

The Download Help Guide for the New Awakening Process

The complete download with its eight modules has been organised in five separate folders. A checklist is attached below so you can see what each module contains.

To get the best experience download the process by using a laptop PC or Mac. There is a note below for Mobile phones, iPads or a Chromebook which can only connect to the web and can't download the process to your folders. You can view everything it contains through the Dropbox website unless you use the Dropbox app which I recommend.

Please note the download link will expire in 2-3 days

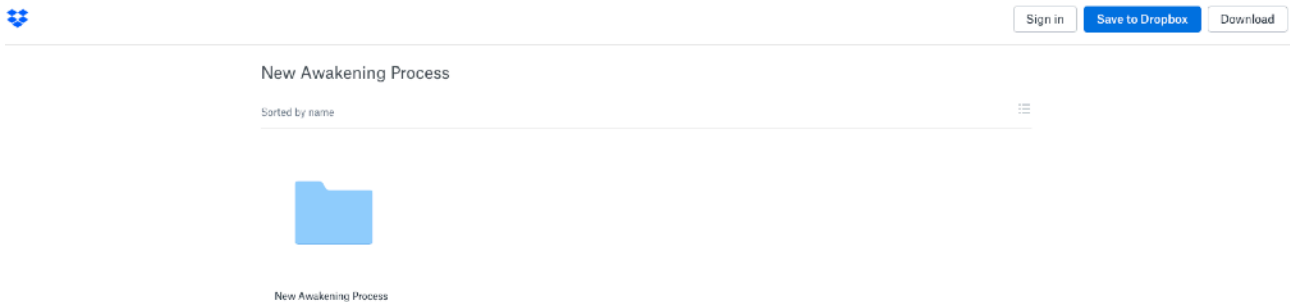
Download Folder Name	Download Size	Time to download
New Awakening Process	1.78 GB	5-20mins depending on broadband speed

DO NOT DO ANYTHING WHEN THE DOWNLOAD HAS STARTED

The Direct Download Process in one click

1. Click on the link you have or paste it into your web browser.

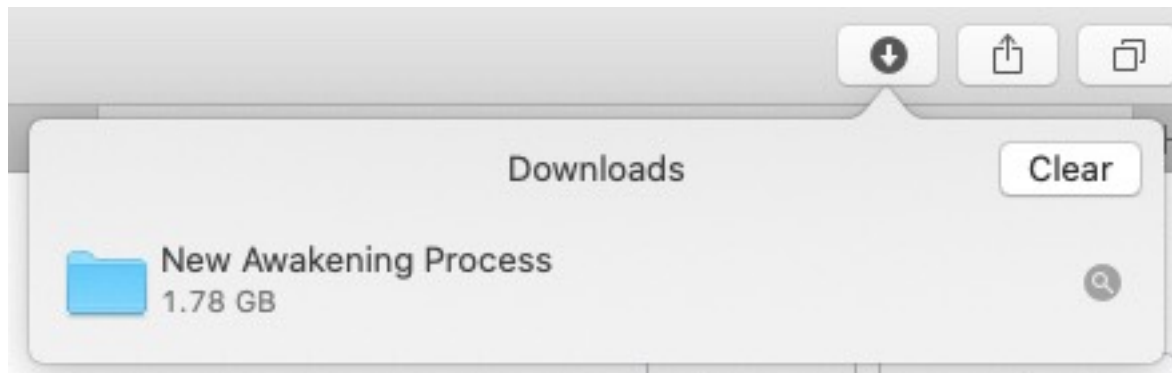
This will take you to the dropbox main folder called New Awakening Process waiting for you to download it.



2. You can download the complete process in one direct download. **Do not** use 'Sign in' to your Dropbox account but use the 'Download' option and select **Download**



The following screenshot shows the size of the successful download. I was patient during the download which took 15 mins. I did not do anything on my iMac until it had completed.



When this download is complete you have finished on Dropbox

Go to your download folder on your computer and copy and paste the download to your main file area. You will find that all the modules have been perfectly organised for easy use when you come to study them.

Now Make a Back-up

This process is unique and very valuable it is therefore important that you do not loose it if your system runs into a problem. I suggest you back this up on a backup drive and if you do not have one then back it up it on a memory stick.

Note: You will be able to add the audio CDs and videos to your music player plus the manuals to you book reader. Ask a friend to help if you are now scratching your head.

Mobile Phones, IOS, iPads, Chromebook etc

Apple IOS systems for iPads, iPhones or Android Phones, Chromebook's etc: After clicking the download link select from the Dropbox Notice option 'get the App' or 'continue to website' this is your choice. For the best viewing I recommend a Dropbox App for this download. You can store 2 GB of files with a free Dropbox Basic account.

Enjoy and blessings of love

Robert Bourne
New Awakening Process Creator

The New Awakening Process Download

Your download will have the following main folders. It is best to leave the download folders organised as they are. Below this table is a checklist for each module showing the audios and videos they contain.

Main Folder	Sub Folders	Sub Folders	
New Awakening Process	CPD Letters		
	Manuals		
	Personal Fulfilment		Love and Relationships
			Reiki 1st Degree
			The Excellent You
	Soul Evolution		Reiki 2nd Degree
			Reiki Master
			Sat Guru
			The Gateway to Enlightenment
True Self Awakening	Gentle Touch		

CPD Letters Download Checklist

CPD Letter Love and Relationships
CPD Letter Reiki 1
CPD Letter Reiki 2
CPD Letter Reiki 3
CPD Letter The Excellent You
CPD Letter The Gateway to Enlightenment

Manuals Download Checklist

Personal Fulfilment Manual.pdf
Soul Evolution Manual.pdf
True-Self Awakening Manual.pdf

Personal Fulfilment Folder contains Three Courses

New Awakening Reiki First Degree Download Checklist

Look inside the folder called Personal Fulfilment and you will see another folder called Reiki 1st Degree. You will then see the files have been directly download into four sub-folders as below:

Mp4 Video is in the sub folder called **Attunement Video**

1st Degree Distant Attunement.mp4

Mp3 Tutorials are in the sub folder called **Audio Tutorials**

01-New Awakening Introduction.mp3

02-The Attunement.mp3

03-About Healing.mp3

04-Reiki History.mp3

05-Self Healing.mp3

06-Healing Others.mp3

07-Aura Scanning.mp3

08-Chakra Affirmations.mp3

09-Your 21 Day Journal.mp3

Mp3 music is in the sub folder called **Music**

Reiki music with 3 min bells.mp3

Mp4 Tutorial Videos are in the sub folder called **Treatment Videos**

Full Reiki Healing Treatment on a Chair.mp4

Full Reiki Treatment Tutorial on a Couch.mp4

Scanning the Aura with Reiki Healing.mp4

The Excellent You Download Checklist

Look inside the folder called Personal Fulfilment and you will see another folder called The Excellent You. You will then see the files have been directly download into two new sub-folders as below:

The following Mp3 tutorials are in folder called **The Excellent You Audios**

- 01-New Awakening Introduction.mp3
- 02-Course Overview.mp3
- 03-Creating Excellence.mp3
- 04-How the Mind Works.mp3
- 05-How We Limit Ourselves.mp3
- 06-Structuring Positive Suggestions.mp3
- 07-Making Personal Change.mp3
- 08-The Review.mp3
- 09-Self Confidence Suggestion.mp3

The following Mp3 tutorials are in the folder called **Meditation Audios**

- 10-How to use Meditation.mp3
- 11-Guided Meditation.mp3

Love and Relationships Download Checklist

Look inside the folder called Personal Fulfilment and you will see another folder called Love and Relationships. You will then see the files have been directly download into one new sub-folder as below:

The audio tutorials are in the sub folder called **L & R Audios**

- 01-New Awakening Introduction.mp3
- 02-About Love.mp3
- 03-Ten Guidelines.mp3
- 04-Emotional Stability.mp3
- 05-Krishna Consciousness.mp3
- 06-Keep a Spiritual Journal.mp3
- 07-Love and Fear.mp3
- 08-Three Special Secrets.mp3
- 09-Emotional Freedom Solution.mp3
- 10-Freeing Sexual Blocks.mp3
- 11-Gratitude Centres You in Love.mp3

Soul Evolution Folder contains Four Courses

New Awakening Reiki Second Degree Download Checklist

The following is a checklist of all the contents of the Reiki Second Degree course.

Look inside the folder called Soul Evolution and you will see another folder called Reiki 2nd Degree. You will then see the files have been directly download into four new sub-folders as below:

Mp3 audio tutorials are in the sub folder called **Audio Tutorials**

- 01-New Awakening Introduction.mp3
- 02-Reiki Second Degree.mp3
- 03-Deeper Principles of Reiki.mp3
- 04-Spiritual Journal and Practices.mp3
- 05-Cho Ku Rei.mp3
- 06-Sei He Ki.mp3
- 07-The Emotional Body.mp3
- 08-Hon Sha Ze Sho Nen.mp3
- 09-Distant Healing.mp3
- 10-Symbol Overview.mp3
- 11-Activating the Energy.mp3
- 12-Advanced Healing Methods.mp3
- 13-Manifesting.mp3
- 14-The Right Attitude for Professional Practice.mp3
- 15-Practicalities of Professional Practice.mp3

Mp3 music is in the sub folder called **Music**

- 16-Reiki Music Universal Light.mp3

Practice Support forms are in a folder called **Reiki Help Forms**

- Client Contract Code of Care.pdf
- Parental Guardian's consent.pdf
- Reiki Client Record.pdf
- Reiki Treatment Disclaimer.pdf
- Reiki Treatment Form.pdf

Mp4 Attunement video is in the sub folder called **Video**

- 2nd Degree Distant Attunement.mp4

New Awakening Reiki Master Download Checklist

The following is a checklist of all the contents of your Reiki Master/Teacher degree course.

Look inside the folder called Soul Evolution and you will see another folder called Reiki Master. You will then see the files have been directly download into three new sub-folders as below:

The .Mp4 attunement video is in a sub folder and called **Attunement Video**

3rd Degree Distant Attunement.mp4

The audio tutorials files are in a sub folder and called **Audio Tutorials**

- 01-New Awakening Introduction.mp3
- 02-Reiki Master 3rd Degree.mp3
- 03-Become a Better Healer.mp3
- 04-Reiki Degrees Overview.mp3
- 05-The Masters Symbol.mp3
- 06-Loving Kindness Meditation.mp3
- 07-The Lotus Sutra.mp3
- 08-Practising The Lotus Sutra.mp3
- 09-The Mantra.mp3
- 10-Ichinen Sanzen.mp3
- 11-The Ten worlds.mp3
- 12-The Ten Factors.mp3
- 13-The Three Realms of Existence.mp3

The .Mp4 tutorial videos in a sub folder called **Teaching Videos**

- Teaching the 1st Degree Attunement.mp4
- Teaching the 2nd Degree Attunement.mp4
- Teaching the 3rd Degree Attunement.mp4

Sat Guru Practice Download Checklist

The following is a checklist of all the contents of Sat Guru Sacred Mantra Practice.

Look inside the folder called Soul Evolution and you will see another folder called Sat Guru. You will then see the files have been directly download into two new sub-folders as below:

Mp3 Mantras are in the main folder called **Mantras**

- 01 Ong Namō.mp3
- 02 Gobinda Gobinda Hari Hari.mp3
- 03 Homage to Krishna.mp3
- 04 Gayatri Mantra.mp3
- 05 Resting and Listening.mp3
- 06 Sita Ram.mp3
- 07 Om Namah Shivaya.mp3
- 08 Eg Ong Kar Sat Nam.mp3
- 09 Brahma Nandam.mp3
- 10 Long Time Sun.mp3

Pdfs are in the sub folder called **Lyrics**

- Sat Guru Mantra Lyrics.pdf
- Satsang Mantras in Colour.pdf

The Gateway to Enlightenment Download Checklist

The following is a checklist of all the contents of The Gateway to Enlightenment course.

Look inside the folder called Soul Evolution and you will see another folder called The Gateway to Enlightenment. You will then see the files have been directly download into the new sub-folder as below:

The Mp3 tutorials are in the sub folder called **G to E Audios**

- 01-New Awakening Introduction.mp3
- 02-The Lotus Sutra.mp3
- 03-Practising The Lotus Sutra.mp3
- 04-Chanting The Mantra.mp3
- 05-Religion Spirituality and Mysticism.mp3
- 06-The Universal Mind.mp3
- 07-The Vedantic Yogic Hindu View.mp3
- 08-The Buddhist View.mp3
- 09-States of Awareness.mp3
- 10-Quantum Mechanical Universe.mp3
- 11-Vedic View of our Total Being.mp3
- 12-Overview.mp3
- 13-Key Points.mp3
- 14-The Spiritual Laws.mp3
- 15-Universal Workings.mp3

True Self Awakening Folder contains One Course

Gentle Touch Practice Download Checklist

Look inside the folder called True Self Awakening and you will see another folder called Gentle Touch. You will then see the files have been directly download into two new sub-folder as below:

Audio Mp3 audios are in the sub folder called **Gentle Touch Mantras**

- 01 Om Namoh Bhagavate.mp3
- 02 Listening Bhagavate.mp3
- 03 Moola Mantra.mp3
- 04 Divine Presence Integration.mp3

The Mp3 audio tutorials are in the sub folder called **Audio Book**

- 01 Overview.mp3
- 02 Introduction.mp3
- 03 Three Bodies.mp3
- 04 Equality.mp3
- 05 Liberation.mp3
- 06 Ancestors.mp3
- 07 Lifes Purpose.mp3
- 08 Beliefs.mp3
- 09 Wealth Abundance.mp3
- 10 Pure Awareness.mp3
- 11 Mooji.mp3
- 12 God.mp3
- 13 Relationships.mp3
- 14 Sex.mp3
- 15 Love.mp3
- 16 Uniqueness.mp3
- 17 Follow Your Heart.mp3