2004 and thanks to the endeavours of William Lee Rand, Frank Arjava Petter and Walter Lubeck a much fuller picture of the true story behind Mikao Usui and the history of Reiki have now

been established. It is from this new research that it has been established that Dr Usui studied in a Tendai Buddhist school and practiced meditation of the Lotus Sutra.

It is this mystical profound teaching that I have included in this course so that you too can experience the awakening of Divine Wisdom. First of all I will give you a little history about the Tendai School and its relationship to 'The Lotus Sutra'.

The Tendai School

A school founded by Dengyo in Japan. Its head Temple is Enryakuji on Mount Hiei. In 804 Dengyo made the journey to T'ang China, where he completed the study of the T'ien-t'ai teachings. He returned to Japan in 805 and officially founded the Tendai School. Jiaku and Chisho, respectively the third of its chief priests incorporated esoteric teachings into the doctrine of the Tendai School. Hence the Tendai School in Japan rapidly assumed the character of esotericism.

T'ien-t'ai

Also referred to as Chih-I, he was the founder of the T'ien-t'ai school in China. He became known for his profound lectures on the Lotus Sutra. He refuted the scriptural classifications formulated by the ten major Buddhist schools of his day and classified all of Shakyamuni Buddha's sutras into five periods and eight teachings, demonstrating the supremacy of the Lotus Sutra. His principal works, 'The Profound Meaning of The Lotus Sutra', 'The Words and Phrases of The Lotus Sutra' and 'Great Concentration and Insight', were all recorded and compiled by his immediate disciple Chang-an. In 'Great Concentration and Insight', T'ien-t'ai set forth the principle of three thousand realms in a single moment of life and the practice of meditation to realize it. It is this philosophy that is outlined in the theory of the ten worlds and the quantum mechanical scientific understanding of the Oneness of life. Both of these theories are taught on The Gateway to Enlightenment course contained within The Seekers Guide for a New Awakening. In this course we are going to focus on the concept of three thousand realms in a single moment of life to awaken the Reiki Master's wisdom.

Ichinen Sanzen - Life's Unlimited Potential

The principle of three thousand realms in a single moment of life

Quantum Physics Findings

I would like to introduce you to this beautiful theoretical concept that explains how life works and is expressed within the whole of existence. What is interesting with the new discoveries recently found in quantum physics is that we are seeing the merging of mysticism with science. From these two different approaches the concepts of life's workings agree with one another.

This is very exciting for those of us who are helping to raise the consciousness of mankind through our own personal transformation; radiating in higher consciousness. As a Reiki Master you are expanding your consciousness beyond yourself to embrace the whole world in Unconditional Love. Your power and influence will be in proportion to your inner resolve and faith. My advice is to teach as many people as you can about the mystic law of life. In a respectful manner stay away from those who dismiss you, as they will try and pull you, albeit unconsciously, into the lower life conditions of existence trying to maintain the ego's control over life.

Quantum Physics says that the whole of existence comes from the Unified Field, which is conscious. All phenomena in the cosmos come from this field and also return to it. The VIDEO movie 'What the Bleep do we know' is well worth viewing as this illustrates these new findings very well and is available on Amazon.

They have discovered that around this Unified Field, energy exists that is waving in its shape. This is similar to when a stone is thrown into a still lake - it will create ripples on the water; this waving energy is like the ripples. The still water is like the unified field or empty space. All existence consists of space, particles and waves. As waves, electrons or photons (particles of light) have no precise location, but exist as 'probability fields'. As particles, the probability field collapses into a solid object locatable in a time and space location; daily life experiences.

This discovery agrees with the Buddhist concept of the first three of the ten factors of life, as explained further on:

1. The physical = solid matter or particles

2. The nature or spiritual = the waving
3. The entity or mystic law/Divine = Unified Field or space

The other finding is that when we observe this waving field it changes shape and manifests into matter. This means that our thoughts and desires interact with this field which causes it to change, bringing into life what we had wished for. This explains the Law of Attraction. We bring into existence our own reality!

This also explains the creative relationship with the apparent separate self and the Divine. It shows us that we are really one and that if we develop Divine wisdom, suspending our ego and personal intuition, the outcomes will be influenced from our inner core of Divinity. I know what outcomes I would prefer, how about you?

This also shows us that we bring into existence our own reality, therefore we are the creative source responsible for our life; we live in our own creation. The reality we live in is state dependant. This means that the reality of our experience is determined by the world or consciousness we are resonating in. This concept is explained in the section on the Ten Worlds or Ten Life Conditions. The whole universe is actually Bliss. It is this possibility, the possibility of Unconditional Love with the manifestation of Divine Wisdom that exists for you right now.

The quantum physicists have also discovered that when our thoughts come into contact with this waving field there exist three thousand possible outcomes that could manifest, or be brought into existence, just from a single thought. A Particle, in its waving 'probability field' has been discovered to be in three thousand places at the same time. These three thousand possibilities exist at the same time in the same place. Why they do not displace each other is because they are all vibrating at a different frequency. They are the same but different.

The concept of all exclusivity and Oneness now needs to be embraced because these three thousand possible outcomes all exist at the same time and in the same place, the only difference is their vibrational frequency. This explains that it is our consciousness that determines what possibility will manifest from these three thousand possibilities of existence in a single life moment.

This explains that the opportunity for change really does exist; every outcome in your life is dependent on your consciousness, your life condition in the moment!

This concept explains 'The Power of Now' because you are experiencing your past in the present and are creating your future in the present. You are an alchemist. *Cont.....*

Reiki Master Teacher Preparation

Preparation before giving the Reiki Attunements

How to prepare the room you use for the initiations

Create an altar: Prepare an area and cover it with an altar cloth; you could use a picture of Dr Usui, some candles to represent universal wisdom, water to represent the purification of our being, you could offer incense to represent compassion. (Be careful not to overpower the area with strong fragrance that could cause discomfort to the receiver at the attunement. Incense is best offered before the attunement when you are empowering the room with your symbols). Finally you could offer real flowers for beauty and harmony; flowers also represent the ever changing nature of life.

(Don't forget to Reiki everything)

Creating a sacred space when a separate room is used for attunements. This example prepares the room with the chairs facing the altar:

1. First prepare yourself with Reiki and prayer by asking for the Reiki Guides to assist you in creating a sacred space.
2. Create a circle that includes your altar area.
3. Facing the altar open the area with a large Cho-Ku-Rei, then draw Dai-Ko-Myo.
4. Still facing the altar you walk backwards until you are standing behind the chairs that the students will sit on when they have their attunement. You then draw Sei-He-Kei and Hon-Sha-Ze-Sho-Nen.
5. Still facing the altar you walk back another two steps to the edge of your circle and draw another Hon-Sha-Ze-Sho-Nen symbol finishing off with a large Cho-Ku-Rei. Then beam energy into the circle.
6. To finish, walk around the circle to seal in the energy and intend its sacredness.

Creating a sacred space if the same room is used for attunements as well as for the group workshop work

1. First prepare yourself with Reiki and prayer by asking for the Reiki Guides to assist you in creating a sacred space.
2. Open the central area with a large Cho-Ku-Rei, then draw Dai-Ko-Myo.
3. Open any wall with a large Cho-Ku-Rei, then draw Dai-Ko-Myo. Repeat this for each wall, floor and the ceiling. (Chant the mantra to space clear the area)
4. With your chairs arranged in a circle stand behind each chair in turn and draw Sei-He-Kei and Hon-Sha-Ze-Sho-Nen.
5. Walk to the edge of the room and draw another Hon-Sha-Ze-Sho-Nen symbol finishing off with a large Cho-Ku-Rei. Then beam energy into the circle.
6. To finish, walk around the circle to seal in the energy and intend its sacredness.

Notes on using a single space for attunements and energy work

Arrange your chairs in a circle for the introductions so that everyone is facing each other. Using the same chairs it is best to arrange them before the attunement so that the person is facing towards the wall with their backs to the centre of the circle. In other words just turn them round making sure you have enough space to walk around all sides the chair.

You could ask the group to leave the room just before the attunement so you can create a sacred space for their Reiki attunement. Stand behind each chair in turn and draw Sei-Hei-Ki and Hon-Sha-Ze-Sho-Nen. Doing this will build expectation and wonder in the group and can empower the attunement experience. Only do this if there is an appropriate area the group can wait in without too much discomfort.

Invoking and intending the Reiki symbols from the Divine Chakra

In step 2 of all the attunements you start by drawing the three symbols in the air high over the crown chakra. Above the crown chakra exists a Divine chakra that connects the individual to the unchanging source of Unconditional Love. Within this realm exists the purity of Divine beings, Ascendant Masters, Reiki Guides and Angelic Beings. When you draw the Reiki symbols into this chakra you will invoke the assistance of Divine beings to assist you in the attunement.

Each symbol has a different Divine vibration so when you draw the Reiki symbols you are in fact calling that aspect of the Divine to manifest for you within the Divine chakra. Through doing this the energy vibration of each symbol will then be present and will be channelled to each chakra within the attunement initiation process.

Please consider this step of the attunement preparation as sacred as you are calling upon the realm of Divinity when you do this. The purity of your intention in this step of the attunement will definitely affect the quality of the attunement you are about to channel.

How to prepare for the initiations and attunements

1. Step in front of the altar and then prepare yourself with Reiki and prayer asking for the Reiki Guides to assist you in this attunement.
2. Remind people to put their feet on the floor with their legs uncrossed and close their eyes.
3. You can start the attunement with your own prayer out loud: - example “Let the Universal Light and Love be with us now” or “Reiki Guides assist me in this attunement”.
4. The following 3 Symbols are referred to in this manual as (4, 3 & 1) which are Dai-Ko-Myo, Hon-Sha-Ze-Sho-Nen & Cho-Ku-Rei. Use them in this order for all attunements.
5. In step 2 of all the attunements you draw these three symbols high in the air over the crown before you start the attunement; this intention acts as if they are in a holding reservoir waiting for you to channel them down at each step of the attunement.
6. Visualize or imagine the symbols in Golden light and chant their mantra silently three times as you channel each symbol at each step of the attunement.
7. Before each stage of the attunement chant the mantra Cho-Ku-Rei three times as you draw its symbol over the chakra that is to be attuned. This opens the chakra to receive the 3 symbols energy (4, 3 & 1) being channelled.

The 'New Awakening Spiritual System' consists of Five Stages of Development with Seven Spiritual Openings

These three courses will complete this Series



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