

New Awakening Reiki Universal Life Energy



Reiki Healing Second Degree Physical/Emotional/Mind & Distant Healing

Robert Bourne

Reiki Healing Second Degree New Awakening System

This Home Study Multimedia Course Teaches Three Sacred Reiki Symbols for Physical, Emotional, Mental, & Spiritual Distant Healing

Home Study Multimedia Learning Material available for this Course
Course Book Manual, Reiki Music CD, 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

New Awakening Reiki Healing Second Degree

Copyright © 2008 by Robert Bourne

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means without written permission of the author.

ISBN 978-0-9561159-5-9

A catalogue of this publication is available from the British Library



Published by Naturally You Publishing

All books and multimedia courses are distributed by Naturally You

Copyright © 2008 by Robert Bourne

For the latest information on
Spirituality, Healing and Sports Psychology please visit our website

www.naturallyyou.co.uk

‘Naturally You’ spiritual books and ‘New Awakening’ home study courses are available through Amazon booksellers and all main bookstores. ‘New Awakening’ distributes our full range of multimedia home study courses. Visit our website at **www.new-awakening.co.uk**

‘Naturally You Publishers’ also supply a range of sports psychology interactive home study courses. These ‘Into the Zone’ mind coaching interactive courses are available for golf, snooker and other popular sports. For detail visit our website at **www.into-thezone.co.uk**

Table of Contents

Introduction and Background	1
Spiritual Courses for your Development and Enlightenment	1
Reiki Second Degree will Expand Your Consciousness	2
‘New Awakening’ - About the Spiritual System	3
Five Stages of Development with Seven Spiritual Openings	5
Traditional Courses Versus New Awakening Courses	9
The Story of Sharon	10
How to Study this Multimedia Course Material	14
How to use the Reiki 2nd Degree Distant Attunement Video	15
The Second Degree Fundamentals	17
It is the magic ingredient which will bring your course to life!	17
You naturally change without making any effort	17
What is the Spiritual Attunement?	18
The attunement will bring the material in this manual to life	18
Keeping a 21 Day Journal	19
Two Professional Reiki Precepts	20
Second Degree Reiki as originally taught by Dr. Usui	22
Learning the Symbols	24

Summary of the Three Reiki Symbols	25
Reiki Second Degree Sacred Symbols	26
A Background to the 'New Awakening' Reiki System	27
Key Exercise to Awaken the Three Reiki Energies	29
Physical Healing	31
The Power Symbol	31
Some Uses of Cho-Ku-Rei	32
Emotional Healing	35
The Emotional Symbol	35
Some Uses of Sei-Hei-Ki (pronounced say-hay-key)	36
Reiki energy Sei-Hei-Ki is the Solution to 'Consciousness Healing' ..	39
Spiritual Growth is a Firsthand Experience	41
The Emotional Body	42
All Goals have as their Goal Happiness	44
Feeling emotionally conflicted is the normal experience in society! ...	44
How is personal happiness and satisfaction achieved?	45
Every choice you make is an unconscious desire for wholeness	46
Exercise for Creating Balance between the Emotional and Physical ..	46
Exercise to feel the emotional condition of your heart chakra	47
Bliss is in your heart every moment of your life	47
Emotional stability - The greatest victory of all	49

Mind, Soul and Distant Healing	51
The Distant Healing Symbol (Violet and White Light)	51
Violet or white light is associated with Hon-Sha-Ze-Sho-Nen	52
No Past – No Future – Only the Present!	53
Some Uses of Hon-Sha-Ze-Sho-Nen	54
How to use Hon-Sha-Ze-Sho-Nen in the ‘New Awakening’ system	54
Out of Body experiences are safe with our spiritual openings	55
How many symbols can I use?	55
Sending Energy to a future event	56
Empower your goals and objectives	56
Helping with Bereavement	57
Earthbound Souls/Spirits	57
Hon-Sha-Ze-Sho-Nen works on the Spiritual plane	58
Hon-Sha-Ze-Sho-Nen will create detachment - the courage to let go	58
Various Ways of Sending Distant Healing	58
Advanced Healing Treatment Techniques	63
‘New Awakening’ differs from the traditional Western teaching	63
Some Combination Uses of the Symbols	64
Becoming flexible in each changing moment of life’s expression	65
Tremendous freedom exists when you drop your mind!	66
Keeping your Reiki Practice Simple	67

Using Sei-Hei-Ki when Giving Reiki Treatments67

Let's suppose it is a feeling of anger you wish to transform68

Aura Scanning68

Self Scanning70

Beaming70

Chakra Balancing71

The Chakras Positive and Negative Aspects73

Manifesting - Creating your Own Desires!76

Ayurveda79

 The Secret of Lifelong Youth79

 Divine connection starts with Conscious Awareness of your Body ..79

 There are Three Basic Mind-body Types80

 Vata mind/body characteristics (governs movement)81

 Pitta mind/body characteristics (governs metabolism)81

 Kapha mind/body characteristics (governs structure)81

 Become a witness to your mind body connection82

 Just listen to the signals of comfort or discomfort in your body83

 Finding out which Qualities are out of Balance83

 Health is a State of Balance83

 Identifying when there is a Stress Imbalance84

 Personal Transformation and Balancing86

The Spiritual Development Key Learning Points	87
Practicing Healing as a Profession	89
Part One: Attitudes and Ethics	89
Focus on your own healing	90
Developing a Positive Relationship with Money	91
Part Two: Practicalities of Setting up a Professional Reiki Practice	92
Finance and Administration	92
Promoting and Marketing your Reiki Practice	95
Client and Treatment Considerations	97
Practical Considerations about Working in Hospitals	98
Respect Social Limitations whilst Transcending its Belief Structures ...	99
Maintain a positive expectation of your Reiki treatment	99
Meditations and Self Help Exercises	101
Key exercise to awaken the three reiki energies	101
Transforming pain into love	102
Using Sei-Hei-Ki in reiki treatments	103
Creating balance between	105
The emotional and the physical	105
New awakening method for distant healing	106
Healing yourself and others through	107
The spiritual plane	107

Inner child healing	108
The rose method	109
For sending distant healing	109
Using the rose method in a healing group	110
Chakra balancing	111
Observing your relationships	112
The practice of chanting 'I Love You'	113
The loving kindness meditation	114
The practice of gratitude	115
Breathing meditation	116
Creating a positive self-image	117
Developing self love and appreciation	118
The laughing Buddha	119
The practice of respect	120
Changing negative internal dialogue	121
The friendly mirror	122
Walking meditation	123
General awareness meditation	123
Appendix	125
Reiki Second Degree Track Guide - Tutorial CDs	126
How to use the Reiki 2nd Degree Distant Attunement Video	127

The Complete New Awakening Spiritual System	128
About the Author	131
Acknowledgments	133
Caution and guidelines for your safety with Reiki.....	133

Physical Healing

CHO-KU-REI (pronounced show-coo-ray)

The Power Symbol

CHO: Like a sabre, to cut through illusion and self imposed blocks

KU: To create wholeness

REI: Transcendental energy, spirit, or force, universal energy

Its meaning includes:

- Direction of Spirit: Power, Strength, Physical Energy
- Heaven coming down to earth
- Yang/Male energy expresses - manifesting into the physical realm
- A respectful command: “Put the power of the universe here!”
- The Diamond: The Universal Deities promise to protect those who use the energy of the Healing Reiki vibration no matter where they are.

This is the Power symbol; it is what I call the light switch or opener. It is the first Reiki symbol to learn and use. This symbol is used first and often last in treatments as its function opens and seals in. It works as an invocation to the benevolent forces of the Universe. It is the activator. It increases our ability to access Reiki energy. It focuses Reiki energy in one place. Many Reiki practitioners draw Cho-Ku-Rei symbols in their palms, hand chakras, before starting a healing session to turn on the energy. In actuality, their intent to use Reiki turns on the energy and the drawing or chanting of the symbol’s name is but a physical and mental action to reinforce that intention.

Remember this

Key learning fact:

INTENTION IS ALL!!!

Cho-Ku-Rei increases the energy level to any work you are doing. By visualizing, by repeatedly chanting Cho-Ku-Rei, your ability to access Reiki energy is increased many times. The power symbol brings in energy, knowledge, spiritual help and rewards from the Diamond world - the perfect core of all existence.

Some Uses of Cho-Ku-Rei

- Cho-Ku-Rei increases the flow of Reiki energy when you do a healing treatment.
- At the end of a healing treatment, you can use Cho-Ku-Rei over the solar plexus of the person, to seal and complete. It is said to create a golden energy around a person, to help the Reiki stay with them prolonging the benefits of the treatment.
- You can draw Cho-Ku-Rei just in front of your body, for empowerment and protection if needed. Cho-Ku-Rei will increase your physical strength and stamina.
- Use Cho-Ku-Rei to protect your loved ones, your friends, your car and anything you value.
- Use Cho-Ku-Rei in dangerous situations (driving in fog etc) and against abuse.
- Use Cho-Ku-Rei to charge food. Draw the symbol and then put your hands over the food for a few moments. It blesses, purifies and charges the food with Reiki energy.
- For water, visualize Cho-Ku-Rei as you hold the glass of water.
- Cho-Ku-Rei drawn on each chakra will clear them, energise and empower them.
- Draw Cho-Ku-Rei on the soles of the feet to be more grounded and connected to the earth. This is known as the bubbling spring.
- Use Cho-Ku-Rei to give a blessing to people when you shake their hand or when you give them a hug. At the same time you could also say to yourself “I deeply respect your life” followed by “Namaste”. ‘The God in me recognizes and honours the God in you’ – see exercise on page 120.
- Use Cho-Ku-Rei to give a blessing to a house, to food etc.
- Use Cho-Ku-Rei to bless and protect a room. You can go around each wall, drawing the symbol and saying its name three times. Some people use this formula: “Bless this room with Reiki light”, or “I protect this room with Reiki light”. This can be done before any meeting is to be held. It transforms any previously impregnated energy of a

Physical Healing

less positive nature that is residing and resonating from and within the environmental situation, i.e. within the walls of the building, within the land etc. You are transforming with Divine assistance the negative energy vibration into a new positive energy vibration.

- You can use Cho-Ku-Rei to charge car batteries, computers and other electrical appliances. It often works! Of course when something is worn out it is best to replace it, but it can be helpful in emergencies.

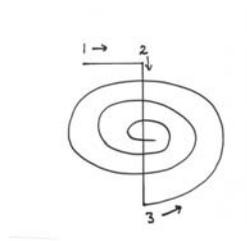
Chanting CHO-KU-REI (show-coo-ray)

To activate Reiki healing

To open or switch on your Reiki healing just chant Cho-Ku-Rei or place your hands on yourself and ask for Reiki healing.

Please be patient, if you do not notice anything straight away stay with it and within five minutes you will notice a difference; that it is flowing into you. This is because it is a very pure energy and it can be very gentle.

Cho-Ku-Rei is Reiki manifesting into the now of the physical realm. Place your hands directly on the body for physical healing when you use this symbol.



“Let the beauty we love, be what we do” Rumi - Sufi Mystic

“The whole essence of Reiki is that you can do no harm”

More Reiki is better than less. A little Reiki is better than none at all.

Reiki does not replace medical treatment, it is complementary.

Reiki does not diagnose. It has its own Universal wisdom
to re-balance and heal dis-ease in all areas of life.

Emotional Healing

SEI HEI KI

(pronounced say-hay-key)

The Emotional Symbol

SEI Embryo state, Concealed, hidden, sacred

HEI KI To equalize, to balance whatever needs attention, or has fallen out of emotional balance. Introduce calm energy, peace, spirit.

MEANING The Beloved Universal Consciousness and humanity become one. It symbolizes the merging of the Divine emotion of Unconditional Love together with all human emotions. This symbol is the opener for the heart chakra.

Sei-Hei-Ki is the second Reiki symbol and is generally used to heal the emotional body. Whereas Cho-Ku-Rei is strong yang, this energy is soft yin. It is receptive and female in nature; it is a compassionate energy from the source of Unconditional Love. There is a warm rose pink heart chakra soothing quality to how it is experienced. When you chant the mantra to evoke this energy you are calling upon the Unconditional Love from the source of creation.

All physical dis-ease has an emotional counterpart which must be addressed during the healing session. This is where the symbol Sei-Hei-Ki is used. As humans, when we attach feelings to a thought, this creates an emotion. When the emotion is very powerful it overwhelms the conscious mind and can be positive or negative. Since human thoughts are energy information at various levels of awareness and the Divine Source is a pure energy in an enlightened form, Sei-Hei-Ki has a transformational effect upon the human awareness balancing the two energies together.

Reiki Healing Second Degree

The emotions we keep close to us that are buried deep at an unconscious level are usually painful past experienced emotions. Did you ever notice that when you experience joy you live it and when you experience fear you bury it? When you bury, rather than deal with these emotions they fester and grow out of proportion to the hurt that originally caused the pain.

They are being ignored, repressed but are still there; they express themselves seeking release in the body as physical symptoms which we label disease.

For example, say your boss is constantly shouting at you about things you have or have not done. You're afraid to tell your boss what you are really thinking for fear of being unemployed. So you swallow and repress your unspoken response, accepting the abuse that the boss is handing out. It is no wonder that many years later you develop cancer of the throat, ulcers, or any of the other illnesses associated with swallowing and the digestive tract? Your body has become out of balance and is trying to tell you by developing symptoms associated with the events that caused the imbalance.

How often have you been annoyed with yourself when you did not respond to a situation as you thought that you should have? This internal anger miraculously changes to guilt within our psyche. Guilt is poison!

Anger dissipates but guilt can last for ever. If we are guilty we must be punished. What is the most popular way of punishing ourselves? You've got it 'physical disease'! The Sei-Hei-Ki energy will short-circuit this guilt process by bringing forward the emotions connected to the disease process and allowing you to deal with and release them.

Reiki energy Sei-Hei-Ki is the Solution to 'Consciousness Healing'

Reiki is the solution to 'consciousness healing' that so many people have overlooked. Invoking Sei-Hei-Ki focuses the Reiki energy within the emotional body and intensifies its effects. It awakens the Divine within, re-patterns your thought processes, changes the vibration within your energy field and heals the mind/body connection through your subconscious by opening the heart chakra to the energy of Unconditional Love. The symbol also cleanses negative energies, releases any emotional blockages you may have, releases cravings and in turn brings awareness to your behavioural patterns.

Using Sei-Hei-Ki in a healing session often releases these buried emotions bringing them to the surface, allowing you to deal with them by removing the emotional cause of your

Emotional Healing

disease. Once you reconnect with the pain of an old emotion and release it, it evaporates leaving the way clear for the physical body to heal.

Remember you often manifest disease to handle emotions you cannot deal with or have forgotten you had to deal with. Once you have dealt with the negative emotions healing follows. Because you are addressing the emotional body, which is affected by your mental attitudes and your unconscious conditioned belief systems, Sei-Hei-Ki is regarded as the consciousness healing symbol. This is because it works on your unconscious or subconscious body. It is said to hold the essence of enlightenment because the energy of Unconditional Love is the bliss body of the Divine.

The Bliss Unconditional Love energy is channelled automatically from the crown chakra through the heart chakra as Sei-Hei-Ki in a healing session.

The Source, Divine complete energy of Unconditional Love is manifesting into existence as three different energies; Divine Wisdom, Love and Reiki Healing.

When the heart closes the soul energy returns to the mind and solar plexus; you have fallen in consciousness and have become trapped within your lower human self. When this happens you experience pain and suffering with all the negative emotions and negative fearful thoughts that accompany this experience of life. There is a very simple solution, introduce love through your heart chakra using Sei-Hei-Ki. Self healing is very powerful when you use Sei-Hei-Ki to open your heart chakra to feel and experience love once again; feeling peacefully at ease.

It is also very useful for mental disorders, stress and emotional balancing. It assists in letting go of tension and outdated mental/emotional patterns that have become damaging to your life.

Sei-Hei-Ki helps with addictions. It purifies releases and cleanses. Try this for headaches. It helps in bringing harmony by breaking down protective emotional and mental barriers. It brings out the potential for love and harmony between people.

It is good for emotional protection. Negative feelings can cause hurt to you and to others. On the other hand repressing such feelings creates problems for you because a stressful biochemistry affects the internal organs and systems right down to the cellular level.

If both expressing and holding back negative feelings can be harmful what should you do when the emotions boil up in you? The moment the emotion comes up look into it, embrace it and then introduce Sei-Hei-Ki. When you do this exercise look at the feeling or emotion without labelling it *More*.....

Mind, Soul and Distant Healing

Hon-Sha-Ze-Sho-Nen

The Distant Healing Symbol (Violet and White Light)

HON : Trust. The origin. The source. The beginning.

SHA : Radiance. Shine. Glow.

ZE : Still peace. To move in the right direction, to take the right course.

SHO : The goal. The target. Honesty. Sincerity.

NEN : Prayer. Meditation. Silence. Resting in deep spirituality.

MEANING : “The Buddha in me reaches out and greets the Buddha in you to promote enlightenment and peace.” This meaning corresponds to the Indian gesture ‘Namaste’ as explained in the practice of respect in the chapter containing meditations and exercises, page 120.

The literal meaning of the symbol is: The Divine and humanity become one in prayer cutting through time and space to the sacred stillness of Divine truth within all of existence. The shining light that finds the right path in space and time to reach the final destination in the sacred resting and the silence.

Hon-Sha-Ze-Sho-Nen is called the transmitter and the librarian. It establishes contact and removes obstacles between you and the person/situation/animal/place etc. that you are sending Reiki to. The symbol crosses through time, space and dimensions. It is used in distant healings and for Karmic/past life issues.

Reiki Healing Second Degree

It is the only symbol that is really needed in distant healing. Of course it is fine to add the other symbols because this can make the treatment more effective but Hon-Sha-Ze-Sho-Nen is all that is needed to activate the process of long distance healing. The feeling associated with this energy is of a comfortable detachment.

Hon-Sha-Ze-Sho-Nen works mainly on the non-physical mental body. A deeper concept of the mind, which is also known as the storehouse of all memory, is known as Karma. (You can learn more about this subject in the Divine Wisdom course 'The Gateway to Enlightenment' contained in 'The Seekers Guide for a New Awakening').

Hon-Sha-Ze-Sho-Nen appears in the shape of a tall building and resembles a human body. When literally translated it means "No past, no present, no future." This is fitting as Hon-Sha-Ze-Sho-Nen is used to transmit energy through space and time. In order to do this it always works in the spiritual plane, where there is no concept of past, present or future. By using this symbol, past life traumas can be reprogrammed to effect a healing in the present, thereby literally changing your future. You can direct the healing being sent to repeat as often and for as long a period of time as you desire by stating that; "I desire this healing to be repeated every half hour for twenty-four hours" (or for any other time span).

Violet or white light is associated with Hon-Sha-Ze-Sho-Nen

Violet is the colour connected to the third eye and deep spirituality. It is this colour that is normally associated with Hon-Sha-Ze-Sho-Nen. Many people also experience this colour when they receive a general Reiki treatment without the healer using this symbol.

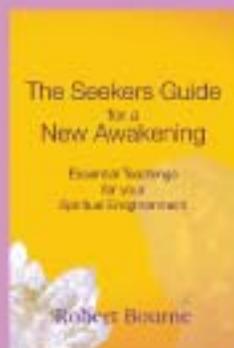
Although the colour violet is associated with Hon-Sha-Ze-Sho-Nen we have found that the colour white, or white light, is most commonly experienced by the 'New Awakening' student. This further explains the function of the symbol in the way it functions; directly connecting soul to soul, transcending time, space and distance.

The reason for this is that communication to other souls through the crown chakra of Divinity is being personally experienced. White light is the expressive pure Divine energy of Source outside of duality or the phenomenal world; you would experience this colour at the level of the crown chakra.

The white light of pure spirit is also the colour of light before it splits into the seven colours of the rainbow body, which is then experienced through the seven chakras in their different vibrational colours within the body of duality. *More.....*

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

These three courses will complete this Series



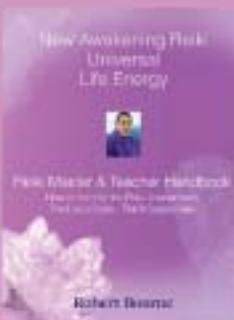
The Seekers Guide for a New Awakening

Essential Teachings for Your Spiritual Enlightenment
The Excellent You – How to get what you really want
Love and Relationships – Creating loving meaningful relationships
The Gateway to Enlightenment – Awakening to Universal Laws
Home Study Material Available
The Seekers Handbook, 6 Audio Course CDs, Meditation CD
Includes Free Spiritual Attunements ISBN 978-0-9561159-7-3



Reiki Healing First Degree - New Awakening System

This Home Study Multimedia Course is all about Healing Yourself, Family, Friends, Pets and Plants
Home Study Material Available
Course Manual, Reiki Music CD, Tutorial Audio Course CDs
Includes Free Spiritual Attunements ISBN 978-0-9561159-4-2



The Reiki Master and Teacher - New Awakening System

This Home Study Multimedia Course Teaches The Reiki Masters Symbol and Divine Wisdom
How to Teach Reiki & Transfer the Spiritual Attunements
Home Study Material Available
Course Book Manual and Tutorial Audio Course CD set
Includes Free Spiritual Attunements ISBN 978-0-9561159-2-8

Reiki Healing Second Degree - £ 9.99



www.new-awakening.co.uk

