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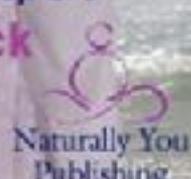


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Become immune to the Coronavirus

When we are in lockdown having to stay indoors to prevent the spread of the Coronavirus what can you do when you are gripped by the fear of dying?

Many years ago I was guided to create a campaign called 'Anyone Can Learn to Heal'. This initiative was to prepare people to become self-reliant for their own health and well-being. It was intended for families whereby one member who had an interest in caring for the family in terms of their health would learn to heal. You only have to learn my multimedia Reiki Healing First degree course to do this and I give this to you free of charge.

Once learnt then in any situation you would not feel helpless and in despair as opposed to having to rely upon the over burdened NHS or your country's health-care system which is only based upon pharmaceutical solutions in helping effects of illness and not dealing with causes.

All doctors know if a person's immune system is strong they will be able to fight off any invading virus which enters their body.

You can learn to heal today and then provide healing for your family members who do not have an interest. Open your mind to the possibility and instead of doing nothing and becoming a victim learn how to heal, empowering yourself.

To help mankind in this time of change I have given all my Healing courses FREE OF CHARGE. Just go to my website and download the home-study courses and it will change your life!!! Then you will be grateful to this virus for helping you discover the power which is lying dormant within you right now! Empower yourself today.

There is a small administration download charge to help recover the costs of the courses professional accreditation and creation.

I hope this helps you in this time of need

The Report

The following report confirms that science has now discovered that good health is dependent upon spiritual qualities; science and spirituality have finally come together. This report might help those requiring a scientific medical approval to prevent their mind in disbelieving healing is all a lot of mungo jumbo. In fact several years ago the NHS created job vacancies for healers to help patients with cancer and other severe illnesses.

To enable you to believe in this new understanding you just have to learn what the science of quantum physics and medical studies has now proven to be a truth.

Neuroscience, DNA and Karma

Early Life Experience: It's in Your DNA

Surprising study suggests experiences while young cause the brain to experience changes to the genome

Science has now proven that there we are in a relationship with our DNA which alters positively or negatively according to our life experience through the epigenome. Our inherited genes therefore do not fix our lives whereby we live according to a predestined outcome. This means the inherited DNA gives us a starting point in creating our biological bodies. We can gratefully accept and benefit from the positive genetic inherited programs of our ancestors but we have the power to change negative aspects, such as hereditary diseases and traumatic responses to certain life experiences. When we change then this will be recorded in our DNA blueprint and benefit our ancestral line. This understanding also proves that the spiritual concept of karma is not fixed as some believe. This means the body is a biological living memory of our ancestors through our inherited DNA and we are something else within this biological vehicle called a body.

Scientific discovery has now revealed that a child's care and their environmental exposure have two distinct effects:

1. The care that a newborn receives in early life is recorded in the memory of the brain which can have profound effects on psychological and intellectual growth.
2. Their experiences are also recorded in nerve cells which create new genetic markers, thus altering the DNA blueprint.

Science has proven that love (care) effects and influences positively the genetic blueprint of a person's body. It has also revealed that our life experience is stored in our brain as our memory and that also influences our behaviour as thoughts when the same behavioural situation is re-experienced. Science is unable to detect our spiritual body (our true-nature) as this is beyond measurement because it is not an object subject to the laws of matter. In truth it can only be known through direct experience or devotional faith.

The two scientifically proven elements which bring about positive outcomes to our DNA and lives are love and thought (beliefs). With this knowledge it makes sense to understand 'who and what we really are' and too transcend our ancestral conditioning with the understanding that we are not this collective memory encoded within the DNA.

Living your life from your True-self of Divine Love and Pure Awareness will therefore make best use of this DNA, transforming your ancestral line backward and forward positively.

The different reports below present these findings using different explanations which I found useful in confirming these latest scientific discoveries.

Epigenetics

How your life could change the cells of your grandchildren

By Kylie Andrews

What you experience in your lifetime can modify your DNA, and these changes can be passed down through the generations. We explain what the new science of epigenetics means for your children and grandchildren.

Everyone's heard of the genome: that double helix DNA code that is uniquely yours, unless you happen to have an identical twin. But there's another layer of complexity responsible for creating us — and that's the epigenome.

The word 'epigenetics' literally means 'on top of' genetics. Your epigenome sits in your cells with your genome. It is a set of instructions that decides which bits of your DNA are activated, or which genes are switched on or off.

While every one of us has one unique DNA code, we all have many epigenomes because every different type of cell in the body — in your skin, fat, liver, and brain — has its own epigenome.

Making music with your DNA

If your DNA is the unique 'song of you', your epigenomes are the audio engineers that decide how that music will be played — which bits are loud, or edited out, whether the melody is dominant or maybe the drums are lost altogether.

Each of your audio engineers takes the same set of musical notes, but creates their own unique production. Similarly, in our bodies our epigenomes manipulate our DNA to create different types of cells.

Throughout your life, your DNA (the 'song of you') stays constant, but your epigenomes (the audio engineers) are more fluid — they change as we develop (such as during puberty) but also due to a host of other reasons that scientists are just starting to understand. These epigenetic changes affect our cells and how they function and therefore the health of our bodies — both positively and negatively.

How are epigenetic changes passed on?

The secrets inside your cells: epigenetics, trauma and ancestry

One of the most interesting and controversial aspects of epigenetics is the concept of inheritance. This suggests that events in our lives can affect our children's development and health, and possibly our grandchildren's.

Similarly, experiences our parents and grandparents had before we were born may also impact on our lives.

"I think everyone's intrigued by this idea they're part of a history that isn't just about the genes that they have, their DNA, that it's also about the experiences that occurred before them to their ancestors. I think this is such a powerful idea," said Rachel Yehuda, Professor of Neuroscience and Psychiatry at the Mount Sinai School of Medicine, New York.

Professor Yehuda studies the impact of traumatic experiences on war veterans, survivors of the Holocaust, of the September 11 attacks, and their children.

She's found that children born after the war to Holocaust survivors with post-traumatic stress disorder (PTSD) were more likely to develop PTSD or depression themselves, compared to other Jewish adults.

These children also shared epigenetic markers with their parents on a gene that made them more reactive to stress.

Adaptation of the Species is now a Proven Science Reprogramming of the DNA according to the environment

By Robert Martone on July 10, 2018

We normally think that every cell in our body contains the same genome, the complete set of genetic information that makes up the biological core of our individuality. However, there are exceptions where the body contains cells that are genetically different. This happens in cancers, of course, which arise when mutations create genetically distinct cells. What most people do not realise, however, is that the brain has remarkable genetic diversity, with some studies suggesting there may be hundreds of mutations in each nerve cell.

We know that the activity and organisation of the brain changes in response to experience. Memories and learning are reflected in the number and strength of connections between nerve cells. A new study makes a remarkable connection between experience and the genetic diversity of the brain. It suggests that experience can change the DNA sequence of the genome contained in brain cells. This is a fundamentally new and unexplored way in which experience can alter the brain. It is of great scientific interest because it reveals the brain to be pliable, to its genetic core, in response to the world.

The genome is the molecular signature of identity. The sequence of DNA contained in our genomes distinguishes each of us as unique individuals, and changes in that sequence are relatively rare. Genomic changes typically arise from rare errors during cell replication, or from exposure to carcinogens or radiation. Here, experience has an equally powerful capacity to change the genome, but only in cells of the brain. The care that a newborn

receives in early life can have profound effects on psychological and intellectual growth. Attentive nurturing, feeding and grooming can reduce stress and anxiety and enhance psychological wellbeing. On the other hand, indifference can lead to increased anxiety and impaired psychological adjustment. This study reveals that one way the quality of early care could cause lifelong changes in behaviour because it changes the brain's inherited genetic nature.

In this study researchers identified natural differences in the quality and abundance of maternal care provided by mice based upon measures of time they spent grooming and nursing their pups. They identified groups of animals that provided either high or low maternal care. They then examined brains of their pups for differences in markers of genomic change.

Many of the differences in the genomes of nerve cells are due to the presence of mobile genetic elements called retrotransposons. These are stretches of DNA that can be copied and, as the name suggests *transposed* or incorporated into other areas of the genome. This study measured the accumulation of these mobile genetic elements in the brain as a consequence of maternal care. Mobile genetic elements accumulated in specific regions of the brains of mouse pups if the pups had poor maternal care. If a pup was born to a mother animal that provided low maternal care, but raised by a mother animal that provided high maternal care that accumulation of mobile genetic elements was eliminated. This supported the idea that the accumulation of genetic elements was due to the care provided by the mothers rather than some inherited difference. Most of the excess was found in the hippocampus, a region of the brain involved in memory, but not in other regions of the brain, nor in a completely different organ like the heart, suggesting a very specific impact on brain mosaicism.

The authors also report that the changes in levels of mobile genetic elements might in turn be mediated by a modification to the genomic DNA known as methylation. Methylation is not itself a change in the DNA sequence, but it can alter when and how DNA sequences are read and utilised by the cell. Pups raised with poor maternal care had decreased methylation of key regulatory sequences in the mobile genetic elements which in turn led to increased numbers of these elements and increases in their activity.

Linking early experience to the genomic variability of nerves suggests that early experience leaves an irreversible genomic imprint in the brain. This is an intriguing new twist on a debate that has been raging for centuries concerning the importance of nature versus nurture in behaviour. This study implies that nature and nurture are not as independent as may have been imagined, and that nature is not as immutable as once thought. Nevertheless, this is a provocative study that links early experience with the genetic structure of neurons, and that highlights the remarkable plasticity and adaptability of the brain.

Your Childhood Experiences Can Permanently Change Your DNA

An investigation into more than 500 children shows that upbringing can have dramatic effects on human health

By Lorena Infante Lara

DNA is the genetic material that makes us who we are, determining our physical characteristics and even helping to shape our personality. There are many ailments that have a strong hereditary component, Alzheimer's, Huntington's Disease, cancers and diabetes among others and the risk of suffering them is passed down from our parents through our DNA.

But we're finding out that our DNA isn't always set in stone. Now, a team of researchers from Northwestern University led by anthropology professor Thom McDade have shown that DNA can also be modified by your environment during childhood. What's more, the authors conclude in the journal *Proceedings of the National Academy of Sciences*, those modifications can affect how or when you develop certain illnesses during adulthood.

Their investigation followed more than 500 children in the Philippines and found that certain childhood situations can create modifications in genes associated with inflammation, which affects how prone we are to suffer from certain illnesses. Specifically, these factors included socio-economic status, the prolonged absence of a parent, the duration of breastfeeding, birth during the dry season, and exposure to microbes in infancy.

But what exactly do the findings mean?

DNA is, in essence, a really long text made up of a 4-letter alphabet that our cells use as an instruction manual for making proteins. The order in which the letters are arranged (the DNA sequence) defines the genes that a person has, which remain the same throughout that person's body. Despite that, only some genes (or sentences in the DNA text) are necessary for each cell type to function.

If genes are sentences within the DNA text, epigenetic marks are like differently coloured highlighters that indicate which genes a cell should express (importantly, they do not change the sequence of the DNA). The most important of these marks is methylation, or the addition of a methyl group to the DNA molecule, which promotes or inhibits the expression of certain proteins depending on which gene it is on and where on the gene it is located.

"We could have genes in our bodies that might lead to some bad outcomes or adverse health outcomes, but if those genes are silent, if they're turned off due to epigenetic

processes, that can be a good thing,” explains McDade, principal author of the PNAS study.

McDade adds that, for the most part, once a gene is methylated it remains permanently methylated. Although it is not quite clear how a person’s childhood environment causes the methylation of some genes, it is possible to investigate its effect.

How environment impacts health

Inflammation, the body’s reaction to infections and wounds, plays a central role in human health. It is an important player in many fatal diseases related to old age, like diabetes, cardiovascular diseases and dementia. What’s more, there is increasing evidence that inflammation levels during pregnancy can affect the baby’s weight, or influence whether a baby is born prematurely.

The body must be able to mount an inflammatory response against different threats and threat levels. McDade compares the job of inflammation to the job of firefighters.

Let’s assume the fire is an infection or an injury and the fire department is the inflammatory response. You want the fire department to come as fast as possible and to use the least amount of water to put out any fire, and then you want them to leave. You don’t want them to come into your house with more firefighters than needed and to hose everything down to put out a small fire; nor do you want them to show up to a massive fire with just a bucket of water. Think of the potential damage in either scenario.

The researchers focused on this bodily function for two reasons. First, previous research has shown that childhood environments can cause improper regulation of inflammation during adulthood. Second, they had access to literally lifetimes’ worth of data from a cohort of babies in the Philippines that they could explore for methylation and inflammation data.

The authors determined that the childhood environment of these youths affected the level of inflammation-related proteins (biomarkers) in their blood during adulthood, likely as a result of methylation of some of their inflammation-related genes. The dysregulation (*abnormality or impairment in the regulation of a metabolic, physiological, or psychological process*) of these proteins can affect health and risk of disease.

The nutritional, microbial, psychological and social environments that children are exposed to growing up are critical for their physiology and health later in life, says McDade. As to the effects of specific childhood environments, he pointed to prolonged breastfeeding, exposure to microbes, and an abundance of family assets that led to better regulation of the inflammatory proteins.

In turn, the prolonged absence of a parent, the lack of exposure to microbes, and the lack of family assets were predictive of a higher dysregulation of the inflammatory proteins.

This is not the first time research has shown that a child's environment growing up can help determine his or her future health. This isn't even the first time that scientists have linked environment to DNA methylation and methylation to health (these studies have been done in mice). This is, however, one of the first and most complete investigations that show that epigenetic modifications created by the environment have lasting effects on human health.

Dr Bruce Lipton and Robert Bourne

Psycho-biology, DNA and karmic evolution, quantum physics, thoughts, beliefs and consciousness.

You are made out of 50 trillion cells and the cells are the living entities. You are a community not a single person, but your mind is the government for the 50 trillion cells. The question is do you have a good or bad government?

The body is scientifically or biologically a machine made up of over 150,000 different proteins. The proteins provide for your physical structure and for your life functions. The energy in your body that controls the protein is a vital force. The new science brings back the old story of vital forces controlling life. You are sending out waves of energy throughout the universe all the time and you are also receiving energy all the time.

Now what happens when two energies meet? They become entangled with each other. Now what happens when two waves come together, two outcomes are possible when they are in phase and in harmony they become more powerful. If the waves are out of phase they cancel each other out and conflict arises. Constructive interference is called good vibes and destructive interference is called bad vibes. All animals and all plants communicate with vibration.

When we were young, if we were taught to be sensitive to the vibrations, we would not find ourselves in bad relationships or bad places! We are usually told not to go by our feelings, but to listen to what people have to say. Language was designed to hide feelings! The point is all organisms communicate by vibration and know if they are in a good place or a bad place by reading the vibrations. Humans have that ability but have not been trained to use that ability.

When these wave signals bind to a protein what happens to the protein? It moves! It makes behaviour. If you are healthy, your behaviour is good, but if you have a dis-ease, the behaviour is not right! The outcome or manifest effect life experience of the energy wave movement is dependent upon consciousness and individual subconscious programs for its outcome.

Question: What can cause disease?

Answer: Either the protein is bad or the signal is bad.

There are only 3 ways to mess up the signal:

1. Trauma
2. Toxins! If the chemistry is not good inside the body because the signal cannot be passed through bad chemicals!
3. Thought and entanglement meaning the relationship signal of others. The mind! There is nothing wrong with the body, it's just sending the wrong signal at the wrong time! And of course we now enter my realm of consciousness. The mind thought signal is consciousness dependent.

If you want to use science then you now need to introduce quantum physics as they have discovered three thousand possible outcomes in one moment of time space continuum existence. Only one possibility manifests while the other 2,999 are resting in potentiality. And even this discovery could be the outcome of the belief projected by the mind of Millions of Nichiren Buddhists and of course it's originator, the Chinese sage Tien-Tai.

This suggests measurable reality is a product of thought creation and can change but that also misses the key point. All this is mind created therefore the only solution is to go to the source of life which the mind uses before shaping it by thoughts and beliefs. This is the connection to the pure unchanging consciousness, the light of pure awareness, God, Source etc as this comes into existence before being shaped by the minds thoughts/ consciousness.

When resting in this Pure-Self field of consciousness all other waves can be felt and enter your energy field but because your core inner field is whole and complete it will not have a long term binding effect upon the proteins, which will remain healthy and intact; they will move out of balance by the impact but spring back into a positive shape within a short period of time.

This is where an understanding of mind attachment comes into play. When the mind allows or attaches itself by giving life attention to a negative force or entity (person) then an out of harmony can occur and disease can arise. Wisdom is simple if solutions to conflicts cannot be solved between two different energy fields the health giving sensible thing to do is detach from the negative wave field. This is what a gazelle would do in the presence of a lion, they read the vibration and move away. Otherwise self-sabotage is taking place and again beliefs have to be looked at. Of course if arrogance, ignorance, stubbornness, blindly adherence to some illusionary belief system exists then nothing can change and expect the worse. The illness is a message to inform you that you have got it wrong in some way or you are trapped in lower consciousness and are at the mercy of your inherited karmic ancestral DNA.

The main consideration is looking at the force field we all create, all other investigation is within the dynamic field of change. The force field protects the human being which is always changing according to receiving and transmitting information waves. Most waves bounce off the force field but entanglement allows certain waves to enter the field, those which the mind has an interest in. Remember the creation of karma what the sub-

conscious programs are generating, through the law of attraction become magnets for similar or opposite life entanglements.

Where you align your mind is the key solution to healthy living. To live life from the pure unchanging field of awareness will bring forth the aura of love presence and this will transform all entanglement waves back to the unchanging field of True-self.

Much love

Robert Bourne

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The New Awakening Process

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New Awakening Process and Gentle Touch Practice
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Spread the word with your family and friends
about this exciting new process.

Gentle Touch Practice

Gentle Touch will awaken your True-self

New Awakening Community Support Groups

You now have a copy of
The New Awakening Process
This means you can hold the following key practice groups

Reiki Healing Share Group
Sacred Mantra Chanting Group
Gentle Touch True-self Awakening Group

www.new-awakening.com

Thank you for taking part

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Before starting the Process Read this information

There is an incredible opportunity for mankind to raise its collective consciousness. The world governments are playing a game of chess and have left themselves open to transferring power back to the people!!! Now is the time to share this opportunity because if enough people take part in this Process it WILL transform our Planet. Please share this with your friends and family. Post it on your facebook timeline etc

Together we can make it happen!
Your role is now critical for this transformational opportunity

When I wrote this page I did so because of the outbreak of the Coronavirus. This situation is an opportunity for this Process to flourish in the world and thereby help raise mankind's consciousness to a higher level of vibrational frequency. Doing this will unleash new and repressed technological discoveries, provide new solutions for free energy supplies, cars will run on water, better nutritional supplies and new sustainable economic models of living will emerge that consider the many and not the few. This is the flowering of Love in Action within our society.

Why is it important to introduce others to this process?

Just learning the ability to heal makes this process worth sharing with others. Learning to heal introduces pure compassionate love into the energy system of the body and will have the effect of boosting the immune response to any virus entering into the body. Because of peoples busy lives with work and family they previously have not had the time to devote to the spiritual aspect of their lives. Because people now are having to stay at home they now have the time and motivation to learn this process.

By helping others to awaken from their limited understanding (often referred to as living within the box of personal ancestral DNA, social limitations and conditioning) they will then no longer become controlled by those who wish to condition and redirect their lives for their own benefit.

This brings a new form of liberation to mankind resulting in a new society emerging from this collective transformation. This is something many in the spiritual community have known about and have been desiring for many years.

**There has never been a better time to
Promote this Process**

Starting a support group is therefore vitally important

One main consideration you need to make is whether you want to start a spiritual support group with a few friends or create a larger spiritual community.

This point is very important and to get the very best from this process it is advisable to immediately start a support group with others you know who also want to work through the Process. I say this for two reasons; one, because I have given this process Free therefore I will not be available to answer your many questions which will emerge. The Divine has guided me to create this in such a way that I am not required to support you in this way. The Process contains all the answers you will ever need to awaken to your True-self and for your understanding about what is happening in the experiences you will be having.

We all need support and how wonderful it is when you get those Ah-ha moments to have someone to share them with. A support group is the perfect solution for this. The Divine will work through the group when a question is asked and someone will be able to help. You could start by creating an invitation only Facebook group. There are also many other ready made solutions for this type of group sharing.

About the New Awakening Support Group

New Awakening is a new form of Spiritual Community

This is a new form of heartfelt support community whereby there are no leaders or organisation. It is the members who will be running the support groups themselves with no top-down control. All the New Awakening Process events are run by the members with love and compassion.

The core foundation Truth of Gentle Touch is that we are all spiritually enlightened now, therefore once we come together and connect to the oneness body of unconditional love; the pure light of awareness will guide us to flower uniquely.

The New Awakening objective is in creating as much value in society as possible through the development of people. When people change through personally awakening to love the world and the natural environment also change.

Anyone can run a New Awakening Support Group

If after joining in with us you would like to run a 'New Awakening Support Group' it is simple, just use the material provided to you in the 'New Awakening Process' and get together with a few friends. This can be in any form you like such as; a coffee morning chat and share, or any of our spiritual practice groups, a Reiki Share group, a Sat Guru sacred mantra group, a Gentle Touch practice group etc; it is up to you. You may of course just prefer to work through the process on your own and that is fine.

You could create a Spiritual Community

After creating the New Awakening Process the Divine asked me to share this process with the world. My role is now complete. I am now offering you the opportunity to form a community to share this with others.

You are not required to teach or become a leader

Remember to have fun as there is nothing to teach because all in a group will also be working through the New Awakening Process which contains all the teachings you could ever need. When creating a New Awakening support community you do not have to run the groups, others you know may prefer to do this. Some people prefer to hold groups others prefer to organise and support. A flexible approach is best. This is not the conventional teaching-leader role as it is more about sharing, supporting and practicing together.

I am happy for you to add this process to any groups that you may already run. In fact if you already hold a group and would like to hold more, then this opportunity is perfect for you as it is ready made.

Guidance to help you work through The New Awakening Process

What happens when you are working through the New Awakening Process is that it will trigger many things for you. For example the modules created for Personal Fulfilment are designed to create the best life experience as a separate person. You will discover that the approach in the True-self module will contradict a lot of what is taught in the foundation modules. Both are important for self-realisation.

I have left no stone unturned in providing answers to seeking questions including practices to provide direct experiences for each stage of evolution. Therefore I do not comment upon individual experiences because they are just that, unique and individual. My support is to guide you to discover your inner Divine Timeless Eternal Self and it is this which will guide you through the modules within this spiritual process for your unique awakening.

How to Share Your Experiences

My advice for you is to keep a journal and write down anything that is triggered in you. Work through all eight modules reading all the supporting material as you go, take your time and most importantly carry out the practices to have your own realisation of what is being shared, then you will discover that all of the questions in your journal will have been answered by the time you have completed the whole process.

Reiki Masters and Spiritual Teachers

Wholesale prices for manuals used in your training

There are only four books in print now that relate to the New Awakening Process. The three Reiki Manuals plus 'Living from Love' which is the manual and guidance for the Gentle Touch Practice. Please contact me if you would like to use my books for your students or friends as I can offer you a wholesale price. You can then supply manuals and books in conjunction with groups and training courses you hold.

All other books in the process have been updated and are no longer in print. This is why if you are running a support group it is best if you ask each member of your group to download the complete process directly from my website so they have a copy of everything that it contains.

All the teachings in the New Awakening Process are free of charge therefore you are not able to resell them. However if you are a Reiki Master or Spiritual Teacher you can make charges for any Reiki training courses you run. Without infringement on copyright you may also charge a fee to cover your costs for those attending any New Awakening Support Groups.

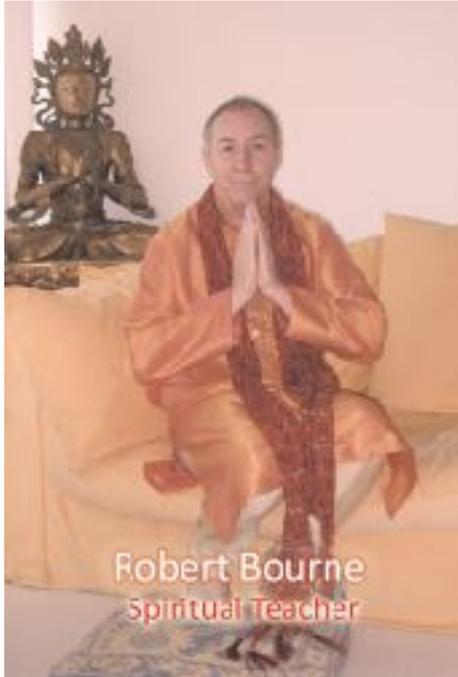
This is an exciting time for you and I know the Divine is guiding you. I will also be supporting you if you wish to run a support group or spiritual community. Once you are up and running I can offer you a training session regarding the Gentle Touch Practice because this does not exist in the world historically.

When Gentle Touch was launched about 30 members tried it and got fantastic results, one lady who works with Angels said she was told that this teaching will transform the world.

You will discover that Living from Love is the final step in the awakening process. Those who can channel Reiki will find it easy to experience the connection to the Presence of Love. The key is knowing how to live from the Presence and not the personality. I have seen many awaken to the presence but then lose it again though not knowing how to surrender. This is what is different from any other processes I know as they don't guide in how to live from Divine Presence.

There is a difference in the energy of the Presence. Reiki comes from the Presence as the healing aspect and does not change the egoic mind. In Awakening to Love the Presence takes over your karmic body and transforms your attachments enabling you to live in the freedom of your True-Divine-Self.

Start a Support Group



It is only natural for you to want to share your experiences with another therefore..... This leads to the final guidance from the Divine, which is that you need to start a New Awakening Process support group or New Awakening Spiritual Community. This way you will have personal support and be able to help others also work through this amazing process.

Enjoy and blessings of love

Robert Bourne
New Awakening Process Creator

Achieving Oneness with your True-Self?

The whole problem is that we do not know what we really are!

The table below shows that there are three problems which cause this veiling of your True-self through the mind miss-identifying with what and who you are. All spiritual practices have been created to bring you closer to, or give you glimpses of and awaken you to your True-self. Because you are a unique individual you will know what spiritual practice within the New Awakening Process will bring about your evolution. The table below has been created from enlightened spiritual masters who know what our problems are and have pointed us to practices and teachings to bring about the release from the limitations we are now living from as a separate person.

Problem	Solution	Method
Impure Mind	Pure Mind	Unselfish Action
Scattered mind	Concentrated mind	Meditation or Mantra
Misconceptions	Knowledge	What or who I really Am

You only require spiritual development practices in the area where your veiling from your True-self exists. For example if you have developed a pure mind it is obvious there is no need to carry what is known as Karma Yoga - unselfish action towards others in daily life. This is because your mind is already in this state of being and you are naturally unselfish by nature.

However it could be that through the helping of others before yourself your mind has become attached to the outcome, therefore your mind being entangled with others is being held in lower states of consciousness and is prevented you from realising your True-self. In this situation non-attachment to outcome has to be practiced.

To develop a concentrated mind which is required for realising the self, Reiki healing, meditation or chanting sacred mantras will be the solution. The sacred mantras in the Sat Guru practice is for those who want a loving devotional practice through worship and surrender of the egoic-self. These practices will bring about more Divine Light in the karmic mind; therefore resulting in transforming the mind into a higher state of consciousness.

If you prefer to practice meditation the method included in the Excellent You is Vipassana, which is a simple method of watching the breath to slow down the mind in line with slow deep breathing. Doing this simple exercise will centre you in the now, focusing the mind into a single-minded state. Reiki healing is a form of no-mind surrender of the ego to a state of pure loving presence, this is also a meditation.

I personally believe that a combination of all three approaches are required until the awakening to your True-self occurs. Dry knowledge alone will bring about enlightenment, however it can be lacking in love. I therefore recommend studying the knowledge to remove the misconception and false conditioning about who and what you are and combine this with any devotional practice, you will then feel the love and bliss of your Divine-self.

The Sat Guru sacred mantra and the Reiki healing practices, which are love and devotion, surrender and worship, will evolve your life by transforming the lower consciousness within the karmic body/mind into a higher consciousness. The karmic body/mind then becomes radiant with Divine Light. This will bring illumination into your life as a direct experience.

Because the mind requires understanding spiritual practices without enlightened knowledge tend to create illusion as I have experienced with the many Reiki Masters and leaders of spiritual practices I have met along the path. I am not against these people it is just a Truth I have witnessed.

The reason for this makes sense if you understand the process the mind goes through when having spiritual experiences. To make meaning of the experience rationalisation needs to be given to them by the mind of the person. Instead of the experience being held in the Pure-Awareness-Self, past spiritual beliefs within the karmic mind of the spiritual practitioner are then drawn upon which are often only partial truths, therefore the mind is once again held in illusion.

Because oneness has not been achieved there is still a separation existing i.e. a now spiritualised egoic person with their spiritual practice trying to become enlightened.

To overcome this problem the Gentle Touch Practice combines Pure Awareness with loving devotion revealing the Truth of who and what you really are. Meditation is no longer required as a practice because you will experience your life in a natural unthinking mind of Pure Awareness; this is simply resting in your true-self being which is a natural meditation in itself.

The Three Spiritual Paths are only a Preparation

Within the Eastern Mystical Indian traditions the enlightened Guru will say you are already the True-self but their followers did not understand this, therefore the practice of Yoga was created to mature the mind to come to this awakening. The three paths they taught were Karma Yoga - unselfish action, Bhakti Yoga - meditation

and sacred mantra practices, and Raga Yoga - achieving self-mastery. All of these practices are contained in New Awakening Process in a modern form.

There will also become a time when there is no person to become the doer because only existing is your True-self. And it is this which will flower into existence through your body. You will be able to function perfectly in daily life living naturally, automatically there is happiness, love and contentment. Wisdom what to do with your life will naturally arise from the inner state of Pure Awareness as and when it is required. Everything becomes a sense of freedom even though you will be living in the constraints of societies laws etc.

Your daily life experience will be transformed by the aura of a natural love presence which arises in this natural True-self Being-ness. The final realisation will be 'I am the Divine-self' with the mind returning to the Divine heart; oneness with the True-self as Sat Chit Ananda. In truth you are already this, however the mind is covering what you are and it this situation you are going to solve with the New Awakening Process.

The Three Stages of a Human Being's Spiritual Development

The New Awakening Process contains eight development courses for all the three stages of evolution which all human-beings go through.

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

The table above shows what each module relates to
in terms of your spiritual evolution

Stage One is Personal Fulfilment

Reiki Healing First Degree
Creating Abundance for The Excellent You
Love and Relationships

Stage Two is Soul Evolution

Sat Guru Sacred Mantra Practice
Reiki Healing Second Degree
The Gateway to Enlightenment
Reiki Master Teacher

Stage Three is True Self Awakening

Gentle Touch Practice

What pathway should I study first?

You are reading this because you have just download the New Awakening Process for your Spiritual Evolution or Self-enquiry to awaken your True-self. I have provided this background help section so you can gain a deeper understanding about all of the eight multimedia courses I have created. You will discover how all the courses fit together in a comprehensive holistic process. To suit your personal preferences there are two different pathways you can select to prepare you for the Gentle Touch Practice of True-self Awakening.

I will share what the different modules are for:



For Spiritual Evolution and True Self Awakening

When you form a support group with some friends or New Awakening Community please note that all the members of your community or support group will also need a copy of this download. **To avoid file alteration please ask them to download their copy directly from our website.** Thank you. Your download contains the complete New Awakening Catalogue containing eight modules. Below I have listed the three key group practices to hold when forming a support group.

Please be aware that the Gentle Touch Practice has a different approach to Spiritual Awakening as it is a non-dual practice. This means you stop practicing spiritual methods as 'a person'. While you are resting in your True-Awareness Self, just being, you allow the Presence of Love to transform your daily life experiences.

Your Download Contains

1. Reiki Healing First Degree - *Group Share*
2. Meditation and Creating Abundance
3. Love and Relationships
4. Reiki Healing Second Degree
5. Sat Guru Sacred Mantra Practice - *Group Practice*
6. The Gateway to Enlightenment - Spiritual Laws
7. Reiki Master Teacher
8. Gentle Touch Practice - *Group Practice*

For Your Spiritual Evolution - 1st pathway



This is a good option if you have just started on your spiritual journey or want to enhance what you have already learnt. Because you are a unique human-being it is important for you to start from where you are now and you will discover that as you change using this process your desires will also change. Fundamentally everyone wants to have a positive, happy fulfilling life, so this will be your starting point.

New Awakening Reiki Healing contains much more than what is normally taught in the Western world. It is a Divine loving spiritual pathway to develop sensitivity, love and compassion. This option also teaches Divine Wisdom through learning the spiritual laws of life that govern our dualistic world. Learning this process will prepare you for a beautiful True-self awakening to the oneness of existence as taught in the Gentle Touch Practice.

I incarnated with this ancient mystical pathway within my soul body and it has been part of my mission to revive these spiritual gateways which are alive with Divine Presence that have been used by Masters for many centuries. You will discover that this system contains much more than what is taught in most Western Reiki courses.

This is a beautiful process containing six professionally approved courses. You will discover the presence of love when reading and listening to the audio tutorials as this was written from the presence of divine love with compassion. This process is complete in itself and is what many Reiki students and Masters in the world today have studied.

The modules to study if you are attracted to this pathway are

1. Reiki Healing First Degree
2. Reiki Healing Second Degree
3. Reiki Master Teacher
4. Meditation and Creating Abundance
5. Love and Relationships
6. The Gateway to Enlightenment - Spiritual Laws

If you enjoy sacred mantra chanting and are not drawn to Reiki you can take the alternative pathway; the 'Sat Guru Sacred Mantra Practice'. Both of these options prepare you for the non-dual Gentle Touch True-self Awakening Practice.

For Your Spiritual Evolution - 2nd pathway

Sat Guru - Sacred Mantra Practice

This practice is for those who enjoy chanting sacred mantras to express loving devotion to their Divine. This is an alternative route to the New Awakening Reiki option. Both routes will prepare you for the Gentle Touch Practice and both options contain the two elements of Practice and Study.

This practice will bring more light to your aura thus creating more value on this planet earth. To create a chakra awakening experience the sacred mantras have been carefully selected from direct feedback of many Satsang circles. The mantras only contain the original root Sanskrit words; all additional wording has been removed. For your study element in preparing the mind with the spiritual laws of existence and for your personal fulfilment this practice also contains the three courses in the Seekers Guide.

The modules to study if you are attracted to this pathway are

1. Sat Guru Sacred Mantra Practice
2. Meditation and Creating Abundance
3. Love and Relationships
4. The Gateway to Enlightenment - Spiritual Laws

All pathways lead to your True-Self Awakening

Gentle Touch Practice

You would want this option if you have some experience of spiritual practices and meditation but are now wanting to discover your True-self. There is a complete change of approach in the 'Gentle Touch Practice' to all other New Awakening courses. You will be awakening the Divine presence within you which you will then live from. This means that you 'the person' will stop all past spiritual practices or meditation when in this new practice. Eventually the Presence will become very strong and you will awaken to your True-self. It is a gentle process which is not forced in anyway. Eventually your life becomes a no-person existence, living life directly from your Pure Awareness Self in the Presence of Love.

New Awakening

What each course will do for you

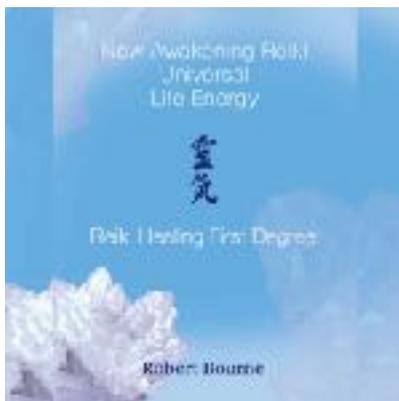
When someone orders 'The New Awakening Process' they realise that there is a lot of multimedia material in their download. I quite often get asked "How should I work through the different courses" or "What course should I study and practice first" or "In what order should I work through the different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

I have provided this background help section for you so that you can gain a deeper understanding about all the home study courses I have created for your personal development and spiritual evolution.

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

The following three courses have been created to achieve this

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



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

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

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



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

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

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

I have added a bonus workshop in this course called 'Creating Abundance' which is based upon DVDs like 'the secret'. This module is about achieving the life of your dreams. There is also has a section called 'the key' which will teach you how to overcome and change the blocks that are preventing you for getting the things you want in your life. From a spiritual perspective the Divine is beyond the known therefore to develop a positive personality that can say, 'Yes' is the first step to full spiritual awakening.

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



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

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

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

Spiritual Laws and Sacred Mantras

The Spiritual Laws of Existence - The Universal Mind

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

Four courses were created for your Soul Evolution

4. Sat Guru Sacred Mantra Practice



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

Part One of the CD: Mantras 1-6 The journey begins with Ong Namoh inviting the inner Guru, the Divine Mind into the heart through the surrender of the ego (*limited conditioned personal mind to accepting not-knowing*). In mantras 2-5 a going home experience happens by moving down from the head to the heart chakra (*Divine love intelligence*).

Part Two of the CD: Mantras 6-8 The journey in part 2 starts with Sita Ram inviting the Divine into the heart. The heart has now been prepared for the dissolving of soul illusions through embracing Shiva in mantras 7-8. The final step is to awaken the inner Sat Guru ~ Brahma Nandam ~ Mantra 9.

You will use this CD to join or hold a sacred mantra singing group within a New Awakening Support Group. This CD is a transformational experience to achieve 'Freedom from the limited conditioned self' so the soul radiates more divine light. This is the key practice in soul evolution (*option two*) to prepare for your True-self Awakening in the Gentle Touch Practice.

5. The Gateway to Enlightenment



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

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

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

6. New Awakening Reiki Second Degree



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

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

This is very profound to awaken this understanding through a direct experience. The 'New Awakening Reiki Healing Second Degree' forms the basis for the 'Gentle Touch Practice'.

7. New Awakening Reiki Master and Teacher



When the spiritual openings in the New Awakening Reiki Second Degree have been established, the heart chakra of the student can now fully open, radiating Unconditional Love for all of mankind.

This final module in New Awakening Reiki Healing completes the circle, whereby you learn the ability to attune others to Reiki healing, helping them progress on their unique spiritual journey.

The New Awakening Reiki Master Teacher is about attuning others. It is the oneness energy of unconditional love which enables this to occur through the Divine chakra.

The four modules for Spiritual Evolution

The four courses above (modules 4-7) will start transforming your soul body to a higher vibrational frequency or consciousness. For those on their spiritual journey who want to leave no stone unturned the combination of these four courses create a solid foundation for your life. This will make the final stage of awakening into living life from a state of Divine love, very easy.

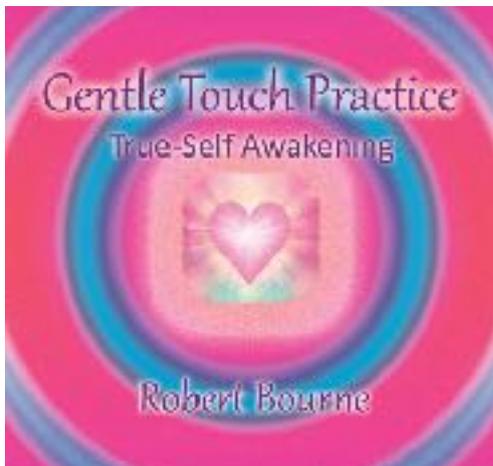
The other key point most people do not realise about learning spiritual practices is that when you are living from your True-self your divine will be able to use much more for your life's experience. You will become a blessing to mankind without the person trying to create value or having to practice anything at all.

The Final Stage is Spiritual Awakening

All the courses in the New Awakening Process are teachings from a past enlightened master. The Gentle Touch Practice is the exception as it is rooted in Divine truth from the universal enlightenment mind which manifested through Divine Grace in 2014, therefore it is a teaching not attached to a past interpretation.

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

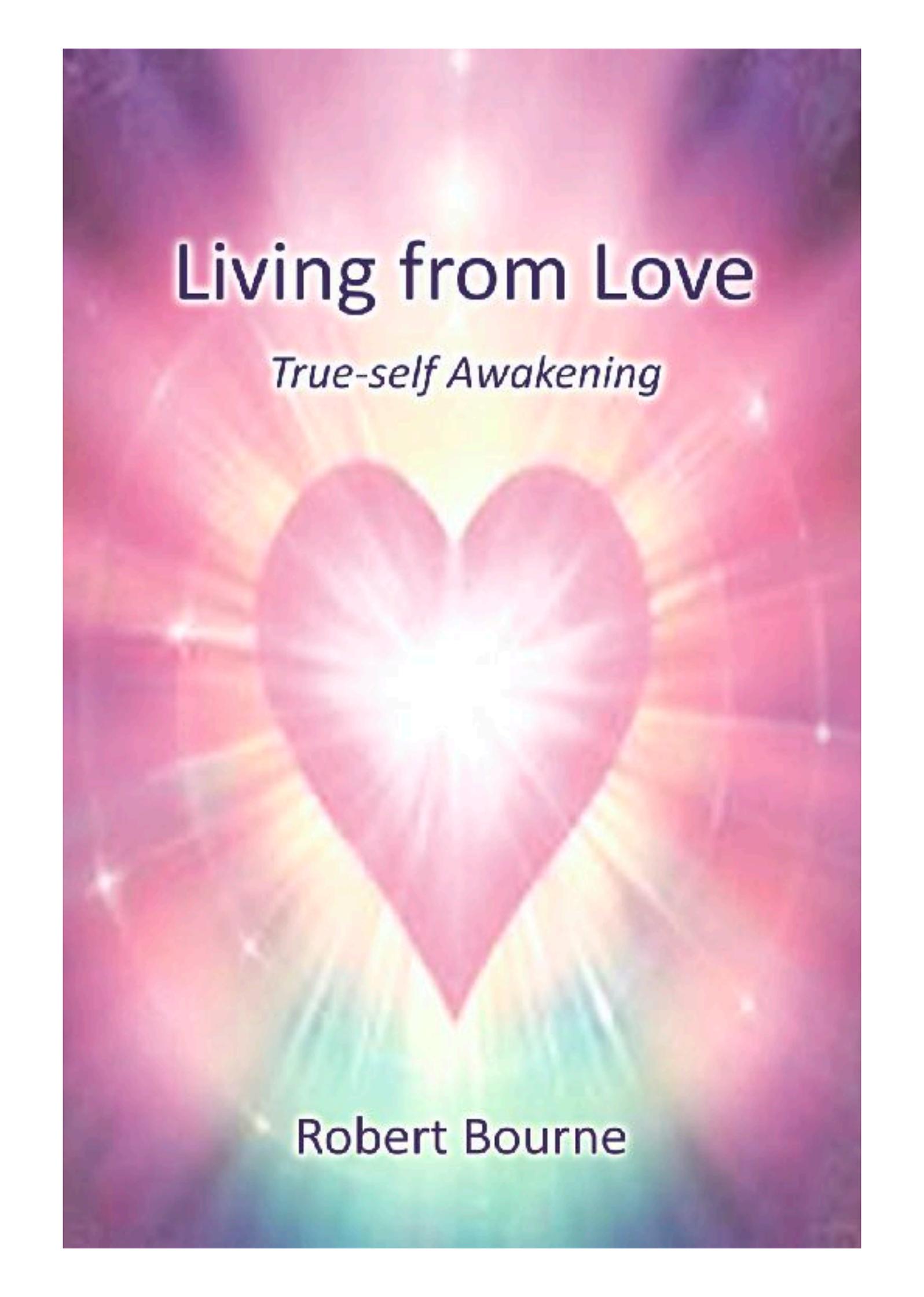
8. The Gentle Touch Practice



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

The main difference at this stage of evolution is that you are practicing to awaken the Divine presence of universal love.

Once you have a direct experience of this then you give your daily life experience (*normally this is your past mind's creation*) to the conscious love presence to transform and re-direct your life actions. Divine wisdom will arrive in a knowingness as opposed to knowledge about what to do in essential life moments. This is an advanced stage of spiritual evolution whereby you are being the unique you in your true Divine-self; it is a mystical state of being.

The background of the cover features a large, glowing heart in the center. The heart is filled with a bright, multi-colored light that transitions through a rainbow spectrum from purple at the top to green at the bottom. The heart is surrounded by a grid of faint, glowing lines, and there are several bright, starburst-like light effects scattered across the background.

Living from Love

True-self Awakening

Robert Bourne

Living from Love Background

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

The sacred teachings in 'The Divine Message About You' contained in the Gentle Touch Practice are different as they reveal the truth about who we really are. It is the right time in mankind's evolution for these truths to be revealed to everyone on the planet. It is these teachings that are at the core of every living being on the planet.

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

When the 'I' drops back down from the mind into the oneness heart of Unconditional Love and Pure Awareness we are the God-self. It is this we have to awaken in place of our personal limited mind identity. It is not until a oneness of the human-being and the Pure, Divine, Eternal Being (named God by many different faiths) is established that mind illusion is removed. The good news is that this is within you right now.

The mind only identifies with life from its personal mind-body survival perspective seeing life only in separation, me and the other. From this understanding God is left out of the daily life creation process. The individual person's desires for happiness to be experienced becomes based upon a lessor consciousness within the mind and the personal struggle begins. Unshakable happiness, love, peace and contentment can only be found when you are resting within your heart centre.

The Gentle Touch Practice is about re-establishing Truth through direct experience. By awakening the Divine Love Presence as a direct experience we will eventually discover that we are all one with God and life will then be experienced in a new way.

The key to transformation lies in surrendering all of what we think we know and connecting with God's Love. Our beliefs and knowledge are limited and in most peoples lives their mind is creating disharmony and therefore bringing about unsatisfied desire resulting in their unhappiness. It is our minds that require transformation from self-limiting beliefs and illusionary concepts about who we are.

The Gentle Touch Practice de-clutches the mind allowing the True-self Divine Love Presence awakening to occur and illusion to be seen. When this happens a period of gentle transformation occurs by living life in a new way. Your transformation happens by staying with life's present moment awareness in the now and allowing the inner Divine Love Presence to transform that which is manifesting in your daily life experience. This creates a new freedom. God is now looking after your life!

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

The golden pure awareness Divine consciousness has presented a bullet point statement of sacred mind truths about who we really are. These truths are in the book called '*Gentle Touch Practice: The Divine Message About You*' which you can buy or will receive in the Gentle Touch Practice download. There is no connection to any religion because the universal truths you will read are the source of all religions.

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

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

The interpretation within all religions of their enlightened source also tends to lose its mystical awareness, as a more literal sharing according to the disciples mind's understanding of the Master's Divine oneness love presence becomes a teaching. This then becomes a religious text that is also open to editing by corrupt individuals.

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

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

Today I am aware of living enlightened gurus and masters who talk about these truths but they are very concerned not to provide any teachings for us to refer to, because of this fact. This Book and practice has manifested in my life to help you.

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

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

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

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

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

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

After completing this new practice called 'Gentle Touch' the awareness then guided me to form a community of people throughout the world who wished to live their lives from unconditional love, living in the Divine presence of universal love. The amazing thing about this new practice is that it is easy for anyone to do. Those who wish to run a support group do not require any training because all the teachings and attunements are included in the New Awakening Process download.

The Difference Between 'Gentle Touch' and all Religions

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

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

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

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

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

The Gentle Touch approach brings instant Liberation

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

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

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

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

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

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

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

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

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

It is through awakening to this truth that transformation of your life occurs naturally over a period of time, 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 practice this new type of meditation/awareness to connect to the presence of love that will transform your life.

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

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

Living From Love Awakening Practice

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

When you know who you really are you will unlock a hidden source of Love at the center of your heart. This book contains the manual for the Gentle Touch Practice explaining how to rest the mind in the stillness of just 'Being' allowing the flowering of your True-Self to emerge and transform your life.

You can download the Gentle Touch Practice from our website or stream it from Spotify or Apple music etc



www.new-awakening.com

Testimonials

What Others Say about The New Awakening Reiki Healing Training

"THANKYOU THANKYOU THANKYOU Robert for your work in spreading the Reiki Energy and Wisdom! I have bought your books and am listening to your audios. Thankyou for sharing this awesome and life changing material....you can probably tell I am a bit grateful...! I have already received attunements elsewhere and these new energies are expanding my previous experiences enormously!!... Did I say thank you!.... *NAMASTE!" Kirtan Australia*

I am so excited about continuing with 'The New Awakening Reiki Master Teacher' training...

I am so excited about continuing with 'The New Awakening Reiki Master Spiritual Teacher' training. I feel very different since the attunement, the only way to explain it is I feel like a new person, and I have continued to feel better each day. The one area of my life that seems to have changed a lot is organisation which I needed, and to find time for myself, work is work and to be more efficient and happy with my work I need time to myself to submerge in areas that interest me. I also really understand the area of having to heal yourself before others a lot more. Actually I should have mentioned to you also I did a treatment on Chloe my daughter and Jonathan my partner, they had trouble with knees, my partner in particular was in quite a bit of pain in the mornings, but it all seems to have gone and he hasn't complained once, in fact he seems to be a lot happier all-round as well! And Chloe hasn't mentioned any more pain either. *Louisa from Cyprus completed Stage 1*

New Era for Reiki with New Awakening Reiki Course

"Hi everyone! I have a quick blog today regarding Reiki training. I recently had the pleasure to refresh my spirit and renew my commitment to teaching with The New Awakening Reiki Healing Home Course offered by Robert Bourne. (*There is also the option to study personally with Robert*) His courses are comprehensive yet easy to learn, healing, affordable and perfect for novice and master alike. The books are well written and clear. The Mp3's and Videos help to fortify the learning experience and allow you to use the course on your digital devices.

Many of us have learned Reiki from an oral tradition here in the US, and it's enlightening to understand the full history and train through The New Awakening Reiki Healing Course. If you're drawn to learning more about Reiki (*and if you're reading today's blog you probably are*), it's history, and it's new direction in this exciting era of ascension, I highly encourage you go to Robert's site and take a look at this beautiful opportunity to learn about Reiki, receive the attunements, or continue your professional education. Enjoy the beauty and grace that is your spirit. Reiki Blessings!" *Margaret Nock - Certified Professional Evidential Medium US*

I love your video its very helpful

"I love your video its very helpful I have started doing Reiki, I am a Reiki master/teacher but have learned more from you than my teacher, I did not have much confidence in doing it after I qualified but this has now changed thanks to you, Thank You" *Vishnu India*

As I read it I'm changing

"As I read it I'm changing – it's wonderful. I now want to use the 'Love & Relationships' material for the 'Sufferers of Abuse' support group that I run. The courses are now making everything come alive in my Reiki Master practice and what I have previously learnt in my assertive training. I had to phone you to say Thank You." *Maria Williams - Reiki Master Teacher UK*

Fantastic... I was skeptical about doing Reiki degrees this way....

"Fantastic... i was skeptical about doing Reiki degrees this way, but as long as you're prepared to work through the information thoroughly, then everything is there that you need to know at this level when used in conjunction with the MP3 audio downloads and FREE video tutorials via the authors website... EXCELLENT"

Review on Amazon by Mrs E. M. Barker

It is great, I really appreciate your course...

"Today, I have finished the module 1 New Awakening Reiki Healing First Degree: - Introduction to the seekers guide for new awakening - Reiki healing first degree - All MP3 - All videos, I also did the self-attunement. I can tell you that I really appreciate your course. I have begun to practice the exercises in the module 1. It is great. I will continue this week with module 2. Have a nice day, Namaste" *Jean-Marc Canada (Studying the complete New Awakening Spiritual Process)*

I have some good news to share with you...

"I have some good news to share with you regarding some of the people I've been treating recently with New Awakening Reiki. Someone has a lack of ferritin that stores the iron in the body and doctors were afraid that she might have hypothyroidism. She was taking iron injections and capsules for two weeks with no good results. I suggested to treat her with Reiki for 3 continuous days, three sessions one hour each. After the Reiki sessions she had a new blood test. The blood test results showed amazing results the ferritin level went up from 3.9 up to 35 in one week, even the doctor was amazed, he did expect a slight increase but not that much. This is one of the cases that makes me feel that I'm on the right pathway and this is what I should do for more people to help them in any way that I can. I just wanted to share this good news with you." *New Awakening Reiki Practitioner - United Arab Emirates*

Experience after the Reiki Master Attunement

Experience after the Reiki Master Attunement: "That was awesome, I am blessed with spontaneous Kundalini awakening, which I have been living with for 20 years or so now and am very sensitive to energetic fields and shifts. I felt blessed, uplifted and deeply expanded during your ceremony here. Thank you - OM" *Blue Jay Press Australia*

Thank you very much for this video...

"Hello Robert, Thank you very much for this video. Like you said in the video: I'm one of those persons that was attuned to Reiki 1 and doesn't have a couch at home. During my Reiki 1 course I was taught how to treat on a couch, but not on a chair. This evening I treated a person just like you did on this video and it worked beautifully, even better than I could possibly hope for. The person could even feel the presence of deceased relatives and was touched by one of them. This I found quite astounding, I never experienced something like that before. But again: thank you very much. I will use your method from now on. Kind regards, warm greetings". *Pascal Smit, Amsterdam, The Netherlands*

I found the books so inspiring

"I found the books so inspiring and after reading them I just wanted more of it. I had to go on to listen to the CDs. What happened then was magical; the voice on the CDs made it all come alive in me." *Jenifer USA*

Robert was mindful and considerate of our individual Reiki traditions ...

"I decided to attend the whole of the New Awakening Spiritual Process, even though I am a Master Teacher with 8 years experience, actively practicing, teaching and hosting share days. I wanted to take this opportunity to add to my knowledge base and to experience Robert's format. What a wonderful learning opportunity it all turned out to be, to experience first hand how Robert practices, teaches and attunes. The last 2 days were a delightful mix of unravelling queries, gaining clarification and with the Masters attunement so powerful and very moving. All the while Robert was mindful and considerate of our individual Reiki traditions and it's great to know that we can continue to work in our existing way whilst embracing all that comes with the New Awakening Spiritual Process." *Sue Aston-Green ~ Reiki Master Teacher UK*

I just wanted to tell you how much I enjoyed the workshop

"Hi Robert. I just wanted to tell you how much I enjoyed the workshop last weekend. I found the course very interesting and inspiring ~ and the meditations and attunement have helped me immensely. I find it so much easier to relax and tune in to myself/spirit and recover from 'the outside world' after a busy day at work. It was lovely to meet someone who is so in tune with life/spirit/universal energy, etc." *John UK experienced the module on Love and Relationships*

Thank you so much for your friendship and support

"Dear Robert, Thank you so much for your friendship and support. The courses in The Seekers Guide for a New Awakening are superb and I am getting so much out of reading them. The Love and Relationships material is excellent!" *Lots of Love Kate UK ~ Reiki Master Teacher*

Thank you for being a great source of support and encouragement

"Dear Robert, Thank you for being a great source of support and encouragement over the last year. The excellent courses I have taken have enabled me to make some major life changes: boosting my confidence and helping me through a difficult personal period in my life. After healing myself I am now able to offer my healing services to help others. I can honestly say that the feeling of Love is overwhelming." *Love and Light Sandra UK*

It's so inspiring being with you...

"Hi Robert, Thank you so much for today. I'm really excited about all this again, it's so inspiring being with you. Once again many thanks for today, it was great." *Love and Light Keith ~ Reiki Master Teacher UK*

I feel I channel Reiki much more strongly than before

"I found the New Awakening Spiritual Process very effective and uplifting. It was structured yet informal, with plenty of opportunity for me to bounce ideas about. I worked with Reiki in a way I had never done before, really experiencing the energies, and since then I feel I channel Reiki much more strongly than before. I came away from the two days full of enthusiasm and excitement for the future, and I am now looking forward to fulfilling my spiritual role in helping others feel the same." *Kathy Nicholson UK ~ Reiki Master Teacher*

I would like to express my heartfelt thanks to you

"I would like to express my heartfelt thanks to you for the work you are doing in making Reiki accessible to the world by flowing naturally with the stream of what your heart feels is right for our times. Your multi-media course is an excellent learning tool not only for those who wish to learn Reiki, but it also integrally imparts a solid foundation in helping people develop spiritually. Much of the material in The Seekers Guide for example, is familiar and used by me in my healing work as a Holistic Healing Practitioner, Spiritual Counsellor, Spiritual Life Coach and Soul Plan Reader. I have already recommended your course to people and sincerely wish you abundant success always. Namaste" ~ *Janice Trachtman ~ Reiki Master - London*

Book Reviews taken from Amazon

Reiki Master and Teacher Handbook is Mink Minding's (USA) "My Favorite Spirituality Book"

Connor James (USA) says "Reiki Healing Second Degree is essential Reiki Spirituality reading!"

Comments posted on my YouTube channel about the FREE videos

After experiencing the Reiki Master Distant Attunement. "That felt *remarkable*, thank you! I am a Level III Usui Reiki teacher and healer, light warrior, and all around good girl" ~ *YouTube Bononcausak USA*

"I got to get my Father in Law here, he would love your tips. You communicate really clearly. Keep up the great work." *by LW Reiki Master Teacher, Glastonbury, UK*

"Love your channel! It spreads love! May peace surround you!" *by Thaloukos, Greece*

"This is a great channel!!! Love and light to you." *Jacque and April UK*

"Very beautifully done videos, great work! Thank you for your contribution to Reiki! Namaste." *by Cyndy USA*

"Thanks for spreading universal love my friend. I appreciate the light you shine." *by Ben USA*

"Awesome channel! Glad to have found you. Thanks for sharing." *by Lis USA*

"Thank you so much for your great talents. I find your videos so relaxing and informative. They are so enjoyable to watch." *Rob Tully Canada*

"The most awesome Reiki training course ever seen by me. Recommend it to anyone thinking of following the path of the New Awakening Reiki. Namaste. Thank you Robert." *Mr D Dalton UK*

"Sir I am really give my thanks to you that I have Reiki Master from you and now I have attuned a number of people, and they are getting amazing results in healing their diseases and their daily life problems." *Usman Ghani Pakistan*

Experience about 'Awakening into Oneness' through the 'New Awakening Reiki 2nd Degree'

Namaste Master, Love and light always

I am sending you my experience after completing the training you provided me.....

Cho-Ku-Rei is very strong and bolder by nature. Earth related and gives a secure feeling. I felt it a little above my brow chakra in Red plus white light.

Sei-Hei-Ki is light, subtle and soft by nature. I could see myself inside an extremely huge crystal filled with star like space and I became one with it. My feelings were very neutral and light.

Hon-Sha-Ze-Sho-Nen is deep and stronger by nature filled with bliss. When I was inside that lovely symbol, I could see inside me all 5 elements (water, fire, air, space and earth) plus bright light. I heard my own voice that everything (creation) is Inside me and I am in everything; I felt one with all.

Sudden joy filled bliss exploded throughout my body and filled my consciousness.... Suddenly Cho-Ku-Rei was on my foot and Sei-Hei-Ki was on my heart and Hon-Sha-Ze-Sho-Nen was over my crown. All three energies and symbols aligned in single line and became a lovely light. This gave me a feeling that can't be explained by words. I felt very merciful to all. Then I saw an outline with lovely blue around me (already light body) surrounded by extremely huge light body similar like mine. I felt that I belong to that and became one with that huge light! I also knew that the light is me and everything around became white. Although I was inside my home I was not able to see the walls..... instead I saw a huge white space. I then felt all three symbols are one but each one has a different role according to our needs and that they also teach us.

After this meditation.... I felt very energetic! This what I felt about those three(one) energy body. I understood what oneness is now. You and me and all are not different, but ONE and the same with the higher self.

Thanks Master! Love you very much, *Sreenikanth - Bangaluru, India*

Testimonial by Elizabeth about the New phenomena of a Golden Ray Transfer

Background: Elizabeth had completed her Reiki Masters with Robert in 2007 and was studying the Gateway to Enlightenment a course for Divine wisdom found in the book 'The Seekers Guide for a New Awakening'. Mary had received training in the New Awakening Spiritual Process at the stage of the golden ray oneness attunement. They were both taking part in a Reiki friendship sharing day and this is what they experienced:

"We held our Friendship Day on Sunday 20th July 2008 and although the group was small, only 4 people, we had a very interesting spiritual phenomena occur! We split into two groups of one on one healing, Mary teamed up with Elizabeth this is what happened.

Elizabeth received a direct transmission of a Golden energy that caused her whole body to shake. Mary was guided to place her hand over the heart chakra and the base chakra like chakra balancing about 10-12 ins off the body. Mary experienced a different type of energy transfer from Reiki - its quality was stronger and had a feeling of being more solid.

Elizabeth reported a beautiful inner awakening connection of a golden energy that she could recall with her intention whenever she wanted it. When she did all her hairs stood on end. I am waiting to speak with her today to discover any more news. To me it looks like the transfer of 'The Golden Divine Wisdom Ray', the awakening of the inner dweller - the guru within."

We have heard from Elizabeth the following day and she has been 'walking on air' all day. She was walking around Exeter with her daughter who has Reiki II and her daughter experienced severe pain in her legs which is an ongoing problem that Elizabeth has tried unsuccessfully to treat with Reiki before. They sat in the car and Elizabeth put her hand on her daughter's knee and very quickly her daughter was able to walk easily again. Sounds like a miracle out of the Bible. The other thing that Elizabeth reported was that her Reiki healing has deepened and strengthened and her distant healing is much stronger.

We are all delighted with what has happened since deepening our Reiki training through the New Awakening Spiritual Process. *Mary and Elizabeth Reiki Master Teachers UK*

What others say about their Experience of Chanting Sacred Mantras

What happened at a Sacred Mantra Group Event

Thank you for a wonderfully uplifting evening Robert. We all very much enjoyed the vibrant energy activated by the Satsang. Looking forward to the next event.

Aloha - Lin Lovel - Spiritual Teacher Plymouth

Thankyou Thankyou Thankyou....it was a lovely time and a pleasure to finally meet you at Lin's tonight - *Gina*

How to Feel Blissed out without taking Drugs or Drinking Alcohol!!!

The feeling after singing two mantras is just like when you have had a few drinks and feel lovely and light headed - wow this is great feeling high without feeling drunk and its FREE!!! *Jane and Donna Plymouth*

Freedom from the Conditioned Self - from the Egoic Personality

My mind feels like an empty space - there is no thinking there this is really great to feel so much freedom. *Max*

What happens in an individual one-to-one Sacred Mantra Session

"Hi Robert. I just want to thank you for the wonderful day. I now feel really really good! I am sorry if I talked too much but I ended up really enjoying the Satsang mantras and your help in getting me there. For the first time I let my guard down that I have been keeping up for a long time. The feeling I experienced was like a beautiful nothingness but knowing that there is something there. Thank you for that. But enough talk as it is just good to feel the peace." *Ana Portugal*

Returning to your True Self

"Wow it is amazing it feels just like going home! I can't believe where the last two hours have gone!" *Sally Yoga Teacher*

Gentle Touch Practitioner's Experiences

Gentle Touch is now being practiced in the UK
throughout Europe, USA and Australia

"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 knowledge in The Divine Message in Gentle Touch Practice - 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 cant 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*

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 fetus in white cloud and then as I looked behind it there was another fetus-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 fetus. 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 fetus sank back into the second one, which in turn, sank back into the dark fetus.

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*